

Lynn Valley Seniors Association Newsletter

November and December 2010

2011 Memberships NOW On Sale!

Purchase or renew your Lynn Valley Seniors Membership for \$20.00 per calendar year. Applications are available at Mollie Nye House or online at www.lvsa.ca. As well, purchase your membership by December 15th, and you will be entered into a draw to win a gift basket. Membership benefits include: program discounts, discount off meal at Cedar Grove Restaurant, and discounted room rentals at Mollie Nye House.

New Members Tea

Thursday, November 25th
10:30am

Drop by Mollie Nye House for tea and cookies, and have your questions answered of programs and activities you can be involved in. Tour "the house" and find out information on volunteer opportunities!

Important Dates in November and December

Monday, November 1st
Thursday, November 4th
Friday, November 5th
Monday, November 8th
Wednesday, November 10th
Thursday, November 11th
Friday, November 12th
Saturday, November 13th
Tuesday, November 16th
Friday, November 19th
Monday, November 22nd
Thursday, November 25th
Thursday, November 25th
Wednesday, December 1st
Wednesday, December 1st
Friday, December 3rd
Monday, December 6th
Thursday, December 9th
Friday, December 10th
Tuesday, December 14th
Tuesday, December 14th
Thursday, December 16th
Friday, December 24th

2011 Memberships ON SALE
Bus Trip – Steveston History Tour
Movie Afternoon – "17 Again"
Lunch 'n Learn – Benefits of Water Exercise
Bus Trip – River Rock Casino
Remembrance Day – Mollie Nye Closed
Mollie Nye Closed
Big Book, Music, Bake Sale & Bottle Recycle Drive
Hearty Lunch
Movie Afternoon – "Robin Hood"
Lunch 'n Learn – Safe Use of Medication
New Membership Tea
Bus Trip – A Christmas Carol in Chemainus
Bright Christmas Lighting Event
Bus Trip – Potters Barn
Movie Afternoon – "Strictly Ballroom"
Lunch 'n Learn – Keeping Connected As We Age
Bus Trip – One of a Kind Craft Show
Bus Trip – Drive and Dine
Lynn Valley Seniors Association Christmas Lunch
Bus Trip – Christmas at Burnaby Village Museum
Bus Trip – Vancouver Christmas Lights Tour
Mollie Nye House Closed until Monday, Jan 2nd 2011

Check out our **new** website: www.lvsa.ca

President's Corner

Hello everyone!

It's that time of year again. Yes...it's November.

November is the month to buy your 2011 memberships in the Lynn Valley Seniors Association. Where else can the 55+ folks in our community get so much for \$20?

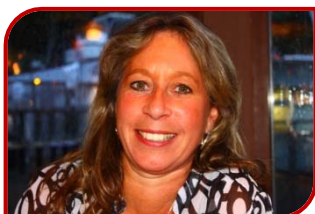


Here's a few ways that you benefit from being a part of LVSA:

- As a voting member, you can help direct the delivery of community services that are relevant to you. LVSA works with the District of North Vancouver and the Recreation Commission to provide a centre with programs and activities that enable healthy and independent living
- All members of LVSA enjoy a reduced rate for most recreational, social and educational activities offered at Mollie Nye House
- All members have an opportunity to widen their social network
- Members have an opportunity for meaningful volunteering
- All members receive our bi-monthly LVSA newsletter
- And, most recently, all members can receive a 20% discount on meals at Cedar Grove Restaurant

Your membership purchase – or renewal – helps LVSA to provide all this. It's a fact that the more paid-up members we have, the more we can do for them. So, please fill out that form – we're counting on you.

