

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator  
Jayme Fowler  
250.367.7428 home or by email  
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## JAYME'S MESSAGE

January went by so fast! We had such a fantastic SOLD OUT Paint Night! The company was great and the paintings turned out beautifully! It was fun to try something new! Our Toonie Lunches have had tremendous growth over the past year! It is so nice to welcome new faces to our program! This year we have a variety of activities planned to peak your interest and keep us involved and active.

## COFFEE CLUB

We had another amazing Coffee Club with Corrine Tamelin. She shared her travels to Egypt and the Sahara Dessert. It was so interesting! She does such a great job with the slideshows and stories. If you missed it, don't worry, we will have her back again in the spring.

Our next Coffee Club will be held on **February 11, 2019 @ 10:30 am at the Fruitvale Memorial Centre**. Bryan Henry will be doing a workshop on variety of topics for seniors health and well being. Also, we will have an update on the Lifeline project from the seniors.

## TOONIE LUNCH

January's lunch was a special treat from the Colander. We had 198 seniors and volunteers register for this lunch! Thank you to all the volunteers who helped at the lunch!

There is no lunch this month as we have partnered with the BV Recreation's Valentine's Seniors' Dinner and Dance. I hope our seniors enjoy themselves at Valentines Dinner and Dance. It'll be a great time!

## GYM

We have a new challenge starting. The goal is to virtually exercise across Canada. The board is located at the gym. Any exercise counts! Keep track of all your exercise and move your flag city to city! It is a fairly big goal, however, it's the journey the counts!

## BLOOD PRESSURE CLINIC

BV Age Friendly is holding its first blood pressure clinic on **February 26, 2019 from 10:00am - 11:30am at the Seniors Gym**. This is a great opportunity to have your blood pressure checked by our local Community Paramedic. It will be on a first come, first serve basis. (If the stairs to the gym are a problem, please let Jayme know and someone will assist you upstairs)

## CROSS COUNTRY SKI TRIP

BV Age Friendly is holding its first ever Cross Country Ski Trip on **Wednesday, February 20, 2019** to Black Jack Ski Club. The chartered bus will leave Fruitvale at 8:45am from the Fruitvale Memorial Centre and from the Montrose Hall at 9:00am. Tickets are \$10 and include transportation to and from Black Jack, rentals if required, a ski pass, lunch, and possibly a ski lesson from two-time Olympic Cross-Country Skier George Grey!! It will be such a fun day! A limited amount of tickets are available at the Village of Fruitvale office so get yours early.

## CERAMICS CLUB

The Ceramics Club will resume on **March 6 from 9:00am-12 Noon** in the Recreation Room at the BV Manor. For more information contact Kathy @ 250-231-0151 or Sylvia @ 250-367-7023. Cost is materials and a BV Seniors Branch #44 membership of \$15/year.



THANK YOU TO OUR SUPPORTING PARTNERS



# FEBRUARY 2019

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>VENUES</b> FMC - Fruitvale Memorial Centre BVM - Beaver Valley Manor MH - Montrose Hall					1 Seniors' Line Dancing 10:00-11:00am @ FMC	2
		3	4 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC Seniors' Cards in Montrose 7:00pm @ MH	5 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC	6 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC BV Lions' BINGO 6:00pm @ FMC	7 Senior Men's Curling 10:00am - Noon @BVCC Cards 1:00pm @ BVM
10	11 Seniors' Coffee 10:30am @ FMC Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC	12 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Rec. Seniors' Dinner	13 Branch #44 General Mtg. 1:30pm @ BVM Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC BV Lions' BINGO 6:00pm @ FMC	14 Senior Men's Curling 10:00am - Noon @BVCC Cards 1:00pm @ BVM	15 Seniors' Line Dancing 10:00-11:00am @ FMC Senior Men's Curling 10:00am - Noon @BVCC Seniors 55+ Bowling 1:00pm @ BVL	16
17	18 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC Seniors' Cards in Montrose 7:00pm @ MH	19 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC	20 X-Country Ski Day (see other side for details) Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC BV Lions' BINGO 6:00pm @ FMC	21 Senior Men's Curling 10:00am - Noon @BVCC Cards 1:00pm @ BVM	22 Seniors' Line Dancing 10:00-11:00am @ FMC Senior Men's Curling 10:00am - Noon @BVCC Seniors 55+ Bowling 1:00pm @ BVL	23
24	25	26 Carpet Bowling 10:00am-Noon @ BVM Senior Men's Curling 10:00am - Noon @BVCC Blood Pressure Clinic 10:00-11:30am @Seniors' Gym	27 Senior Men's Curling 10:00am - Noon @BVCC BV Senior Ladies' Curling 12:30pm @ BVCC BV Lions' BINGO 6:00pm @ FMC	28 Senior Men's Curling 10:00am - Noon @BVCC Cards 1:00pm @ BVM		

**BLACK = Fruitvale Senior Citizens Branch 44**  
 - \$15 membership required for events at BV Manor  
 - Contact Kris Weishaupt, [kwishy@telus.net](mailto:kwishy@telus.net)

**RED = Beaver Valley Age Friendly**  
 - No membership required for the Age Friendly events  
 - Contact Jayme Fowler, 250-367-7428

**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 Jayme Fowler at 250-367-7428 or the Village Office at 250-367-7551 or send your event information to [village.info@village.fruitvale.bc.ca](mailto:village.info@village.fruitvale.bc.ca) or [jfricke99@msn.com](mailto:jfricke99@msn.com)