

MAY 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	2 Ceramics 9:00am - Noon @ BVM Cards 1:00pm @ BVM BV Lions BINGO 6:00pm @ FMC	3 S.C.A. of BC Meeting 2:00pm @ BVM AGM Registration 6:00pm @ BVM	4 S.C.A. of BC AGM 9:00am @ FMC	5 S.C.A. of BC AGM 9:00am @ FMC
6	7 Seniors' Coffee 10:30am @ FMC Bingo 1:00pm @ BVM Last day to register for Toonie Lunch	8	9 Ceramics 9:00am - Noon @ BVM Trail Airport Trail Hike 10:00am @ the Trail Airport Trailhead Cards 1:00pm @ BVM BV Lions BINGO 6:00pm @FMC	10 Branch 44 General Meeting 1:30pm @ BVM	11	12
13	14 Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	15 Toonie Lunch 12:30am @ FMC	16 Ceramics 9:00am - Noon @ BVM BV Lions BINGO 6:00pm @FMC	17 Cards 1:00pm @ BVM	18	19
20	21 Bingo 1:00pm @ BVM	22	23 Ceramics 9:00am - Noon @ BVM Cards 1:00pm @ BVM BV Lions BINGO 6:00pm @FMC	24 Cards 1:00pm @ BVM	25 BV May Days Seniors' Dessert Tea 1:00-3:00pm @ BVM	26
27	28 Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	29	30 Ceramics 9:00am - Noon @ BVM Cards 1:00pm @ BVM BV Lions BINGO 6:00pm @FMC	31 Cards 1:00pm @ BVM	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 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 *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

April was an excellent month! We had an amazing coffee with Greg Barber! He had us all totally engaged with his story of climbing Mt. Everest! We had the grand reopening of the Seniors' Gym to show off the new expansion and we enjoyed a delicious meal at our Toonie Lunch.

A group of us toured the new Riverfront Centre. (see photo to the right) It is so beautiful! Afterward we stopped for coffee and goodies at the Bridge View Cafe, and walked the bridges. The weather cooperated so it was really a great day!



THE GYM (for ages 50+)

We launched the first ever BV Age Friendly "**Climb Mount Everest**" fitness challenge on April 3. Everyone who signs up will receive a free t-shirt, plus there will be prizes along the way! Come join the challenge!

This past month we also had Chantelle Menin, a personal trainer help out at our seniors gym on Thursday mornings. If you missed her, but still wanted a session, please call Jayme 250-367-7428.

There seems to be a large number of seniors who have a gym card but are not using the facility. If you are a Beaver Valley senior who has signed up for the GYM and not using it, please return your key card so that other seniors who want to use the facility are able to. They key cards are quite expensive therefore it would be very much appreciated if you can return your card if you are not using the GYM. Thank you.

SENIORS OUTING

On Wednesday, May 9, 2018 at 10:00am we will be meeting in the parking lot at the entrance to the hiking trail at the Trail Airport (across the street from the entrance to the equestrian grounds). This is a relatively flat trail and it's beautiful along the river! If anyone requires a ride, please contact Jayme at 250-367-7428.

COFFEE CLUB

The next Coffee Club meeting is on **Monday, May 7, 2018 @ 10:30am** in the Fruitvale Memorial Hall. (NOTE: Coffee is a week earlier than usual). Our guest speaker will be Karen Waldol from The Alzheimer Society of BC. She will have lots of information and will help answer any questions you may have.

SENIORS' LUNCH

Toonie lunch was a huge success. Thank you everyone who came to support our program. Thank you to Dave and Irma Maslanko and Koert Dieterman for taking all the registrations. Thank you to our set up crew Gabe Vandermeer, Bud Barrett, Phil Brooks, Fran Pargeter, Rick Hammond, Vern Womacks, and Doug Green. They even set a new record! It only took them 20 minutes to set up!!

A very special thank you to everyone behind the scenes prepping, cooking, serving and cleaning up, Jim and Lorraine Partridge, Joan Green, Carolyn Womacks, Nilla Mailey, Shelley Verhelst, Mike Walsh, Pat Balak, Patricia Cecchini and all the grade 7 students. Your help is so very much appreciated ~ our lunches couldn't happen without you!

Our next Toonie Tuesday lunch is on **Tuesday, May 15, 2018 @ 12:30pm** at the Fruitvale Memorial Centre. Cost is \$2.00/person. Please register by **Monday, May 7, 2018** by calling Irma and Dave @ 250-367-6185, Koert @ 250-367-9835 or Jayme @ 250-367-7428.

BV MAY DAYS SENIORS' DESSERT TEA

In conjunction with the Beaver Valley May Days events, the Friends of the BV Library are hosting the annual Seniors' Dessert and Tea/Coffee/Punch Party on **Friday, May 25, 2018 from 1:00 - 3:00pm** at the Beaver Valley Manor on Main Street in Fruitvale. Come enjoy a visit with friends; and best of all, it's FREE!

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THANK YOU TO OUR SUPPORTING PARTNERS



Electoral Area A