And, at this time of year, many of us are counting down to December 1st when our own Mollie Nye House will once again be ablaze with our Bright Lights. This is truly when Christmas comes to Lynn Valley. We are so grateful for the huge effort from our staff and many volunteers. Isn't it fun to have a 'gingerbread house' to dress up and share with the community? If you want to help, contact Gillian or Donna at 604.987.5820. Then, on December 14th, all members of LVSA can get together for a Christmas lunch. This is a fantastic way to get a head-start on the festivities with a turkey dinner, some music and lots of Christmas spirit. We've changed the location this year to give us a little more elbow room. Look for more information in this newsletter.



Lastly, welcome to our new Co-ordinator, Donna Robertson. Next time you're at Mollie Nye House, come in and say hello.

Best wishes,
Stephanie Varju

Volunteers Needed!

We are looking for a few good people! Current volunteer opportunities include:

- Garden Committee
- Movie Afternoon Host or Hostess
- Leaders for Spring Biking Program
- Support for a "Falls Prevention" program starting in January



Special Events Volunteers

Date	Time	Job	No. Volunteers Needed
November 12 th	1:00pm	Set-up for Fall Fundraiser – some heavy lifting may be needed	3 – 5 Volunteers
November 13 th	9:00am – 11:00am	Sellers – Books, CD, Baking, Food Service; Bottle/Recycle Drive	8 Volunteers
	11:00am – 1:00pm	Sellers – Books, CD, Baking, Food Service; Bottle/Recycle Drive	8 Volunteers
	1:00pm – 3:00pm	Clean Up	3 – 5 Volunteers
December 14 th	TBD	Decorating room for Christmas Party – will entail a planning meeting	3 – 6 Volunteers

For more information on volunteer opportunities or to sign up for the Special Events, please contact **Donna** at **604.987.5820** or lynnvalleyseniors@gmail.com

Do you play the Harmonica?

Drop by Mollie Nye on Tuesday afternoons 1:00 – 3:00pm with your harmonica and join the folks for an afternoon of music.



Phone: (604) 988-2352 Fax: (604) 988-2329

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North Vancouver
Lynn Valley Centre

604-983-3277

Important Dates

Mark your calendars for November 13th.

Hours 9:00 am to 1:00 pm for all events.

- **Our Spectacular Fall Book Sale!** Lots of titles, old and new. CDs, too.
- **Sale of delicious Home Baking!** Visit our downstairs Bistro for tea, coffee – a Soup and Bun lunch will be available after 11:00am.
- **Bottle drive!** Bring your bottles and recyclables to the east parking lot of Mollie Nye House.

Donations of books are welcome at Mollie Nye House between Nov 8 and 12. Drop off between 10:00am and 4:00pm. All proceeds to LVSA seniors' activities at Mollie Nye House

Hearty Lunch

Tuesday, November 16th 12:30pm

Enjoy a hearty lunch of Carrot Ginger, Goulash, or Curried Banana soup served with bread or crackers, tea or coffee and fruit crisp for dessert plus usual trivia quiz games. Tickets are \$5.00 and must be purchased no later than Friday November 12th.

Lynn Valley Seniors Association

Christmas Luncheon

Tuesday, December 14th 12:30pm – 3:30pm

Lunch served at 1:00pm

\$20.00 members or \$25.00 non-members

Celebrate Christmas with your friends at the Lynn Valley Seniors Association. This year's event is held at Lynn Valley Recreation Centre (Mountain Highway & Fredrick) and includes punch, full Turkey dinner with all the trimmings and dessert. Entertainment will be the Capilano University Elder College singers, the "Hummingbirds." Tickets can be purchased at Mollie Nye House no later than December 8th.

The Crafter's Corner will be selling their work at the Lion's Gate Hospital Christmas craft sale Friday, November 19th 9:00am to 4:00pm. Our table is in the Medical Gym (see the signs in the main lobby). We have new items not seen in Crafter's Corner, plus there are many other vendors where you can purchase top quality hand crafts. It is a really great sale, so come visit and shop.

If you would like to help with setting up the booth and/or selling, please sign up at reception. You will be working with others, and be able to shop too!



