



Beaver Valley Bulletin



BEAVER VALLEY BULLETIN ELECTRONIC

To receive the newsletter electronically, please send your email address to info@village.fruitvale.bc.ca.

Paper copies are available at the Village of Fruitvale Office.

<https://fruitvale.ca/residents/newsletters/>

NOVEMBER 2026



www.fruitvale.ca



www.rdkb.com



www.montrose.ca

The content of this bulletin has been provided by individual user groups. Any inquiries should be directed to the respective organization.



Remembrance Day



REMBEMBRANCE DAY CELEBRATION

Join us at the Fruitvale Cenotaph on Wednesday November 11th for the 2026 Remembrance Day Service which will begin promptly at 10:45 am. There will be an opportunity for the laying of wreaths.

Wreaths must be orderd from the Trail Legion.

To order your wreath, please contact the Trail Legion at 250-364-1422 asap.

If you would like to have your wreath announced at the ceremony, please send the name of the wreath layer and who the wreath is in memory of to the Village Office at info@village.fruitvale.bc.ca so we can include it on our list.

If you prefer to not have your wreath annouced, there will be an opportunity to lay your wreath immediately following the laying of the announced wreaths.

Following the Service, attendees are invitited to Fruitvale Memorial Centre for a light lunch and warm drink.

We grategully acknowledge the support of Director Ali Grieve of RDKB Electoral Area A

Thank you to Councillors Karen Halifax and Julia Mason for organizing the event.



REMEMBRANCE DAY

Holiday Closure Notice
November 11, 2026.

The Village of Fruitvale Office and Public
Works will be closed due to the holiday.

In case of an emergency,
please call 250-231-0134.



AREA A

DIRECTOR ALI GRIEVE



November Newsletter

Remembering and Looking After One Another

November brings shorter days, cooler weather and an opportunity to reflect on the people who have shaped our community and our country.

On November 11, we pause to honour those who served, those who continue to serve, and the families who have supported them. We remember the lives lost and the sacrifices that continue long after service ends. I encourage residents to wear a poppy and join our local Remembrance Day ceremony at the cenotaph in Fruitvale at 10:45 a.m.

Looking after one another is something Beaver Valley does well. As winter approaches, a phone call, a ride or help clearing a walkway can make a real difference to a neighbour, especially someone living alone. Thank you to the volunteers and community organizations who quietly provide that support throughout the year.

With the holiday season approaching, please also think local. Our businesses support community events, sports teams and fundraising efforts. Shopping close to home helps keep those businesses—and our valley—strong. Local markets and craftspeople offer wonderful opportunities to find something special.



Respecting Those Who Step Forward

Thank you to everyone who put their name forward in the recent local election. Running for public office takes courage, and serving requires time, dedication and a willingness to make difficult decisions.

I have been very fortunate throughout my years as your Area A Director to be treated with kindness, respect and support. I am deeply grateful for that, and I hope everyone who steps forward to serve their community has the same experience.

Please stay involved. Attend public meetings, ask questions and share your ideas and concerns directly with your representatives. If you feel strongly about shaping our community's future, consider putting your own name forward next time.

Thank you for the many ways you contribute to life in Area A and the Beaver Valley. Let's keep looking after one another—and keep kindness at the heart of our community.

Staying in Contact

Residents are welcome to attend our public meetings. You can find upcoming dates here: [RDKB Meeting Schedule](#).

I can be reached at agrieve@rdkb.com or 250.368.7240





Mayor Catherine Guesford Village of Fruitvale



Dear Residents of Fruitvale,

I want to extend my heartfelt thanks to the residents of Fruitvale for placing your trust and confidence in me as your new Mayor. I am truly honoured and grateful for the opportunity to serve this wonderful community.

This community is filled with caring people, with strong values, and has tremendous potential. I believe that by working together, we can accomplish amazing things and continue making Fruitvale a place we are all proud to call home.

As we draw closer to Remembrance Day, I want to share with you a moment of reflection and gratitude.

Remembrance Day is a time for all of us to pause, reflect, and honour the brave men and women who served and sacrificed so much for the freedoms we enjoy today. It is also a time to remember the families who endured the heartbreak of losing loved ones, the veterans who returned home forever changed, and those who continue to serve our country with courage and dedication.

