

BEAVER VALLEY AGE FRIENDLY COMMUNITY



WHAT'S HAPPENING WITH AGE FRIENDLY IN THE BEAVER VALLEY DECEMBER 2020



Personal Update from the Coordinator's Desk

I wanted to share that due to changes in my personal circumstances, I have made the difficult decision to resign as the BV Age Friendly Coordinator. I am disappointed that I will not be able to continue in my role, as I have really enjoyed myself, however I am confident that the program will continue to flourish and grow because it is seniors who are the heart and soul of this program!

Despite the challenges we have all endured over the past year, BV Age Friendly has continued to grow and find creative ways to connect and meet the needs of our seniors. Although I didn't have much of an opportunity to interact with you in person, I have really enjoyed the interactions I have had with those of you I have met.

One thing that I have learnt in working with many of you over the past 9 months, is that you are resilient, wise and capable of navigating change and challenges. As we head into continuing concerns around COVID-19 and the health and safety of our community, I would encourage you to continue to be vigilant and hopeful that soon these challenges will be behind us and we will once again be able to connect and what a joy that will be!

I wish you good health and many special memories throughout the coming holiday season. Thank you so much for welcoming me in my role and all the ways you showed your support. We live in a very special community! I look forward to BV Age Friendly continuing to grow and develop and I wish you all much success.

Wishing you a blessed holiday season and all the best in 2021.

Warmly,
Shawna

Seniors' Coffee & Luncheons – A couple of folks signed up for our Zoom coffee meeting in November...yay! Thanks to those who were willing to participate and congratulations to Catherine Seifrit for winning our \$25 Walmart gift card!

Also, a big thanks to my Dad, Geoff Smith, and my daughter, Madi, for assisting me with the preparation of the November boxed lunch. We prepared a lovely beef stew for 85 seniors and the feedback from the Age Friendly community has been overwhelmingly positive! Win/Win!

December Age Friendly Activities:

December 3, 10, & 17 – "Easy- Does-It" Walking Group

Meet at the upper mall entrance of the Waneta Plaza on Thursdays from 10:00 – 11:00am. We will be strolling inside the mall to avoid the ice & snow, socially distant style, including masks. Please contact Shawna to pre-register for this event by calling 250-921-9464 or email bvafcoordinator@gmail.com.

December 8 - Zoom Coffee Meeting

Join Shawna on December 8 from 10:00am – noon for our last Zoom Coffee Meeting of the year to chat about what you have enjoyed and what you would like to see going forward. Please call or email Shawna at 250-921-9464 or email bvafcoordinator@gmail.com for more information and to register. **Registration deadline is December 7. Please include your email address when registering.**

December 15 – Age Friendly Seniors Boxed Christmas Lunch and Pick-Up Information

Pre-registration is a must - deadline to register is December 7. To pre-register, please call or email Shawna at 250-921-9464 or bvafcoordinator@gmail.com and include names, phone number, and whether you are from Area A, Fruitvale or Montrose. Please note that you must be 55+ to participate.

Drive-thru contactless pick-up at Fruitvale Memorial Center loading dock (on the east side of the hall) is on December 15 from 1:00 - 3:00pm. *Don't forget to check January's newsletter for winners of the door prizes and contact the Village of Fruitvale to claim your prize if you are a lucky winner.

THANK YOU TO OUR SUPPORTING PARTNERS