Fall Schedule

Drop-In Programs

Everyone is welcome to participate in the following programs with no need for pre-registration – just drop by and join in the fun! More details about individual programs are provided in the program descriptions listed throughout this newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00am Singing Group	1:00-3:00pm Music (Harmonicas)	9:45am-12:00pm Walking Club Meeting point TBA	12:00-4:00pm Sewing Group	9:30-11:30am Stitches and Strokes
		10:15-11:45am Short Walk Program		
1:30-3:30pm Arts and Crafts	1:00-3:30pm Table Games	1:00-2:00pm Book Club 1 st Wednesday of month		1:30-3:30pm Table Games <i>See page 7 for dates</i>
1:30-3:30pm Acoustic Music Drop-In <i>Acoustic Only</i>		1:30-3:30pm Stamp Club 2 nd and 4 th Wednesday of month		1:30-3:30pm Movie Afternoon <i>See page 6 for dates</i>
		1:30-3:30pm Music Group		

Pre-registered Programs

Please note that pre-registration is required in order to participate in the following programs. Refer to the program descriptions listed in this newsletter for registration information or contact 604-987-5820 for more details.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30am Tai Chi	8:45-9:45am Joint Works Plus	10:00-11:30am Tai Chi	8:45-9:45am Joint Works Plus	9:00-9:30am Tai Chi Practice
10:00-11:30am Spanish Conversation	10:15-11:15am Joint Works 2	12:00-1:00pm Joint Works 1	10:15-11:15am Joint Works 2	10:30am-12:00pm Spanish Intermediate 2
11:45am-1:15pm Lunch 'n Learn <i>*Page 10</i>	11:30am-12:30pm Joint Works Adapted		1:30-3:00pm Spanish Intermediate 1	12:00-1:00pm Joint Works 1

Fall Schedule Continued...

Arts and Crafts

Monday, 1:30 – 3:30pm

Bring your bag lunch and projects or help make items for the fall sale. No experience and no need to bring supplies!

Sign up for Mystery Craft Day – Nov 1st

Drop-in \$1.00 member or \$2.00 non-member

Coffee Talk

1st Monday of the month, 1:30 – 2:30pm

This program is facilitated by two volunteers who lead topical discussions about current events, history, holidays and more. Call for more information at 604.987.5820. First Class is free, and then sign up is required. \$15.00 for 5 classes.

Book Club

1st Wednesday of the month, 1:00 – 2:00pm

Read and discuss a new book each month. For more information call 604.987.5820. Book for discussion is "The End of East" by Jen Sookfong Lee. Next meeting: November 3rd at 1:00pm.

Drop in \$1.00 member or \$2.00 non-member

Joint Works

Level 1: Wednesday, Friday 12:00 – 1:00pm

Level 2: Tuesday/Thursday, 10:15 – 11:15am

Plus: Tuesday/Thursday, 8:45 – 9:45am

Adapted: Tuesday, 11:30am – 12:30pm

Registration is done by the instructor in class or call Mary at 604.805.7727. Fee is \$6.75/class, but you must register for the season – no drop-in.

Movie Afternoons

2nd & 4th Friday of the month, 1:30 – 3:30pm

Relax and enjoy a movie on our big screen! Popcorn, tea or coffee is included. Upcoming movies are listed in the [green box](#), to the right.

Drop in \$2.00 member or \$4.00 non member

November 5th

"17 Again" – Comedy (102 minutes)

Class of 1989, Mike O'Donnell is a star on his high school basketball court with a college scout in the stands and a bright future in his grasp. But instead, he decides to throw it all away to share his life with his girlfriend Scarlett and the baby he just learned they are expecting. 20 years later Mike is given another chance when he is miraculously transformed back to the age of seventeen.

November 19th

"Robin Hood – Prince of Thieves" – Action (144 minutes)

Kevin Costner stars as Robin Hood in this re-telling of the story of the thief who robbed the rich and gave to the poor. After being captured during the Crusades, Robin and Moor escape and return to England where Robin discovers that his father has been murdered by the villainous Sheriff of Nottingham. Vowing to avenge his father's death, he takes to the forest and gathers together a band of merry men (and women) to overthrow the sheriff and remove his evil influence from the land.