As a community, we have a responsibility to ensure that their sacrifices are never forgotten. We must continue to share their stories, teach future generations the importance of remembrance, and honour the values of courage, service, and sacrifice.

I encourage everyone in Fruitvale and the Beaver Valley to take a moment this November 11th to remember, reflect, and give thanks. Lest We Forget.

I also want to recognize the many Volunteers, Community Organizations, Local Businesses, and Residents who contribute so much to making Fruitvale special. Your dedication and generosity are truly the heart of our Village.

As your Mayor, I will not promise that I have all the answers, but I will promise to listen, ask questions, work hard, and always keep the best interests of Fruitvale at heart.

I look forward to working with Council, Village Staff, and Most Importantly, You — our residents — as we build a positive future for our community. Together, we will do wonderful things for Fruitvale!

"Your Village. Your Voice. Our Future. Working Together for Fruitvale."



COUNCIL MEETING

Village of Fruitvale Council meets generally the 2nd Monday of the Month at 6pm. Public is invited to join in person in Council Chambers, 1947 Beaver Street or via zoom - Zoom Meeting: <https://us02web.zoom.us/j/3353726693>
Meeting ID: 335 372 6693
Next Regular Council meeting is **Monday November 9, 2026.**



***New Village of Fruitvale Office Hours
Monday to Friday 8:30 am to 4:00 pm***



Village of Montrose
Office Hours - Monday to Friday
8:30–noon -1:00 – 4:30 p.m.
250-367-7234
admin@montrose.ca/www.montrose.ca

WINTER WEATHER PREPARATION

As we prepare for the upcoming winter season, residents are reminded to remove all items from Village boulevards, including recreational vehicles, solar lights, basketball hoops, construction materials, planters, and landscaping items.

Residents are also asked to park vehicles off-street and off- boulevard to allow the Public Works crew to safely and effectively clear and push back snow.

The Village of Montrose is not responsible for damage to fences or other objects located near the roadway.

Thank you for helping us keep our streets safe and accessible throughout the winter.

NEW BABY IN THE FAMILY?

Have you recently welcomed a new baby?

Call or email the Village Office so we can deliver a little gift to celebrate your new arrival! 😊

🎃 MONTROSE REC HALLOWEEN – OCTOBER 31 🎃

Join Montrose Recreation for our annual Halloween Night Hot Dog & Hot Chocolate at the Community Hall! Stop by the Community Hall from 6–8 PM for a hot dog and hot chocolate while you're out enjoying the evening.

REMINDER! NOVEMBER 11 GARBAGE COLLECTION CHANGE

Due to the statutory holiday on Wednesday, November 11, garbage collection will take place on **TUESDAY, NOVEMBER 10**. Please remember to put your garbage out by 7:30am on Tuesday. GFL Recycling and Green Bin collection will continue as scheduled on Wednesday, November 11. If you have any questions regarding Green Bin or recycling pickup, please contact GFL at 250-367-0099.

FALL LEAVES & BRANCHES PICKUP

Curbside pickup for Montrose Residents is scheduled for Thursday, November 5. All materials must be at your regular garbage pickup spot by 7:30 AM to avoid being missed.

Collection guidelines:

Branches must be bundled (maximum 4 feet long and 3 inches in diameter) and securely tied. Leaves and clippings must be placed in compostable kraft bags or open plastic totes (maximum 40lbs.) - plastic bags are no longer accepted.

MESSAGE FROM THE BEAVER VALLEY FOOD BANK

Join the Beaver Valley Nitehawks in supporting our local community this winter! At the Nitehawks home game on Friday, November 20, 2026, fans are invited to bring non-perishable food items to support the Beaver Valley Food Bank. A donation table will be set up at the entrance, and monetary donations are also greatly appreciated.

Everyone who donates will be entered into a draw to win a pair of tickets to a future Nitehawks game!

The Beaver Valley Food Bank would like to extend a heartfelt thank-you for the generosity shown throughout the year, including the fresh fruits and vegetables shared from local gardens over the summer.

To the communities of Montrose, Beaver Valley, Area A, and Fruitvale: thank you for your continued kindness and support. You are truly amazing!



