



BEAVER VALLEY AGE FRIENDLY COMMUNITY

JANUARY 2022 AGE FRIENDLY NEWSLETTER

Tuesday Take-Away Christmas Lunch



Our December lunch was a huge success! Santa and his Elves served 175 lunches. This lunch would not have been possible without the support from ATCO Wood Products, Columbia Power, Corporation, Marino Wholesale, Liberty Foods and the four volunteers that work tirelessly every month to make sure the lunches go out.



On behalf of all of us at Beaver Valley Age Friendly, we wish you all a very Happy New Year and hope for better things to come in 2022.

The next Tuesday Take-Away Lunch is on **Tuesday, January 18, 2022**. Please register with the Village of Fruitvale Office on or before January 14, 2022 by telephone at 250-367-7551 or email to info@village.fruitvale.bc.ca with the name(s) of who the lunch is for, the municipality where you reside and your phone number. Lunches must be picked up between 12:30 pm and 1:00 pm at the front door of the Fruitvale Memorial Centre. Please ensure a mask is worn when picking up lunches. If you need to cancel your lunch, please call Vickie at 250-512-9379.

BV Age Friendly Fundraising Draw



Congratulations to Robin Piche and Marlene Stephenson, winners of the beautiful artwork generously donated by local artist Alan LaRocque in support of the Beaver Valley Age Friendly program. Thank you to everyone who entered the draw. All donations go to support future Age Friendly programs.

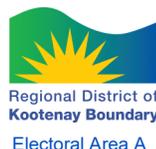


Connecting Generations Thru Letter Links Program



Beaver Valley Age Friendly in conjunction with the Fruitvale Elementary School students continue with their *Connecting Generations Thru Letter Links* program. Keep an eye on your mailbox.

THANK YOU TO OUR SUPPORTING PARTNERS





What can I do if stuck home all day?

Well, you don't have to look out the window, sit twiddling your thumbs or watch reruns on TV. Here are some ideas for those times you find yourself alone.

Improve Your Brain. Playing physical and mental games keeps your mind active and sharp so it doesn't deteriorate.

Connect with others and reestablish relationships. No matter how old we are, human beings remain to be social beings that need connection. Call that old friend you haven't heard from in years, your long lost cousin or neighbor you used to live next to years ago.

Connect with nature as you are able. Activities for seniors such as gardening, walking, bird watching, nature photography, will help keep you fit and healthy for a long time and also make you appreciate nature and avoid stress.

Active Learning shouldn't end just because we age. Learning is not only fun but it's also an amazing way to keep your brain active. Try turning on that laptop or tablet that's just been sitting around your house. Now's a good time to just play around with it and see if you can figure it out. You have nothing to lose and everything to gain! If you get it working, that leads to more exploring with games and browsing the internet to look up something you've always wondered about. OR, you can open one of the coffee table books you've had lying around collecting dust!

Here are some websites for free online printable worksheets and adult coloring pages:

<https://www.puzzles.ca/>
<https://thewordsearch.com/printable/>
<https://www.math-drills.com/>
<http://www.onlinecrosswords.net/>
<https://englishforeveryone.org/>
<https://mondaymandala.com/m>
<https://www.justcolor.net/>

Caregivers: Remember, a phone call can brighten a day, the dollar stores have simple craft kits, cooking together with your loved one is quality time (have them peel potatoes, slice veggies or dry the dishes. People need to feel a sense of usefulness and purpose. You can do that for your loved one and in turn you will feel good, too.

Simple Chair Exercises

Too cold to go outside? Stay active by doing simple chair exercises. **Be sure you are seated in a sturdy chair and stop a movement if it hurts. Stay hydrated while exercising.** Have a glass of water beside you while exercising.

Directions

- ⇒ Sit in chair, take three deep breaths, lifting arms above head for inhale and down for exhale each time.
- ⇒ Reach one hand toward ceiling, hold for 5 seconds. Repeat with the opposite hand - Relax your shoulders
- ⇒ Shrug your shoulders 5 times.
- ⇒ Stretch arms to the sides, move in circles-10 times forwards, then 10 times backwards.
- ⇒ Relax your shoulders - Place your hands on your shoulders and roll them forward 10 times, then backwards 10 times.
- ⇒ Keeping your shoulders relaxed and hands on your shoulders, touch your elbows together 10 times
- ⇒ Reach both hands toward the ceiling, lean to the right and hold for 10 seconds. Then lean to the left and hold for 10 seconds, repeat.
- ⇒ Take three deep breaths - Relax your shoulders, lean head to right shoulder, hold for 5 counts, then left shoulder.
- ⇒ Move your hand down your leg reaching toward your foot, and back up again. Repeat 5 times, switch to opposite leg.
- ⇒ Place your hands on your thighs, keep your back straight and lean forward and hold for 5 counts and back 5 times.
- ⇒ Stamp your feet 10 times - Wiggle your toes for 10 counts.
- ⇒ Place your feet flat on the floor. Point your toes up toward the ceiling, hold for 5 counts. Repeat 5 times
- ⇒ Lift your knees one at a time holding for 5 counts. Repeat 5 times each.
- ⇒ Bend at waist, reaching hand to opposite toe. Hold for 5 counts. Repeat with opposite, hand 5 times.
- ⇒ Wiggle your fingers for 10 counts.
- ⇒ Place hand on opposite knee and turn to look behind you, hold for 5 counts, repeat other side
- ⇒ Cool down by taking three deep breaths, lifting arms above head for inhale and down for exhale each time.
- ⇒ Give yourself a hug and hold for 5 counts!