December 3rd

"Strictly Ballroom" – Romantic Comedy (94 minutes)

A magical story of a championship ballroom dancer who's breaking all the rules, and his ugly duckling dancing partner. Together they make their dreams come true.

December 17th

"Billy Elliot" – Drama (110 minutes)

A young boy (Bill) from a northern England mining town takes up dancing and soon wants to make it his life's work, against the wishes of his gruff father and older brother. Can he, with the help of a committed dance teacher (Walter), make it as a ballet dancer?

Music Drop-in-Groups

Acoustic Jam: Monday, 1:30 – 3:30pm

Mostly Harmonicas: Tuesday, 1:00 – 3:00pm

Assortment: Wednesday, 1:30 – 3:30pm

Bring your instrument and your favorite music to these fun sessions. Tuesday's group is mostly harmonicas while Wednesday's group plays a variety of instruments, keys, and styles. A digital piano is also available on some Wednesdays.

Drop-in \$1.00 member or \$2.00 non-member

Sewing Group

Thursday, 12:00-4:00pm

Bring your own sewing machine and lunch, and work on your projects in the company of others. Quilters welcome. For more information, contact Marie at 604.987.4923.

Drop-in \$2.00 or \$4.00 non-member

Singing Group

Monday, 10:00 – 11:00am

We're a brand new group of people who enjoy singing. Come and join us!

Drop-in \$1.00 member or \$2.00 non-member

Spanish

Beginner: Tuesday, 1:30 – 3:00pm

Intermediate 1: Thursday, 1:30 – 3:00pm

Intermediate 2: Friday, 10:30am – 12:00pm

Conversation: Monday, 10:00 – 11:30am

Learn the basics of Spanish for travel or just for fun. A great way to exercise the mind! Learn through games, music, and activities with a focus on oral communication. Pre-registration required. Please sign-up at Mollie Nye House, 604.987.5820 for programs starting in January

Stamp Club

2nd and 4th Wednesday of the month, 1:30 – 3:30pm

Contact Archie B. at 604.988.4956 for details. Donations are appreciated!

Drop-in \$1.00 member or \$2.00 non-member

Stitches and Strokes

Friday, 9:30 – 11:30am

Bring your painting projects, crochet, knitting or needlework and share your helpful hints over coffee and cookies.

Drop-in \$1.00 member or \$2.00 non-member

Table games

Tuesday, 1:30 – 3:30pm

Friday, 1:30 – 3:30pm (Nov. 26th & Dec. 10th)

Play social bridge, tile rummy, scrabble or any other game. No need to bring a partner.

Drop-in \$1.00 member or \$2.00 non-member

Tai Chi

Beginner: M, W 10:00 – 11:00am

Intermediate: M, W 10:30 – 11:30am

A program for beginners interested in a very mild form of martial arts. Our instructor works with you both as a group and on a one-on-one basis to emphasize stretching, relaxation and balance.

Jan 5th – Feb 16th Course #252634

Feb 21st – Mar 30th Course #252635

Register by calling 604.983.6388.

Walking Club

Wednesday, 9:45am – 12:00pm

Walk local trails and pathways, and then meet for coffee with this social group. This group ventures to locations such as Stanley Park, Bowen Island and West Vancouver Sea Wall. Call 604.987.5820 for meeting place each week.

Drop in \$1.00 member or \$2.00 non-member

Short Distance Walking Group

Wednesday, 10:15 – 11:45am

Meet at Mollie Nye House and walk to a different local coffee shop each week. Stop for a drink and a chat, and then walk back to Mollie Nye. Walks will be primarily flat and short, and at a slower pace.