THE VILLAGE OF
FRUITVALE REMINDER
NOTICE

WINTER PREPARATIONS – BOULEVARDS AND PARKING

It's time for residents to prepare for the upcoming snow removal season, which means all items must be removed from boulevards, including but not restricted to:

***recreational vehicles *solar lights *basketball hoops *construction material *flower planters/landscaping**

It also means that it's time for residents to find off-street and off-boulevard parking for their vehicles.

Residents with fences bordering Village streets are reminded to ensure their fences are strong enough to withstand loads from snow plowed and pushed back to widen streets.

Public Works takes extreme care when pushing back snow, but damage is possible.

The Village of Fruitvale is not responsible for damage to fences or other objects that may occur during the course of performing regular duties.



Scouting in the Beaver Valley



Would you like to get Scouting happening again in the Beaver Valley?

***Looking for adults to come on board as Leaders and Group Committee
Scouting's mission is to help develop well-rounded youth, better prepared for success in the world.***

***All meetings will take place at the Scout Camp facility
Beavers ages 5-7
Cubs ages 8-10
Scouts ages 11-14***



***If you would like to help as a leader to get this program up and running again,
please contact Heather Hamer 250-367-7453 or email
Trail.Rossland.Scouts@telus.net***

♥ Friends of the ♥
BV LIBRARY

CHRISTMAS *Craft Fair*

Come get a head start on your
Christmas shopping and support
your local library!



Handmade
Vendors



Unique
Christmas
Gifts



Something
for Everyone



Come browse,
shop and enjoy
the festive spirit!

❄️ Friday, November 6
10:00 AM – 6:00 PM ❄️

❄️ Saturday, November 7
10:00 AM – 4:00 PM ❄️

♥ 📍 **Fruitvale Hall** ♥

Bring a friend and come enjoy a wonderful
selection of handmade treasures and local crafts!

♥ Hosted by the Friends of the BV Library ♥



Fruitvale Christmas Market

FRUITVALE MEMORIAL CENTRE

FRIDAY, NOV. 20TH | 4PM – 8PM

SATURDAY, NOV. 21ST | 10AM – 2PM

Food &
Drink

Prizes

Free
to
attend!

Live
Music

Artisans



Beaver Valley Seniors'
Christmas Served

— BUFFET LUNCH CELEBRATION —  

 Winter
WONDERLAND

*Dress to Impress or
Make us Laugh!*

Prizes for:

 **1**

Winter Wonderland
Royalty

 **2**

Snow much
Creativity

 **3**

Best Matching
Duo

Anything goes!



Tuesday,
November 24th
2026



12.30pm



Fruitvale
Memorial Hall

\$10
ENTRY

RSVP Jayme Fowler
by November 17th

 250.231.7260

 bvevents@rdkb.com



United Way
British Columbia

Working with communities in
BC's North, Interior, Lower Mainland,
Central & Northern Vancouver Island



Beaver Valley
Recreation



BRANCH 44 SENIORS

**Branch 44 Seniors at BV Manor
24 Laurier St, Fruitvale, BC**

Regular Meeting on November 25th, 2026 12:30pm

Seniors 50+ come join us, membership is \$15 for the year

Mondays: Bingo 1:00-3:30pm

Wellness Wednesday 10:00 am - 1:00 pm.

Thursdays: Cards 1:00- 3:30pm



Carpet Bowling starts again October 13, 2026

Any inquiries please contact

Shirley 250-512-7777

Come out and try it see if you like it

Call Brenda for more information 250 367 3839



ANNUAL BAKE SALE - CHRISTMAS FUNDRAISER

We are going to be at the craft fair at the Hall with our annual bake sale. This fundraiser is what pays for our ' Christmas Gifts for Seniors' in the community. If you would like to donate baking or cash we will be open November 5th at the Manor between 2:00pm to 5:00pm.

Otherwise see you at the Hall on the 6th and 7th for you to purchase.





BEAVER VALLEY CHRISTMAS HAMPERS

(ALONG WITH BEAVER VALLEY FOOD BANK)
REGISTRATION IS OPEN
NOVEMBER 1- DECEMBER 1, 2026

Pick up at

Liberty foods, BV Food Bank, Village of Montrose Post office,
Village of Fruitvale,
BV Thrift Store, BV Library

TOYS

FOODS

GIFTS



**Beaver Valley Lions
BINGO**

No Bingo

Wednesday **November 11, 2026**
Wednesday **December 16, 23, 30th**

Bingo starts back January 6, 2027
at 6:00 pm.

