

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator  
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or by email [vickief@telus.net](mailto:vickief@telus.net)



**Welcome to September!**

**I hope you all had a wonderful summer and are ready to get back into the Age Friendly swing!**

## SENIORS' LUNCH

Thank you to our Beaver Valley Seniors that attended our June TOONIE TUESDAY lunch and contributed to a volunteer appreciation for all of our dedicated volunteers who come every month to serve you a great lunch! The total donation was \$275.45. The monthly volunteers truly appreciate your thoughtfulness. Thank you.

The Beaver Valley Age Friendly September TOONIE TUESDAY lunch will be on September 19, 2017 @ 12:30pm in the Fruitvale Memorial Centre. Please register on or before Friday September 12, 2017 by calling Dave and Irma Maslanko 250-367-6185, Koert 250-367-9835 or Vickie 250-367-7124.

## COFFEE WITH VICKIE

Beaver Valley Age Friendly Coffees in June, July and August have been very informative as well as instrumental in laying the groundwork for moving forward in enhancing and ensuring care for our Beaver Valley Seniors. Over the last 3 months, we have realized that there is room for improvement in IHA Home Care. Some of our discussions have been around consistency, follow-up, protocols and lack of information availability.

Our next Coffee is September 11, 2017 in the Fruitvale Memorial Centre @ 10:30am. I looking forward to seeing you! I have been trying to secure a guest speaker for our coffee session, however at the time of printing, the guest speaker has not confirmed attendance.

## LIBERTY FOODS 60<sup>TH</sup> ANNIVERSARY

Liberty Foods is celebrating their 60<sup>th</sup> Anniversary on September 8, 9 & 10, 2017 with a jam-packed festive weekend. Please come out to help them celebrate! Beaver Valley Age Friendly will be taking an active role in assisting Liberty AG Foods with their celebration and in return Liberty Foods will be donating ticket sale proceeds to Beaver Valley Age Friendly!!!!!! I hope to see you at the events.

Beaver Valley Age Friendly members would like to take this opportunity to thank Liberty Foods and the Dar family for their support of our Beaver Valley Age Friendly program over the past 5 years and we look forward to working with you in the future. Your community support is greatly appreciated.

## MONTROSE CARD CLUB

The Montrose Card Club is a small group of people playing cribbage and whist every second Monday night during the fall and winter months at the Montrose Hall. Most of the group are seniors, but pre-seniors are always welcome! Coffee and snacks are provided. There is a charge of \$2.50 per player to cover the cost of the hall rental and prizes. The first night will be Monday, September 11, then every other Monday afterwards, with the exception of Tuesday, October 10 due to Thanksgiving falling on October 9. Doors open at 6:15 pm. If you have any questions, please contact Fred @ 250-367-9700 or Linda at 250-367-7126. Come join us for some fun and socializing!

## SENIORS' CARPET BOWLING

For interested seniors who have bowled before and those who would like to give it a try, some dates and times have been set aside for Seniors' Carpet Bowling at the Beaver Valley Manor. On Tuesday, September 26 and October 3, there will be practice sessions beginning at 10:00am for approximately an hour or so.

Any seniors who are looking for a fun activity on Tuesdays at 10:00am or 11:00am over the next six months or so are urged to attend one or both practice sessions. Newcomers will receive help learning the game. Invite a senior friend to come with you. All carpet bowling takes place in the recreation room in the Beaver Valley Manor. Teams will be formed after October 3. The schedule will have a first and second half with new teams formed for the second half. The first half schedule begins on Tuesday, October 10. Further information can be obtained by calling Bob at 250-367-7603.

## GRIEFSHARE

GriefShare is a Christian special weekly seminar and support group designed to help you rebuild your life after losing a loved one. The group is lead by caring people who have experienced grief and want to help you through the difficult days ahead. "From Mourning to Joy", a new season of GriefShare begins on Monday, September 11, 2017 from 6:30 - 8:30 pm at the Trail Alliance Church, 3365 Laburnum Drive in Trail. This is a 13-week session facilitated by Dallas & Diana Fletcher (250-367-9777) and Shirley Moon (250-368-0003). Folks are welcome to join the group at any point along the way. There is no cost to participate or for the workbook. All are welcome whether they are "religious" or "non-religious" or of different religious backgrounds. No one is compelled to speak at the meeting but all are welcome to do so.

### 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**



# SEPTEMBER 2017

**Mountain Side Village Gives Families Peace Of Mind!**  
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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div style="border: 1px solid black; padding: 5px;"> <b>VENUES</b>                      BVM - Beaver Valley Manor                      FMC - Fruitvale Memorial Centre                      MH - Montrose Hall                 </div>					1	2
3	4 <b>LABOUR DAY</b>  Bingo 1:00pm @ BVM	5	6 Cards 1:00pm @ BVM	7 Branch #44 General Meeting 1:00pm @ BVM	8 Liberty Foods Celebration with the Community 7:00-10:00pm @ FMC Tickets @ Liberty	9 Liberty Foods In-Store Celebration 9:00am-6:00pm @ Liberty Foods
10 Liberty Foods Morning Coffee & Open House 10:00am-Noon @ FMC	11 Bingo 1:00pm @ BVM  Seniors' Coffee 10:30am @ FMC Montrose Sr. Cards 7:00pm @ MH	12	13 Ceramics 9:00am - Noon @ BVM	14 Cards 1:00pm @ BVM	15 Last day to register for Toonie Tuesday Lunch	16
17	18 Bingo 1:00pm @ BVM	19 Toonie Tuesday Lunch 12:30pm @ FMC	20 Ceramics 9:00am - Noon @ BVM	21 Cards 1:00pm @ BVM	22	23
24	25 Bingo 1:00pm @ BVM Montrose Sr. Cards 7:00pm @ MH	26 Carpet Bowling Practice 10-11:30am @ BVM	27 Ceramics 9:00am - Noon @ BVM	28 Cards 1:00pm @ BVM	29	30

**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 *Age Friendly Event Calendar*, please contact Vickie Fitzpatrick at 250-367-7124 or the Village Office at 250-367-7551 or send your event information to [info@village.fruitvale.bc.ca](mailto:info@village.fruitvale.bc.ca)