Drop-in \$1.00 member or \$2.00 non-member

Seniors Bus Trips in November



Steveston History Tour

Thursday, November 4th 9:00am – 4:45pm

\$65.00 member or \$75.00 non-member

Join Vancouver historian John Rogers on a fun, tongue in cheek narrated coach tour of Steveston's rich history. This comedic and informative tour is a chronological look at Steveston including 1877 first settlers, 1888 SALMONOPOLIS, 1894 Gulf of Georgia Cannery, 1940's shipbuilding, canning, and Japanese, Chinese, First Nations and European populations. Enjoy a three-course lunch at Papi's Ristorante Italiano and take free time to explore the village. Lunch starts with Caesar Salad with foccacia croutons or daily prepared Minestrone Soup, continue with choice of Pan Fried Pacific Sole-Lemon caper butter sauce, Chicken Breast-Wild Mushroom pan sauce, or Penne Pasta with Prawns, sweet peppers and Basil-Rose and finish with Homemade Lemon Curd Tart, tea, coffee, tax and gratuity included.

River Rock Casino

Wednesday, November 10th 9:45am – 4:45pm

\$15.00 member or \$25.00 non-member

Course # 255328

Travel to Richmond to play the slots and tables at the River Rock Casino. You will receive a \$5.00 slot play card and departing gift with your registration. Lunch is on your own at the food court, or take advantage of your seniors discount at the buffet.

November and December programs with course numbers are registered through the North Vancouver Recreation Commission. Please call 604.983.6388

A Christmas Carol in Chemainus

Thursday, November 25th 7:15am-9:45pm

\$108.00 member or \$118 non-member

Course # 255329

Celebrate the holiday season with a performance of this classic Christmas Play. We'll travel by BC Ferry to Nanaimo where we'll head South on the Island Highway to the island village of Chemainus. Enjoy a buffet lunch at the theatre, a matinee performance of "A Christmas Carol" and free time in Chemainus before heading home.

Note: Extra fees will apply for those who don't bring their Gold Cards.

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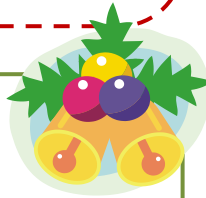
Seniors Bus Trips in December

Potters Barn

Wednesday, December 1st 9:00am – 2:00pm
\$10.00 member or \$20.00 non-member

Course #257004

This trip is by special request. Come with us to visit the largest Christmas store in Western Canada – Potters has over 28,000 square feet of Christmas. They carry themed ornaments, home decor, and all sorts of unusual gifts for those “hard to buy for” friends and relatives. We’ll visit Potters Christmas Store first and then stop for lunch before heading home (lunch not included in price). Please note, there is a fair bit of walking in this outing – you can bring your walker!



Drive & Dine Bus Trip

Friday, December 10th 10:30am – 3:00pm
\$13.00 members or \$23.00 non-members

Course #257014

Enjoy the sights of Cypress Bowl look out, cruise along lower Marine Drive, and stop for a wonderful lunch at the Boathouse in Horseshoe Bay. Cost of lunch is not included in program price.

One of a Kind Craft Show

Thursday, December 9th
10:00am – 3:30pm
\$19.00 member or
\$29.00 non-member

Course #257005

The One of a Kind Show at the Vancouver Convention Centre is Canada’s finest craft show, bringing innovative artists, craftspeople, and designers together to share their unique creations with the rest of the world. With a proud focus on home-grown talent, our shows bring together the best of Canada, for a personal shopping experience like no other. Our vast selection, on-site perks and endless show features make us “destination shopping” at its best. A bistro is available for those choosing to have lunch – cost of food is not included in program price.

Heritage Christmas at Burnaby Village Museum

Tuesday, December 14th 11:15am – 4:15pm

\$40.00 members or \$50.00 non-members

Course #257006

Entertaining scenes from seasonal storybooks and songs bring Christmas memories to wreaths with bright red bows and the sounds of carollers remind visitors of Christmas’s past and present. Highlights include: festive readings and plays, a whirl on the carousel, and a delicious lunch of turkey and cranberry croissant, soup, mince meat tart, cookie, and coffee or tea.