Bring a friend or two - we hope to see
your there!





BEAVER VALLEY PUBLIC LIBRARY
 bvpublic@telus.net 250-367-7114

NOV 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Stitching Drop-in 1:00-3:00 Felt Poppy Workshop 5:30-7:00	3 Joy Time 12:30-1:15 Tech Help * 1:30-3:30	4 After School Program* 2:30-4:00	5	6 Friends of the Library Craft Fair 10:00-6:00	7 Friends of the Library Craft Fair 10:00-4:00 Drumming at Waneta Hub 11:00-12:00
8	9 Stitching Drop-in 1:00-3:00 Teen/Adult Game Night 5:00-6:30pm	10 Joy Time 12:30-1:15 No Tech Help	11 Remembrance Day (Closed)	12	13	14
15	16 Stitching Drop-in 1:00-3:00 Calligraphy Club 6:00-7:00pm	17 Joy Time 12:30- 1:15 Tech Help * 1:30-3:30	18 After School Program* 2:30-4:00	19	20	21 Turkey Feather Art Workshop* 11:00-12:30
22	23 Stitching Drop-in 1:00-3:00	24 Joy Time 12:30-1:15 Tech Help * 1:30-3:30	25 After School Program* 2:30-4:00	26	27	28 Dinner and a Movie Fundraiser 5:00-8:00pm Tickets can be purchased in advance
29	30 Stitching Drop-in 1:00-3:00 Christmas Ornament Craft Night 5:00-6:30				*registration required	

BEAVER VALLEY NITEHAWKS FANS!

Join the Beaver Valley Nitehawks in supporting our local communities this Winter season! At the Nitehawks Home game on Friday, November 20/26, the Nitehawks will be collecting non-perishable foods for the Beaver Valley Foodbank. The BV Foodbank will have a table set up at the entrance for all donations. Monetary donations will also be greatly appreciated. Everyone who brings in a donation will be entered into a draw to win a pair of tickets to a future Nitehawks game.

The food bank would like to send a special thank you for all the donations that are dropped off throughout the year. The fresh fruit and veggies shared from gardens over the summer were very much appreciated as well.

Beaver Valley Food Bank volunteers want to take this opportunity to thank the communities of Montrose, Beaver Valley, Area A and Fruitvale for their generosity – you are truly amazing. We send our best wishes to all.



Beaver Valley Food Bank



**BEAVER VALLEY
NITEHAWKS ARE
HOSTING A
FOOD
DRIVE
FOR YOUR LOCAL
FOOD BANK**

**AT THEIR HOME GAME
FRIDAY, NOVEMBER 20
6-9:30pm
BEAVER VALLEY ARENA**

**DONATE FOOD, CASH OR FOOD GIFT
CARDS AND ENTER TO WIN TICKETS TO A
FUTURE NITEHAWKS GAME**



SHOOT WITH THE NITEHAWKS

AT THE BV ARENA



SUNDAY, NOVEMBER 22

3:15 – 4:45 PM

\$4 youth, \$5 adult, \$14 family

Bring your stick & helmet



**Regional District of
Kootenay Boundary**

Beaver Valley Recreation

Follow us on Instagram & Facebook under Beaver Valley Recreation
www.rdkb.com Click on Recreation & Culture, Beaver Valley

SENIOR'S LUNCHES

Tuesdays

Nov. 24, Jan. 19, Feb. 16, Mar. 16

Fruitvale Hall

12:30 pm

\$10 admission at the door

Please RSVP to Jayme one week
prior at 231-7260

bvevents@rdkb.com

STAY SAFE Ages 9+

Instructor: Nicole Morrison

Canadian Red Cross Course.

Basic first aid and safety skills
will be included. Bring a lunch.

February 6, 2027

9 am – 1:30 pm

\$45

Montrose Hall basement

Call BV Recreation at 231-5172

BABYSITTING COURSE

Instructor: Nicole Morrison

Ages 11+

Learn childcare, injury prevention
and basic first aid. Bring a lunch.

