

BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator
Vickie Fitzpatrick
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DO YOU KNOW?

Ageism is the stereotyping and discrimination against individuals or groups on the basis of their age; ageism can take many forms, including prejudicial attitudes, discriminatory practices, or institutional policies and practices that perpetuate stereotypical beliefs. Ageism is a serious issue for older adults and can even shorten lives. October 1st has been proclaimed the 'International Day of Older Persons'. Let's all take a stand against ageism, not only on October 1st but all year long.

A huge **THANK YOU** goes to: Gabe & Anne-Marie Vandermere, Fran Partiger, Len Henshall, Phil & Carol Brooks, Gay Kyle, Vera Kenny, Art & Gail Benzer, Shona Peel, Jeddy Lewis, Delani Decembrini and Rita Drebinger for working in the ticket booth at the beer gardens throughout the weekend of Beaver Valley May Days! Your hard work earned Beaver Valley Age Friendly a \$500.00 honorarium from the BV May Days. It's volunteers like you that keep our program going!!!

TOONIE LUNCH

Beaver Valley Age Friendly welcomed 176 smiling seniors to our September Toonie Lunch! Thank my lucky stars all our volunteers returned!!!! Thank you to our "Miracle Men" Doug Green, Vern Womacks, Gabe Vandermere and Roy Plummer for setting up for our lunch. Irma Maslanko, thanks so much for giving out our door prize tickets. Thank you to Larry Fitzpatrick, Carolyn Womacks, Joyce Buckler, Joan Green and Sera Wilcox for the lunch you made - it was GOOD! To Laurel Moore, thanks for getting everything set up and ready for our new Fruitvale Elementary student servers. Welcome and thank you to our new students Catlin Speer, Rannde Wyatt, Bree Fitzpatrick, Nadja Perreault, Kaylyn Baril, Anna Shin, Evan Chandler, Owen Cook, Jaden Pearman. Thank you Mayor Patricia for serving our seniors as well as bringing D'Dutchman ice cream for our dessert, it was delicious! The next **Toonie Tuesday Lunch** is on **Tuesday, October 18th, 2016** in the Fruitvale Memorial Centre @ 12:30 pm. **Please register on or before Friday, October 14th** by calling Hilda 250-367-9960, Koert 250-367-9835, Dave and Irma 250-367-6185 or Vickie 250-367-7124 (leave a message). **If you reside at Mountain Side Village and require a ride to the lunches, please sign up on the sheet at Mountain Side Village or tell the person when you call to register for the lunch that you will require a ride.**

SENIORS' COFFEE

September's Seniors' Coffee was action packed! We first talked about Beaver Valley Age Friendly summer events then we discussed up-coming fall events. We have our CBAL drop-in iPad and computer sessions every Monday from November 7th to December 5th in the Fruitvale Memorial Centre from 10:00 am - Noon. Also discussed was a card day. Currently, the Beaver Valley Seniors Branch #44 has a card day every Thursday at 1:00 pm in the Beaver Valley Manor for members of Branch #44. Along with cards, the Beaver Valley Seniors Branch #44 hosts a number of events throughout the year for our seniors to take part in, however, you must be a member of Branch #44; membership is \$15.00 per year. If there is interest in having a second weekly cards day, the Beaver Valley Age Friendly will host one. Please call Vickie @ 250-367-7124 if you are interested. Lastly, we talked about having an afternoon dance once a month. If this interests you, please let Vickie know. Due to the Thanksgiving holiday, the next **Seniors Coffee** has moved to **Tuesday, October 11th, 2016 @ 10:30 am** in the Fruitvale Memorial Centre. Join us for a coffee and pass along your age friendly event ideas. **November's coffee is cancelled** due to CBAL iPad and computer sessions.

BV SENIOR CITIZEN'S BRANCH #44 BORSCHT LUNCHEON

The BV Senior Citizen's Branch #44 is holding a borscht luncheon **Saturday October 29 from 11:00 am to 1:00 pm** in the BV Manor.

SENIORS 55+ BOWLING LEAGUE

It's not too late to sign up for a bowling league. The BV Bowling Club has Seniors 55+ bowling league play on Fridays at 1:00 pm. For more information please call at 250-367-9111 or email info@bvbowlclub.ca



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




OCTOBER 2016

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Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid black; padding: 5px;"> VENUS BVM - Beaver Valley Manor BVCC - BV Curling Club FMC - Fruitvale Memorial Centre BVL - BV Lanes </div>				
3 Bingo 1:00 pm BVM	4 Carpet Bowling Practice 10:00 - 11:30 am BVM	5 Ceramics 9:00 am - Noon BVM Cards 1:00pm BVM	6 Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC - Main Hall	Branch #44 General Meeting 1:00 pm BVM
10 Bingo 1:00 pm BVM	 11 Seniors' Curling 10:00 am - Noon BVCC Carpet Bowling 10:00 - 11:30 am BVM	12 Seniors' Curling 10:00 am - Noon BVCC Ceramics 9:00 am - Noon BVM	13 Seniors' Curling 10:00 am - Noon BVCC Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC - Main Hall	14 Seniors' Curling 10:00 am - Noon BVCC Seniors' 55+ Bowling 1:00 pm BVL
17 Seniors' Curling 10:00 am - Noon BVCC Bingo 1:00 pm BVM	18 Carpet Bowling 10:00 - 11:30 am BVM Toonie Tuesday Lunch 12:30 pm FMC	19 Seniors' Curling 10:00 am - Noon BVCC Ceramics 9:00 am - Noon BVM	20 Seniors' Curling 10:00 am - Noon BVCC Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC - Main Hall	21 Seniors' Curling 10:00 am - Noon BVCC Seniors' 55+ Bowling 1:00 pm BVL
24 Bingo 1:00 pm BVM	25 Seniors' Curling 10:00 am - Noon BVCC Carpet Bowling 10:00 - 11:30 am BVM	26 Seniors' Curling 10:00 am - Noon BVCC Ceramics 9:00 am - Noon BVM	27 Seniors' Curling 10:00 am - Noon BVCC Seniors' Ukulele Class 1:00 pm - 3:00 pm FMC - Main Hall	28 Seniors' Curling 10:00 am - Noon BVCC Seniors' 55+ Bowling 1:00 pm BVL
31 Bingo 1:00 pm BVM	Seniors' Curling 10:00 am - Noon BVCC			

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