The BIG Vancouver Christmas Lights Tour

Thursday, December 16th 5:30pm – 9:30pm

\$41.00 members or \$51.00 non-members

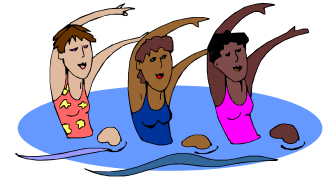
A holiday tradition! See all the major light displays in Vancouver including: Canucks Place Children’s hospital, St. Paul’s Hospital Lights of Hope, Bright Nights in Stanley Park, Lost Lagoon Fountain (Jubilee Fountain) Stanley Park, Lights at Coal Harbour, the Elm Grove, and Annual Trinity Streets Lights Competition. Includes a delicious hot coco and treat from Tim Horton’s.

Lunch 'n Learn Sessions

Benefits of Water Exercise

Monday, November 8 11:45am – 1:15pm

Come and meet Jan who has been a fitness instructor for 22 years. She has taught a variety of fitness classes but believes that aquatic fitness is the best exercise anyone can do. Come and find out why Jan believes in the benefits of aquatic fitness. It's a fun, safe way to exercise.



Don't forget to bring a bag lunch!

Safe Use of Medication

Monday, November 22nd 11:45am – 1:15pm

This workshop begins by exploring what medication includes. Many people think that only prescribed medications count. We talk about the common misuses of medication; we encourage people to take an active role in discussing their medications with their health service practitioners; and we also try to encourage people to develop a partnership with their pharmacists and doctors rather than the kind of paternalistic relationships that can exist. Don't forget to bring a bag lunch!

Lunch 'n Learn Sessions

Sign up at Molly Nye House
604.987.5820

\$5.00 per session, or 6 sessions for \$25.00 (members).

Brought to you by Lynn Valley Seniors Association, and Nurse Next Door.

Keeping Connected As We Age

Tuesday, December 6th 11:45am – 1:15pm



Denise Kelly, Nurse Next Door Community Relations Manager looks at the importance of Staying Connected to family, friends and community for health benefits. With a passion for empowering others to live their best life, she will review tools, opportunities in the community and brainstorm ideas with the group on how we can give back to benefit our own health and the lives of others

Don't forget to bring a bag lunch! Treats will also be provided by Nurse Next Door.

Want to become a member?

Members receive program and event discounts on all Lynn Valley Seniors Association activities. Pick up a membership form at Mollie Nye House – only \$20.00 per calendar year! The purpose of the LVSA is to explore, develop, and coordinate social and recreational services which enhance the health and well being of seniors in Lynn Valley, and to promote the presence of seniors in the community. Join a program, become a member or just drop by for a visit!

Fundraising

September Sizzle

Our thanks to everyone who made this fundraiser such a success! Together we raised over \$1100 for seniors in Lynn Valley! Special thanks to the **Cedar Grove Restaurant** for giving us this opportunity, to the volunteers who made it happen, and to the following donors for our silent auction.



- | | | |
|------------------------------|-------------------------------------|------------------------------|
| ▪ 2000 Hair design | ▪ LVSA Arts & Crafts Group | ▪ Minoo Aesthetics |
| ▪ Barrie Bate – LVSA member | ▪ LVSA Walking Club | ▪ Mortgage Dave |
| ▪ Booster Juice | ▪ Lynn Valley Community Association | ▪ North Shore Liquor Shop |
| ▪ Cedar Grove Restaurant | ▪ Mangiaie Bevi Restaurant | ▪ Shirley Smith –LVSA member |
| ▪ Dairy Queen Restaurant | ▪ Maple Leaf Garden Centre | ▪ Wash Safe Products |
| ▪ Delany’s | | ▪ Waves Coffeehouse |
| ▪ Expert Hearing Solutions | | ▪ Zazou Salon and Spa |
| ▪ Janet Dysart – LVSA member | | |

CEDAR GROVE

— RESTAURANT —

Have you tried Cedar Grove lately? We are offering you 20% discount on food only. This offer is good from 11:30 a.m. to 5:30 p.m. seven days a week. This discount is valid to all members of the Lynn Valley Seniors Association.