November 21, 2026

9 am – 4:30 pm

\$70

McIntyre Room, Trail Arena

Call Trail Recreation at 364-0888

SENIOR LINE DANCE

Instructor: April Biscaro

Fridays

Running until December 11

(omit November 6)

(November 20 at Montrose Hall)

10 - 11 am

\$2 drop in

Fruitvale Hall

Call April at 921-9733 for more info.

BODYWEIGHT, BANDS & BALLS

Instructor: Wendy Robertsen

Squats, push-ups, lunges and plank
variations form the foundation of this
class. Bands and weights add
challenge to movements, isolating
muscles like the glutes, shoulders,
and upper back. All fitness levels.

Mondays & Thursdays

(omit November 23)

Noon – 1 pm

Fruitvale Hall

\$75 - 6x, \$120 – 12x, \$14 drop in

(Pass can be used at all yoga &
Zumba classes)

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to Wendy at class

CHAIR YOGA

Instructor: Abby Verigin

Tuesdays, 10 - 11 am

Fridays, noon - 1 pm

(omit Nov. 24)

Nov. 6 & 20 at Montrose Hall

\$75 - 6x, \$120 – 12x, \$14 drop in

(Pass can be used at all Yoga,
Zumba and BB&B classes)

Fruitvale Hall

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to Abby at class

TOONIE SKATES

Tuesdays & Thursdays

10 - 11 am

November 3, 5, 10, 12, 17,

19, 24, 26,

December 1, 3, 8, 10, 15, 17

PILATES & SOMATIC YOGA FUSION

Instructor: Wendy Robertsen

Experience a deeply intentional
practice that bridges core-strength of
Pilates with the nervous system-
regulating release of Somatic Yoga.
Designed to help you build resilient,
functional strength while tuning
deeply into your body's internal
landscape. Expect: Core Stability
meets Nervous system reset.

Wednesdays

9 – 10:15 am

\$75 - 6x, \$120 – 12x, \$14 drop in

(Pass can be used at all Yoga,
Zumba and BB&B classes)

Montrose Hall

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to Wendy at class

GENTLE YOGA

Instructor: Jodi Ihas

Thursdays

7 - 8:15 pm

(omit November 12)

\$75 - 6x, \$120 – 12x, \$14 drop in

(Pass can be used at all Yoga,
Zumba and BB&B classes)

Fruitvale Hall

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to Jodi at class

SHOOT WITH THE NITEHAWKS

Sunday, November 22

3:15 – 4:45 pm

\$4 Youth, \$5 Adult, \$14 Family

Bring your stick and helmet.

ZUMBA ages 12+

Instructor: April Arnot

Mondays at Fruitvale Hall

Thursdays at Montrose Hall

(Nov. 23 & Dec. 14 are in Montrose)
(omit Nov. 16)

6:30 - 7:30 pm

\$75 - 6x, \$120 - 12x, \$14 drop in

(Pass can be used at all Yoga,
Zumba and BB&B classes)

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to April at class

CORE PILATES

METHOD

Instructor: April Arnot

Essentials Pilates mat class for
beginners or anyone wanting to
strengthen their Pilates foundations.

Focuses on proper technique,
alignment, breathing, core
connection and controlled mindful
movements. Effective low impact full
body workout improving posture,
flexibility, body awareness and
confidence in your Pilates practice.
Need min 5 registered.

Sundays, 10 - 11 am

Nov. 1 - Dec. 13 (omit Nov. 15)
\$90

Tuesdays, 9:30 - 10:30 am

Nov. 10 - Dec. 15, \$90

Optional, but recommended, one-
on-one with April to go over Pilate
movements and Posture flexibility
before session begins, \$65.

Tae Kwon Do Gym

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to April at class

HEART & SOUL

MARTIAL ARTS

Martial Arts classes for ages 5+.

Improve self-confidence,
self-discipline, self-control and
perseverance.

MetKon Rx total body group workout
for all ages, sizes and fitness levels!

