

BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator
Jayme Fowler
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JAYME'S MESSAGE

Thank you to everyone who came out to the **Blood Pressure Clinic**. It was good that people made an effort to come out and get checked. We hope to run another one in the fall.

Lock Box Program update: We are working on the final stages of the paperwork with the security company. We will be calling those who are enrolled in the program shortly to set up installation times. If you are not on the list and want to be, or have questions about this program, please call Jayme @ 250-367-7428.

HEART AND STROKE BIG BIKE RIDE

BV Age Friendly has a team registered to ride the Heart and Stroke Big Bike! We need a team of 29 people to ride on a bike built for 30! The ride will be a 20 minute, 2km ride through downtown Trail on May 3, 2019 at 1:00pm. As a group, we would like to raise \$2,000 to support this year's Heart and Stroke campaign.

This year's big ride carries a powerful message: When it comes to women's heart and brain health, it's **#TimeToSeeRed**:

- Heart disease and stroke are the #1 cause of premature death for women in Canada
- Heart attack symptoms go unrecognized in 53% of women
- 2/3 of heart disease and stroke clinical research focuses on men

The numbers say it all. Women are under-researched, under-diagnosed, under-treated, and dying unnecessarily.

If you are interested in riding, please contact me (Jayme) 250-367-7428. Also, you can sign up on our Facebook Age Friendly Beaver Valley, find the post and click on it to register online. Spots are filling fast, so don't wait!! I had the privilege of riding on the Big Bike years ago, and I assure you that it is a blast!!!

If you would like to make a donation to help get our team off the ground, you can donate at our March luncheon, or online at support.heartandstroke.ca, and search **BV Age Friendly team**, then click to donate!

COFFEE CLUB

February's Coffee Club was excellent. Our topic was 'Ageism'. Ageism is stereotyping and discrimination against individuals or groups on the basis of their age. We watched a few videos and it was eye-opening!

According to the World Health Organization, "Ageism is everywhere, yet it is the most socially 'normalized' of any prejudice; and is not widely countered - like racism or sexism. These attitudes lead to the marginalization of older people within our communities and have negative impacts on their health and well-being."

Our next Coffee Club will be held on **April 8 @ 10:30 am at the Fruitvale Memorial Centre**.

TOONIE LUNCH

We hope you all enjoyed yourselves at the annual BV Recreation Seniors' Dinner. The food was delicious and the entertainment was lively. Thank you to Kelly at BV Rec for all her hard work organizing

Our next Toonie Lunch will be held on **March 19 @ 12:30 pm at the Fruitvale Memorial Centre**. Cost is \$2.00/person.

CERAMICS CLUB

The Ceramics Club resumes on **Wednesdays 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. Participants must have a membership to the BV Seniors Branch #44, which is \$15/year plus pay for the cost of the materials.

BEAVER TALES PUB NIGHT

Beaver Valley Senior's Branch 44 is sponsoring a Pub Night at the BV Manor on **Thursday, March 21 from 7:00 - 9:30pm**. Adults in the area are encouraged and welcome to take part in the many activities planned for the evening. Shuffleboard, dominoes, darts and trivia games will challenge participants and provide entertainment for all. Individual and team competitions will be featured. Small prizes will be awarded. Concessions will be available over the evening at reasonable prices. Non-alcoholic beer and other refreshments are on the menu. We hope you come take part in this senior activity and bring your friends and relatives. Don't be late so that you can take part in as many activities as possible. The cost for the evening is \$1.00.




THANK YOU TO OUR SUPPORTING PARTNERS



MARCH 2018

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div style="border: 2px solid green; padding: 5px;"> VENUES BVM - Beaver Valley Manor MH - Montrose Hall FMC - Fruitvale Memorial Centre BVL - Beaver Valley Lanes </div>					1 Seniors' Line Dancing 10:00-11:00am @ FMC Seniors 55+ Bowling 1:00pm @ BVL	2
3	4 Seniors' Cards in Montrose 7:00pm @ MH	5 Carpet Bowling 10:00am-Noon @ BVM	6 Ceramics 9:00am - Noon @ BVM	7 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM	8 Seniors' Line Dancing 10:00-11:00am @ FMC Seniors 55+ Bowling 1:00pm @ BVL	9
10	11 Seniors' Coffee 10:30am @ FMC	12 Carpet Bowling 10:00am-Noon @ BVM	13 Ceramics 9:00am - Noon @ BVM Branch #44 General Mtg. 1:30pm @ BVM	14 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM	15 Seniors' Line Dancing 10:00-11:00am @ FMC Seniors 55+ Bowling 1:00pm @ BVL	16
17 	18 Seniors' Cards in Montrose 7:00pm @ MH	19 Carpet Bowling 10:00am-Noon @ BVM Toonie Lunch 12:30pm @ FMC	20 Ceramics 9:00am - Noon @ BVM	21 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM Beaver Tales Pub Night 7:00-9:00pm @ BVM	22 Seniors' Line Dancing 10:00-11:00am @ FMC Seniors 55+ Bowling 1:00pm @ BVL	23
24	25	26 Carpet Bowling 10:00am-Noon @ BVM	27 Ceramics 9:00am - Noon @ BVM	28 Income Tax Prep for low income individuals and couples 9:00 - 11:00 am @ BVM Cards 1:00pm @ BVM	29 Seniors' Line Dancing 10:00-11:00am @ FMC Seniors 55+ Bowling 1:00pm @ BVL	30
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BLACK = Fruitvale Senior Citizens Branch 44
 - \$15 membership required for events at BV Manor
 - Contact Kris Weishaupt, 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 or jfricke99@msn.com