Did you know that we have an elevator direct from the underground parking to the restaurant?

Cedar Grove Restaurant
1255 Lynn Valley Road
North Vancouver, BC V7J 2A1
778.340.3282

www.cedargroverestaurant.com



BE PART OF A MAGICAL CHRISTMAS AT MOLLIE NYE HOUSE

Gillian is looking for volunteers to help with decorating in readiness for Bright Christmas on December 1st. If you can spare a few hours to help, please sign up at the front desk.

Outside Work parties are planned for **Saturday Nov 6th and 20th 10am-1pm** and **Thursday Nov 28th 10:00am-noon**. Garland making, gingerbread house building, making giant candies or inside decorating can be done anytime that suits you. Putting up the canopies and organizing tables and chairs is scheduled for 3:00pm on the day. THANKS FOR HELPING BRING CHRISTMAS MAGIC TO LYNN VALLEY!



DONALD WALKER, CIP
Agent

Suite 167, 171 West Esplanade North Vancouver BC V7M 3J9
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donald_walker@cooperators.ca

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Life Story Scrapbooking

Reminisce and reflect on your life while creating a lasting memento for you and your family. Your instructor Mary began scrapbooking herself at age 9 and she developed the course as part of her thesis "Therapeutic Scrapbooking". Mary is an art therapist and educator who has worked with people of all ages.

Starts Friday, January 14th 12:00 - 2:00pm
Cost \$85/76.50 (LVSA members)

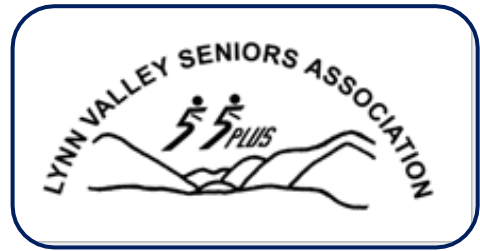
Your LVSA

Are you keeping connected with Lynn Valley Seniors Association? As members you have a voice in guiding and shaping your organization. Now you can stay in touch with what we are doing more easily. Take a look, at our website you might see a familiar face on there or hear about something new that's happening. We'll keep the content current so you can always stay on top of the latest LVSA news!

Our website address is: www.lvsa.ca – there, you will find a link to our blog and our face book page. Every two weeks, we'll post a new survey question. So make your voice heard and tell us what you think with the click of a button.

You'll also see an important new link to a website called [CanadaHelps](#). It offers members and non-members a convenient way of donating to our LVSA. Tax receipts are issued and donations can be made in memory of a loved one, with acknowledgement sent to the family if you wish.

Have a look at our website and tell us what you think. We'd love to hear from you!



Lynn Valley Seniors Association

Located at
Mollie Nye House
 940 Lynn Valley Road
 North Vancouver, BC
 V7J 1Z7

Tel: 604.987.5820
 Fax: 604.924.5525

Email:
lynnvalleyseniors@gmail.com

Website:
www.lvsa.ca



Thank You!

To All of the Wonderful Members, Volunteers and Staff at the Lynn Valley Seniors Association and Mollie Nye House:

For 6 years, you made my days at the Mollie Nye House happy ones. I have really felt that you are all a part of my extended family and I appreciate all of the encouraging words, and helpful hands that you have offered me along the way. As you know, I have started a new chapter in my career, working at the Ron Andrews Community Recreation Centre, but my time with the LVSA will be remembered fondly. I hope some of you will stop by and visit me; this is certainly not goodbye.

See you around!
 Jaimie