Call 250-921-9090

heartandsoultkd@gmail.com

ZUMBA GOLD

Instructor: April Arnot

A low-impact modified Zumba®

Wednesdays (omit Nov. 11)

9:30 - 10:30 am

\$75 - 6x, \$120 - 12x, \$14 drop in

(Pass can be used at all Yoga,
Zumba and BB&B classes)

Tae Kwon Do Gym

To pay over the phone, call BV
Recreation at 231-5172 or bring
cash or cheque to April at class

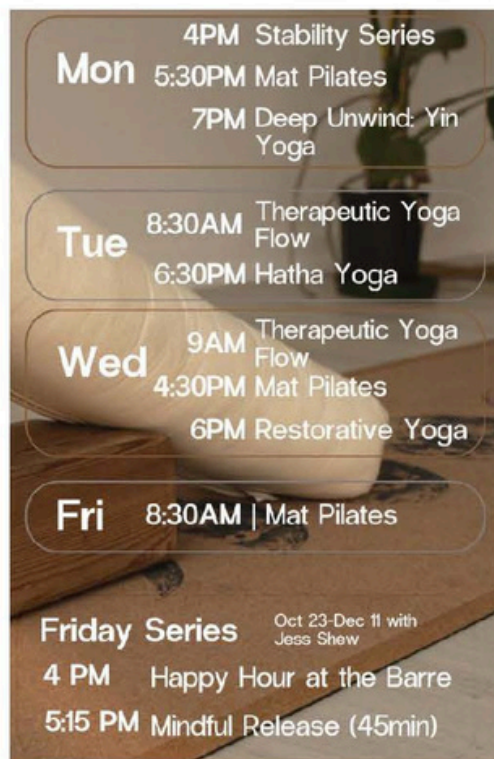
Please note new pricing

Current passes can still be used

HOW TO FLOURISH MOVEMENT STUDIO

1942 Main Street, Fruitvale

Email absverigin@gmail.com



Mon 4PM Stability Series
5:30PM Mat Pilates
7PM Deep Unwind Yin Yoga

Tue 8:30AM Therapeutic Yoga Flow
6:30PM Hatha Yoga

Wed 9AM Therapeutic Yoga Flow
4:30PM Mat Pilates
6PM Restorative Yoga

Fri 8:30AM | Mat Pilates

Friday Series Oct 23-Dec 11 with Jess Shew
4 PM Happy Hour at the Barre
5:15 PM Mindful Release (45min)

BREAKFAST WITH SANTA

Saturday, December 5

9 - 11 am

Fruitvale Hall

\$5 small, \$7 large

Food donated by Liberty Foods.

The Fruitvale Firemen are cooking,
and the BV Nitehawks are serving

X-MAS EVE SKATE

Thursday, December 24

11:30 am - 1:30 pm

Free admission, skate rentals, hot
dogs and juice boxes. Compliments
of the BV Lions Club. Get your
picture taken with Santa!

DROP IN HOCKEY

Ages 2-6

Nov. 27, 10 - 11 am

Ages 7-11

Nov. 27, 11 - 12 pm

Ages 12-16

Nov. 27, 12:15 - 1:15 pm

Ladies & Friends

Nov. 8, 5 - 6 pm

\$5 drop in, Nets & Pucks provided.

Helmet required.

Full gear required for ages 7+

GLOW PUBLIC SKATES

Fridays & Sundays

NOV PUBLIC SKATING

Friday	6	6 - 7:30 pm
Saturday	7	4:30 - 6 pm
Sunday	8	3:15 - 4:45pm
Saturday	14	4:30 - 6 pm
Friday	27	1:30 - 2:30pm
Sunday	29	3:15 - 4:45pm

DEC PUBLIC SKATING

Saturday	5	4:30 - 6 pm
Sunday	6	3:15 - 4:45pm
Sunday	13	3:15 - 4:45pm

FREE CHRISTMAS

PUBLIC SKATING

December	18	6 - 7:30 pm
December	19	2:30 - 4 pm
December	20	1 - 2:30 pm
December	21	1 - 2:30 pm
December	22	1 - 2:30 pm
December	23	1 - 2:30 pm
December	24	11:30 - 1:30 pm
December	27	4 - 5:30 pm
December	28	4 - 5:30 pm
December	29	4 - 5:30 pm
December	30	4 - 5:30 pm
January	2	4:30 - 6pm
January	3	4:30 - 6pm

BVYAN Events

**FREE for
Youth 12-18**

Text BVYAN to (833) 683-0875
to sign up for our NEW text newsletter!



