



BEAVER VALLEY AGE FRIENDLY COMMUNITY

FEBRUARY 2021

FEBRUARY 16 – SENIORS’ BOXED LUNCH

Pre-registration is a must - deadline to register is February 10, 2021. Please note that you must be 55+ to participate and it is one lunch per senior.

To pre-register, please email the Village Office at info@village.fruitvale.bc.ca or telephone 250-367-7551 with your name, phone number, and whether you are from Area A, Fruitvale or Montrose. In order to speed up the lunch pickup process, a number will be assigned to each person registering for a lunch. This number will be for the door prize as well as your lunch pickup number. Bagged lunches can be picked-up at the Fruitvale Memorial Centre front entrance on **Tuesday, February 16 at 12:30 pm. The lunch is free, however donations are accepted. All donations from the lunches will be used for programing.**

CONNECTING GENERATIONS WITH LETTER LINKS PROGRAM

The Village of Fruitvale and the Regional District of Kootenay Boundary Area A would like to invite all Beaver Valley seniors to join our new program ‘*Connecting Generations with Letter Links*’.

The Fruitvale Elementary School, Village of Fruitvale and Regional District of Kootenay Boundary Area ‘A’ Director Ali Grieve have come together to create this great communication avenue to connect our generations through letter writing.

To register, please contact the Village of Fruitvale Office by phone 250-367-7551 or email to info@village.fruitvale.bc.ca with your name and mailing address.

All seniors that register will be paired up with a Fruitvale Elementary School student. The FES students will write you a note introducing themselves, their grade and mailing address. The students’ note will be mailed to your address. Once you have received it feel free to write back to your student at your leisure. We ask that you write them back every time they write you.

As this program is being rolled out with grant funding, if you require stamps, stamped envelopes or writing paper please contact the Village Office. They will ensure you receive what you need to make the ‘*Connecting Generations*’ program a success.

UPCOMING AGE FRIENDLY CONTEST

Stay tuned to your mailbox and the BV Age Friendly Facebook page for information on an upcoming BV Age Friendly contest, ‘*Pay it Forward*’. Contest details will be available early next month.

SELF-CARE STRATEGIES TO BUILD RESILIENCE DURING COVID

While not a substitute for professional care, there are plenty of simple activities anyone can do to reduce stress, encourage wellness, and restore a sense of well-being in difficult times.

Body Care and Change of Scenery: Keeping with Provincial Guidelines: Go for a walk and get out into nature; do yoga; take a bath; do some deep breathing; play your favorite music; make a special area in your home just for you to relax; prepare some favorite meals.

Mind and Soul care: Start a gratitude journal; start a home project; draw or paint; express your feelings; write a poem, call family, friends or trusted others; ask for help if you need it; love yourself; read a book.

BEAVER VALLEY PUBLIC LIBRARY

Curbside pick-up is still available to those who maybe immune compromised or uncomfortable entering the building for other reasons; please contact the Library @ 250-367-7114 to request this service.

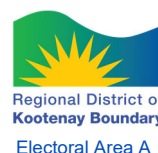
Library Hours: Mondays - 4:00—8:00pm; Tuesdays - Noon—5:00pm; Wednesdays - Noon—5:00pm; Thursdays - Noon—5:00 pm

Learn about something new in the world of books



Let’s strive to finish this COVID race even healthier than when we started!

THANK YOU TO OUR SUPPORTING PARTNERS





Valentine Colouring Fun



BE MINE
LOVE
FEBRUARY
CHAMPAGNE
BOYFRIEND
ROMANCE
RED ROSES
BOUQUET
VALENTINE
GIRLFRIEND
CUPID
SWEETHEARTS
ADMIRER
CHERUB
DATE
CHOCOLATES

Valentine

E	B	C	H	O	C	O	L	A	T	E	S	V	Q
Y	D	N	E	I	R	F	L	R	I	G	T	A	H
G	I	C	H	A	M	P	A	G	N	E	R	L	D
R	S	Y	U	D	Y	S	E	M	L	D	E	E	R
E	T	U	U	N	T	C	O	I	O	A	I	N	O
D	R	D	R	E	C	B	M	A	V	T	R	T	M
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E	S	B	C	A	Y	R	A	U	R	B	E	F	H

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