

# BEAVER VALLEY AGE FRIENDLY COMMUNITY

Age Friendly Seniors' Coordinator  
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**What is an Age Friendly Community?** An Age-Friendly Community is where seniors are supported to age actively, enjoy good health, and remain independent and involved in their communities. Our Age-Friendly program has grown over the years and has become quite the model for other communities. With that being said, we can't forget the real purpose to our program - we need to participate and continue to support our local events. Everyone benefits in an Age-Friendly Community!

## JAYME'S MESSAGE

April went by so fast! We have come aboard to help raise awareness and funds for the Heart & Stroke Foundation. Our team of seniors are gearing up to ride the Big Bike on **May 3, 2019** in Trail. If you would like to join the team, you can call Jayme @ 250-367-7428 and we can get you registered. If you would like to help support our team, you can do so by donating at the Village of Fruitvale office, call Jayme @ 250-367-7428, or you can click on the link on our Age Friendly BV Facebook page. We appreciate your support. You are all welcome to come down and cheer us on!

## BV MAY DAYS

BV May Days is quickly approaching and BV Age Friendly is going to do our part in the community by running the concession inside the arena on **Saturday May 25** from 10:00am - 5:00pm, and on **Sunday, May 26** from 10:00am - 3:00pm. We are also going to help with the registration for the Family Walk/Run on **Sunday May 26** @ 8:00am. We are asking for your help! If you enjoy getting out, socializing and making connections with community members, this is for you! If you can volunteer a couple hours, please call Jayme @ 250-367-7428 - your help is greatly appreciated!

## COFFEE CLUB

In April, we had an amazing coffee with Heather Cunningham! Thank you, Heather for sharing Craig's story. It is a story that has touched a lot of lives and a story that many of us follow.

Our next Coffee Club is on **Monday May 13 @ 10:30am** at the Fruitvale Memorial Centre. Craig Horsland will be there to take photos of your items and collect your stories about the item you would like to have in the pop-up museum. The items can be anything that have a story! Just bring them down to coffee with a written story and Craig is going to have it printed onto a foam board for display at our museum in June. Everyone is welcome to participate! It is a great opportunity for a community to share some history!!

## TOONIE LUNCH

Our April Toonie Lunch was fantastic! Thank you to all our wonderful volunteers for all your hard work. This program could never run without you! I appreciate you all so much.

The next Toonie Lunch will take place on **Tuesday May 21, 2019 @ 12:30pm** at the Fruitvale Memorial Centre. Please call to register Irma @ 250-367-6185, Koert @ 250-367-9835, or Jayme @ 250-367-7428. Deadline to register is Monday, May 13.

## LOCK BOXES PROJECT

Our Lock Box project is up and running. The lock boxes are to allow 9-1-1 access into your home in an emergency. We still have some lock boxes left if you are interested in taking part in the project. Please call Jayme @ 250-367-7428 to set up the installation.

## BEAVER TALES PUB NIGHT

Senior's Branch 44 will be holding its third Pub Night on **Thursday, May 16, from 6:00 to 9:30pm in the Rec Room at BV Manor**. Note the earlier start time. If you haven't taken part in the past, give it a try. All comments from those who have attended have been very positive. They've greatly enjoyed the many games and activities. Since May is Flower Month, we'll gear some things towards that end.

Games include Scrabble, Yahtzee, shuffleboard, dominoes, darts, cribbage, cards and trivia. Concessions are available at reasonable prices. If you're looking for friendly competition, laughter and good times we encourage you to attend this fun-filled evening. We'll do our best to make sure you have an enjoyable experience. Admission is a toonie, but only a loonie if you're a member of any B.C. Senior's group.

**THANK YOU TO OUR SUPPORTING PARTNERS**



# MAY 2019

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<b>VENUES</b> BVM - Beaver Valley Manor FMC - Fruitvale Memorial Centre CLGCC - Champion Lakes Golf & Country Club MH - Montrose Hall			1 Ceramics 9:00am - Noon @ BVM Ladies' Golf 2:00 pm @ CLGCC	2 Seniors' Mixed Golf 9:00 am @ CLGCC Cards 1:00pm @ BVM	3	4
5	6 Bingo 1:00pm @ BVM	7 Men's Golf 2:00 pm @ CLGCC	8 Ceramics 9:00am - Noon @ BVM Ladies' Golf 2:00 pm @ CLGCC	9 Seniors' Mixed Golf 9:00 am @ CLGCC Cards 1:00pm @ BVM	10	11
12	13 Bingo 1:00pm @ BVM Seniors' Cards in Montrose 7:00pm @ MH Seniors' Coffee 10:30am @ FMC Last day to sign up for Toonie Lunch	14 Men's Golf 2:00 pm @ CLGCC	15 Ceramics 9:00am - Noon @ BVM Ladies' Golf 2:00 pm @ CLGCC	16 Seniors' Mixed Golf 9:00 am @ CLGCC Cards 1:00pm @ BVM Beaver Tales Pub Night 6:00-9:30pm @ BVM	17	18
19	20 Bingo 1:00pm @ BVM	21 Toonie Lunch 12:30pm @ FMC Men's Golf 2:00 pm @ CLGCC	22 Ceramics 9:00am - Noon @ BVM Ladies' Golf 2:00 pm @ CLGCC	23 Seniors' Mixed Golf 9:00 am @ CLGCC Cards 1:00pm @ BVM	24 BEAVER VALLEY MAY DAYS →	25
26 BV MAY DAYS →	27 Bingo 1:00pm @ BVM Seniors' Cards in Montrose 7:00pm @ MH	28 Men's Golf 2:00 pm @ CLGCC	29 Ceramics 9:00am - Noon @ BVM Ladies' Golf 2:00 pm @ CLGCC	30 Seniors' Mixed Golf 9:00 am @ CLGCC Cards 1:00pm @ BVM	31	

**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](mailto:village.info@village.fruitvale.bc.ca) or [jfricke99@msn.com](mailto:jfricke99@msn.com)