November

1	2 DROP-IN @ FRUITVALE MEMORIAL HALL <small>Come hang out with us after school! Free Food, Drinks, and Activities!</small> 2-5:30	3	4	5	6	7
8	9	10	11	12	13	14 POTTERY PAINTING @ SOUTHSIDE ARTS STUDIO, CASTLEGAR <small>Paint Pottery or make something at this fun pottery workshop in Castlegar!</small> 12-2:30
15	16 DROP-IN @ FRUITVALE MEMORIAL HALL <small>GAME NIGHT! Come play some party games with us!</small> 2-5:30	17	18	19	20	21
22	23	24	25	26	27	28
29	30 DROP-IN @ FRUITVALE MEMORIAL HALL <small>MOVIE NIGHT! Come watch a show with us Youth's Choice</small> 2-5:30					

Questions?

beavervalleyyan@gmail.com

Safety, Safety, Safety! 🛑 🚲 🛹

Please prioritize safety when riding bikes and e-scooters—for your own protection and the safety of everyone around you.

Always wear a properly fitted helmet.

Follow traffic rules and be mindful of pedestrians.

Ride responsibly and stay alert.

Respect others sharing the roads, paths and sidewalks.

Your safety matters, and so does everyone else's.

Let's all do our part to keep our community safe! ❤️



JOIN US FOR a NEW SELF-DEFENCE CLASS – geared towards the whole Family!

- ❖ Monday Nights – 7:30-8:30pm
- ❖ Ages 10+
- ❖ \$60/Month (1.5 hr class) or \$15/Drop-in



www.heartandsoulmartialarts.ca

Bring your family, and friends, or Join as an individual.

- Classes will be tailored to your specific goals using a blend of Hapkido, Tae Kwon Do, Kick-Boxing and Other Martial Arts
- A great source of exercise
- Incredible physical, emotional, and mental development
- It is a perfect way to develop confidence in all aspects of life
- An exciting experience for you and your loved ones

Email or Call for more information and to register: 250.921.9090
HeartandsoulTKD@gmail.com



www.heartandsoulmartialarts.ca



MetKon Rx

www.heartandsoulmartialarts.ca
250.921.9090
heartandsoultkd@gmail.com

Total Body Group Workout for all ages, sizes, and fitness levels!



Monday 6:15pm and
Wednesday 6:30pm
Drop-in



Tuesday and Thursday
Morning sessions

6am-6:45am

\$110/mo

Price may change based on
session length.



\$110 for 10 punch pass
(evening class only)

MetKon: Stands for "Metabolic Conditioning".

Rx: Indicates that the workout is done as written, following the prescribed format.

Science-Driven: The class is designed to be efficient for building muscle, burning fat, and improving athletic performance.

Full Body, High-Intensity: MetKon Rx is a full-body class that uses high-intensity intervals to challenge different energy systems and multiple muscle groups.

Functional Strength Training: Incorporates exercises that mimic movements you'd use in everyday life.

Cardio Conditioning: Combines strength training with cardio to improve cardiovascular health.

EPOC Effect: The class is designed to create the EPOC effect (Excess Post-exercise Oxygen Consumption), which means your metabolic rate remains elevated for hours after the workout.

MetKon Rx is smart, safe, and accessible for all fitness levels.



BREAKFAST
With Santa

Fruitvale Hall

The Fruitvale Fire Department is cooking
& the BV Nitehawks are serving
eggs, sausages and pancakes

\$5 small \$7 large

Food donated by Liberty Foods

SATURDAY, DECEMBER 5
9 - 11 AM

bvevents@rdkb.com
TEXT OR CALL JAYME AT
250-231-7260



The Fruitvale Firefighters

Annual Halloween bonfire at the Fire Hall.



Bring the kids down to warm up at the fire and enjoy a hot chocolate after a fun-filled evening of trick-or-treating on October 31st.

THANK YOU to the Fruitvale Firefighters & Beaver Valley Youth Action Network for making memories for the kids by hosting this event.

Please remember to dress to be seen, carry a flashlight & dress warm. HAVE FUN!

