

BEAVER VALLEY AGE FRIENDLY COMMUNITY

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



JAYME'S MESSAGE

The Lock Box Project is up and running. We have purchased and installed lock boxes onto doors of some of our seniors' homes, who may live alone. The lock box holds a house key for 9-1-1 to have access to your home in case of an emergency. Selkirk Security in Trail has teamed up with us to help secure the keys, and offer their security guard service, if needed. Thank you, Selkirk Security for helping us pilot this new project, it wouldn't have been possible without you! A big thank you to Steve at Interior Signs for printing and donating the stickers for the doors. We are another step closer to keeping our seniors safe at home. If you are interested in having one installed at your home, you can call me at 250-367-7428.

COFFEE CLUB

Coffee last month was good! We had Theresa Buchner give a power point presentation on strokes. She shared what a stroke is, warning signs of a stroke, and some preventative measures to keep our hearts healthy. We still have some seats available to ride the **BIG BIKE on May 3, 2019**. If you are interested, you can contact me at 250-367-7428.

April is the start of a special project. We have teamed up with Craig Horsland from the Kootenay Columbia Educational Heritage Society, and we are going to put together a Pop-up Museum! Craig joined us at the April 8 coffee to share all the details.

Also joining us at the April 8 coffee to share with us the story of her son, Craig Cunningham, was Heather Cunningham. Craig is Trail native and former professional hockey player who played for the Boston Bruins and the Arizona Coyotes. Craig was just 26 when he went into full cardiac arrest before the opening puck drop of an AHL game on November 19, 2016. Craig has beat all odds and is truly inspiring to all of us. Today, he is outfitted with a prosthetic leg and is back skating on the ice!

Our next Coffee Club will be held on **May 13 @ 10:30 am** at the Fruitvale Memorial Centre.

TOONIE LUNCH

March Luncheon was so much fun! Our program has the best volunteers - I am so thankful for all of you! As I recover from a shoulder injury, you all stepped up to make sure lunch went on without a hitch, and it did! We had 191 seniors and volunteers register! Thank you to our FES and St. Michaels students for coming on their spring break to help serve.

Our next Toonie Lunch will be held on **April 16 @ 12:30 pm** at the Fruitvale Memorial Centre. Cost is \$2.00/person. Please register for this event by calling Koert @ 250-367-9835, Irma @ 250-367-6185, or Jayme @ 250-367-7428. Cut off to register is **April 10**.

CHICKS IN THE COOP SIGN MAKING NIGHT

Age Friendly is hosting a Chicks in the Coop sign making night **Tuesday April 30, 2019** at the Fruitvale Memorial Hall @ **6:00pm**. Tickets are \$30.00 and can be purchased at the Village of Fruitvale. Tickets are limited and will sell out quickly so don't wait to get yours.

BEAVER TALES PUB NIGHT

BV Senior's Branch 44 will be holding its second Pub Night on **Thursday, April 18, from 7:00 to 9:30pm** in the recreation room at the BV Manor. People who attended the first night very much enjoyed their evening which featured games, music, trivia, prizes, surprises and concession goodies. The theme for this April evening will be "Country and Western". If you have jeans and country attire, make sure to wear it when you come. There will be even more games and activities to entertain all those who attend. Shuffleboard, dominoes, darts, card games, dice games, Scrabble and trivia will challenge your skills and abilities but mostly the fun side of you. Beaver Tales Pub Night is for all adults aged 55+. You don't have to be a member of Branch 44. Admission is a Toonie, but it is only a Loonie if you are a member of any BC Seniors' group. If you're looking for friendly competition, laughter and good times, we encourage you to attend this fun-filled evening.

THANK YOU TO OUR SUPPORTING PARTNERS



APRIL 2019

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Bingo 1:00pm @ BVM Seniors' Cards in Montrose 7:00pm @ MH	2	3 Ceramics 9:00am - Noon @ BVM	4 Cards 1:00pm @ BVM	5	6
7	8 Bingo 1:00pm @ BVM Seniors' Coffee 10:30am @ FMC Last day to sign up for Toonie Lunch	9	10 Ceramics 9:00am - Noon @ BVM Branch #44 General Mtg. 1:30pm @ BVM	11 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM	12 Seniors 55+ Bowling 1:00pm @ BVL	13
14 BV Coffee House 6:30pm @ MH	15 Bingo 1:00pm @ BVM Seniors' Cards in Montrose 7:00pm @ MH	16 Toonie Lunch 12:30pm @ FMC	17 Ceramics 9:00am - Noon @ BVM	18 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM Beaver Tales Pub Night 7:00-9:00pm @ BVM	19 Seniors 55+ Bowling 1:00pm @ BVL	20
21	22 Bingo 1:00pm @ BVM	23	24 Ceramics 9:00am - Noon @ BVM Ladies' Night Golf 2:00 pm @ CLGCC	25 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Seniors' Mixed Golf 9:00 am @ CLGCC Cards 1:00pm @ BVM Men's Night Golf 2:00 pm @ CLGCC	26 Seniors 55+ Bowling 1:00pm @ BVL	27
28	29 Bingo 1:00pm @ BVM Seniors' Cards in Montrose 7:00pm @ MH	30 Sign Making Night 6:00pm @ FMC Tickets: \$30	VENUES BVM - Beaver Valley Manor FMC - Fruitvale Memorial Centre CLGCC - Champion Lakes Golf & Country Club MH - Montrose Hall BVL - Beaver Valley Lanes			

BLACK = Fruitvale Senior Citizens Branch 44
 - \$15 membership required for events at BV Manor
 - Contact Kris Weishaupt, kwishy@telus.net

RED = Beaver Valley Age Friendly
 - No membership required for the Age Friendly events
 - Contact Jayme Fowler, 250-367-7428

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 *Age Friendly Event Calendar*, please contact Jayme Fowler at 250-367-7428 or the Village Office at 250-367-7551 or send your event information to village.info@village.fruitvale.bc.ca or jfricke99@msn.com