

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

## WHAT'S HAPPENING WITH AGE FRIENDLY IN THE BEAVER VALLEY

### Personal Update from the BV Age Friendly Coordinator's Desk

I want to take a moment to thank everyone for their understanding, support and prayers as my family and I recover from a life-changing event. We are so grateful and humbled to have such an amazing community around us. Many heartfelt thanks from the Bradford Family.

### Seniors' Coffee and Luncheons

Unfortunately due to unforeseen circumstances last month, the monthly Zoom meeting had to be cancelled, however, thanks to our Council liaison and wonderful volunteers, Larry Fitzpatrick and Colleen and Brian Prodaniuk, the Age Friendly luncheon proceeded as planned. Meals were provided to 101 Beaver Valley seniors! Thank you so much to everyone who pulled together to help make this happen!



### Upcoming Caregiver Support Group

A six-week online group supporting those caring for Seniors (55+). Exploring health and well-being of caregivers, organization and techniques for caregiving. Weekly sessions between November 9 - December 14, 1.5 hours/week. The time of the meeting is dependent on participants' availability. Zoom link and instructions provided upon registration. Please contact Cara at 1-888-212-2337 or [wkbcsp@gmail.com](mailto:wkbcsp@gmail.com) to register.

### Email list

BV Age Friendly is gathering a list of email addresses for Beaver Valley seniors so we can have more options to remain connected and share information, etc. We would love to include **you** on our email list and have you come and join us for our Zoom coffee meeting on November 10<sup>th</sup>. If you do choose to participate, your name will be entered to win a \$25 Walmart gift certificate! For more information or to register, please contact Shawna at 250-921-9464 or by email at [bvafcoordinator@gmail.com](mailto:bvafcoordinator@gmail.com).

### November Age Friendly Activities:

**November 5, 12, 19 & 26 – “Easy- Does-It” Walking Group** (meet at the upper mall entrance of the Waneta Plaza Thursdays @ 10:00 – 11:00 am).

We will be strolling inside the mall to avoid the ice & snow and enjoying a cup of coffee in the centre of the mall afterward for those who would like to catch-up socially-distant style! We will be maintaining social distancing and maintaining a list of participants. Pre-register by contacting Shawna at 250-921-9464 or email [bvafcoordinator@gmail.com](mailto:bvafcoordinator@gmail.com).

**November 10 – Age Friendly Zoom Coffee Meeting 10:00am–12:00pm** (pre-register for the monthly Coffee Meeting being held through Zoom videoconferencing **by calling Shawna at 250-921-9464 or by email to [bvafcoordinator@gmail.com](mailto:bvafcoordinator@gmail.com)** and please include your phone number & email address.

**November 24 – Boxed Lunch Pick-Up** will be ready for pick-up at Fruitvale Memorial Hall on Tuesday, November 24 between 12:30–1:30 pm. Donations will be accepted which will be used to fund future Age Friendly programs and services. **Seniors must pre-register for a boxed lunch by calling Shawna @ 250-921-9464 or by email to [bvafcoordinator@gmail.com](mailto:bvafcoordinator@gmail.com).** Please include name, phone number, number of meals and residential area. ***Cut-off for ordering boxed lunch is November 18.***



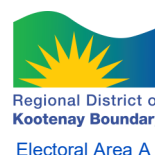
### Contact Info:

Are you looking for information on local services or programs for seniors? Contact Shawna Bradford, BV Age Friendly Coordinator at 250-921-9464 or email to [bvafcoordinator@gmail.com](mailto:bvafcoordinator@gmail.com)

Wishing everyone in our Age Friendly Community a Cozy & Healthy November!

Warmly,  
Shawna

**THANK YOU TO OUR SUPPORTING PARTNERS**



# CANDY CANE LANE

## A Village of Fruitvale Council Spirit Event

### CANDY CANE LANE

With COVID-19 regulations in place, Candy Cane Lane will look a little different this year starting with the date it will be held on, which has changed to **Saturday, November 28 from Noon—3:00 pm**. Pole Yard Lane will be closed to vehicular traffic for this event. There will be a Christmas Market and Santa will still pay a visit however children will not be able to sit on Santa's lap.

New this year will be an interactive colouring contest for ages 5 to 100. The colouring book will have pictures showcasing the history of Fruitvale. Contestants will need to colour the pages and answer the quiz questions. Members of the Public Art Committee will judge the submissions and the winners will be awarded a prize in each age category!

Currently we have confirmed vendors at the market selling various artwork, metalworks, woodworks, paintings, bath products, wine barrel crafts, popcorn, hot chocolate and more.

Since there will not be a Breakfast with Santa or the Jingle Express Train to raise money for the Beaver Valley Food Bank, we will be accepting monetary donations for the Beaver Valley Food Bank at the Village of Fruitvale tent.

Hand sanitation will be required and masks should be worn if able to wear one.

We hope the community will come out in support of this spirit event. Watch your mailbox for more information on this event later in the month.

### CANDY CANE LANE CHRISTMAS MARKET—VENDORS WANTED

The Village of Fruitvale Spirit Event organizers are looking for vendors to be part of the **Candy Cane Lane Christmas Market on Saturday, November 28** from Noon - 3:00 pm. Cost for space at this Christmas Market is \$10. We will be donating the registration fees to the Beaver Valley Food Bank. Vendors must be self-sufficient, ie: have their own table, tent and, if wanting to stay warm at their site, a propane heater and propane. All Provincial Health Officer COVID-19 regulations for Vending Markets will be enforced. Vendors will be required to have hand sanitizer available at their vendor station.

To register and book your space for the Candy Cane Lane Christmas Market, please contact Vickie at 250-512-9379 or [vickief@telus.net](mailto:vickief@telus.net)



### RE/MAX ALL PRO REALTY 5th ANNUAL TOY DRIVE

RE/MAX All Pro Realty will be collecting toys and gifts for local children and families in need this Christmas, to be donated to the BV Gifts for Children and the local Salvation Army.

The 5<sup>th</sup> Annual Re/Max All Pro Realty Toy Drive will run from the middle of November to the middle of December. Toys and gifts can be dropped off at the Re/Max All Pro Realty offices in Trail or Rossland.

To make it easier for local residents to drop off gifts, Re/Max All Pro Realty will have a booth set-up at Candy Cane Lane on **Saturday, November 28**.

Thank you for your support of this annual event! If you have any questions about the toy drive, please contact Re/Max All Pro Realty at 250-368-5000.



### BEAVER VALLEY NITEHAWKS

The Beaver Valley Nitehawks may not be on the ice this season, but that doesn't mean fundraising stops.

Come lend your support to the BV Nitehawks at their tent at Candy Cane Lane on **Saturday, November 28**. There will be awesome Beaver Valley Nitehawks' merchandise for sale as well as a team fundraiser.

Join us on Candy Cane Lane and get your Christmas shopping off to a great start!

Thank you for your support.

