


APRIL 2018

Mountain Side Village Gives Families Peace Of Mind!
 Enjoy maintenance-free living suites that incorporate supportive features to promote independence and 24-hour emergency monitoring service for added peace of mind.
 If you are interested please call (250) 367-9870

- Meals
- Shuttle Bus
- Activities
- Maintenance
- Housekeeping

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 HAPPY EASTER 	2 Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	3 Carpet Bowling 10am-Noon @ BVM Seniors' GYM Grand Reopening 12 Noon @ the GYM	4 Ceramics 9:00am - Noon @ BVM	5 Income Tax Preparation for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM	6 Seniors' Line Dancing 10:00am @ FMC	7
8	9 Seniors' Coffee 10:30am @ FMC Bingo 1:00pm @ BVM Last day to register for Toonie Lunch	10 Carpet Bowling 10am-Noon @ BVM	11 Ceramics 9:00am - Noon @ BVM Cards 1:00pm @ BVM City of Trail Outing 9:30 am - meet at the walking bridge in East Trail (see other side for more information)	12 Income Tax Preparation for low income individuals and couples 9:00 - 11:00 am @ BVM Branch 44 General Meeting 1:30pm @ BVM	13	14 Automatic External Defibrillator (AED) Training 10:00am-11:00am @ BVM
15	16 Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	17 Carpet Bowling 10am-Noon @ BVM Toonie Lunch 12:30am @ FMC	18 Ceramics 9:00am - Noon @ BVM	19 Income Tax Preparation for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM	20	21
22	23 Bingo 1:00pm @ BVM	24 Carpet Bowling 10am-Noon @ BVM	25 Ceramics 9:00am - Noon @ BVM Cards 1:00pm @ BVM	26 Income Tax Preparation for low income individuals and couples 9:00 - 11:00 am @ BVM	27 Spring Craft Fair 10:00am - 8:00pm @ BVM	28 Spring Craft Fair 10:00am - 4:00pm @ BVM
29	30 Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH				VENUES BVM - Beaver Valley Manor FMC - Fruitvale Memorial Centre MH - Montrose Hall	

BLACK = Fruitvale Senior Citizens Branch 44
 - \$15 membership required for events at BV Manor
 - Contact Wilbur Worstradowski, 250-368-4946

RED = Beaver Valley Age Friendly
 - No membership required for the Age Friendly events
 - Contact Vickie Fitzpatrick, 250-367-7124

BLUE = Community Events
 - May or may not have a fee associated with event
 - Contact the event organizer

If you have a seniors' event you would like posted on the BV Age Friendly Event Calendar, please contact the Village Office at 250-367-7551 or send your event information to info@village.fruitvale.bc.ca

BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator
Jayme Fowler
250.367.7428 home or by email
jfricke99@msn.com



MESSAGE FROM JAYME

I would like to thank all the seniors that came out for my first luncheon. It was such a great turn-out! I would also like to send out a huge thank you to Irma Maslanko, Koert Dieterman, Doug Green, Vern Womacks, Bud Barrett, Gabe Vandermeer, Roy Plummer, Fran Parteger, Rick Hammond, Jim Partridge, Lorraine Partridge, Nilla Mailey, Joan Green, Carolyn Womacks, Patricia Cecchini and to all the grade 7 students! You have made my transition into my new role very welcoming and I appreciate all of you!

GRAND REOPENING OF THE SENIORS' GYM (for ages 50+)

The grand re-opening of the GYM is scheduled for **Tuesday, April 3, 2018**. The official ceremony will take place at the GYM at 12 Noon. Come join us in saying thank you to the people who made this expansion possible.

A trainer will be in attendance from 11:00am-1:00pm to answer any questions you may have and to assist you with your exercise program.

If you have been on the fence about starting an exercise program at the GYM, now is the time to come on down and check it out!

The GYM hours are 6:00am - 9:00pm, 7 days a week. All users **MUST** have a signed waiver on file at the Village of Fruitvale office.

Gym users are reminded that this is **YOUR** gym. As such, it is expected that you:

- ◆ are aged 50+;
- ◆ complete a waiver form and obtain a key card at the Village of Fruitvale office prior to using the equipment;
- ◆ wear clean shoes in the gym area. Do not wear your street shoes;
- ◆ sign in and sign out in the book provided;
- ◆ report any problems with the equipment and/or the facility;
- ◆ use the equipment in the manner that it is supposed to be used;
- ◆ spray down and wipe the equipment with the provided towel when done using it;
- ◆ sweep the mat under the equipment.

The GYM does not have a designated janitor therefore it is up to the users to keep the facility clean. Lend a hand – if you see a dirty floor, sweep it; if you see a machine that needs wiping down – wipe it. This is **YOUR** GYM!

We will also be launching the first ever BV Age Friendly **"Climb Mount Everest"** fitness challenge. Everyone who signs up will receive a free t-shirt, plus there will be prizes along the way! Come join the challenge!

COFFEE CLUB

The next Coffee Club meeting will be held on **Monday, April 9, 2018 @ 10:30am** in the Fruitvale Memorial Hall. To coincide with our "Climb Mount Everest" fitness challenge, we have a special guest speaker, Greg Barber, joining us vis Skype! Greg is a former Montrose resident, who is going to share his journey of climbing Mount Everest! All Beaver Valley seniors are invited to join us.



SENIORS' LUNCH

Our next Toonie Tuesday lunch on **Tuesday, April 17, 2018 @ 12:30pm** at the Fruitvale Memorial Centre. Cost is \$2.00/person. Please register by **Monday, April 9, 2018** by calling Irma and Dave @ 250-367-6185, Koert @ 250-367-9835 or Jayme @ 250-367-7428.

OUTING TO THE CITY OF TRAIL

On **Wednesday, April 11, 2018 @ 9:30am** we are going to meet in East Trail at the Trail Vision Care Clinic and walk over the new bridge and tour the new Riverfront Centre! Then afterwards we will go for coffee or lunch. Rides can be arranged if needed. Please call Jayme to register at 250-367-7428. We hope you can join us!

Mountain Side Village Gives Families Peace Of Mind!

Enjoy maintenance-free living suites that incorporate supportive features to promote independence and 24-hour emergency monitoring service for added peace of mind.

If you are interested please call (250) 367-9870

- Meals
- Shuttle Bus
- Activities
- Maintenance
- Housekeeping

THANK YOU TO OUR SUPPORTING PARTNERS



Electoral Area A

