



## YOUR NEWSLETTER

### Bien vieillir chez soi Beausoleil, February 2025

**BVCSB is a non-profit organization that helps our seniors stay in their homes for as long as possible.**

#### **EXCITING NEWS!**

In November 2024, The Honorable Brenda Murphy gave our organization the Lieutenant Governor's Award for Excellence in Aging. We are honored and thankful for this Award!

#### **BECOME A MEMBER**

We invite you to support BVCSB by obtaining a (**FREE**) membership card so that we can continue to offer our services to the people who need them most.

#### **BECOME A VOLUNTEER**

Be part of the solution and help us expand our services throughout the rural community of Beausoleil. We are looking for volunteers to help our kitchen team with cooking, dishwashing and delivering the meals, and also to help our seniors with some of their everyday needs (minor repairs, respite service and such.)

#### **GENERAL ASSEMBLY**

Our General Assembly for 2025 will be held on April 27 at 1:30PM. Come and join us!

#### **OUR ACTIVITIES**

**Café-Jasette (held in French, free):** This social activity is held every Wednesday 1-3PM. What a great way to spend an afternoon with friends!

#### **Coffee Chat to Improve Your French (free):**

The Coffee Chat is held every Monday 1-2PM. Volunteers come and chat for 1 hour with English speakers from Beausoleil who wish to improve their French speaking skills. Participants must call us to sign up first!

#### **Chair Yoga (\$5):**

Chair Yoga is held every Tuesday 10-11AM. Stay active while incorporating relaxation, meditation and strengthening exercises into your day.

#### **Tai Chi for Beginners (\$5):**

Tai Chi for Beginners is scheduled every Monday 9-10AM. Take that time in your week to manage your anxiety and reduce everyday aches and pains, develop a better balance, sleep pattern and blood pressure.

#### **Dance night for Valentine's Day (\$15):**

On Friday, February 14, 7-10PM, come dance with us for a Rock'n'Roll & Nachos night with Lester Lebreton!

#### **Lunch-Conference on Grief (\$5, in English):**

Our next Lunch-Conference will be held on Saturday, March 1, 11AM-1PM. It will be about 'Overcoming Loss and Understanding Grief' with Dan Baker from the Helping Hands Institute. Tickets are 5\$ for members, 10\$ for non-members, lunch included. Tickets must be bought in advance and attendance is limited. You can get info about the next conferences by calling us, visiting us or following our Facebook page.

#### **Public talk « Protecting yourself from scams » (free, in French):**

On Wednesday, February 12 at 6:30PM, Jean-François Leblanc from the RCMP in Shédiac will share his expertise and field experience in terms of fraud and scams, on the internet and in real life.

#### **INTERNET AT \$10 A MONTH**

Offered by Bell, Rogers, and other Internet service providers. This service is available to seniors eligible for the maximum Guaranteed Income Supplement. If you are eligible, the government sends you a letter with instructions and a code that is required to access this service. Call us for more info.

#### **ACKNOWLEDGEMENTS**

Special thanks to everyone who supports the work of BVCSB, including all volunteers, community organizations and partners. With your help, we are making a difference in our seniors' lives.

#### **OUR TEAM**

- **Édith Myers**, Programs and Services Manager
- **Kim Arseneault**, Administrative Assistant
- **Caroline Imbert**, Community Activities and Meals Delivery Coordinator

#### **HOW TO REACH US :**

##### **Bien vieillir chez soi Beausoleil Inc.**

10 rue Villa, Cocagne, NB E4R 3M6

Phone : 506 576-2100

Email : [info@bvcs-aip.ca](mailto:info@bvcs-aip.ca)

Website: <https://bvcs-aip.ca/>

Hours: Mon-Fri 8:30AM-4:30PM

