

LVSA NEWS



Mollie Nye House
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**Mollie Nye House is closing
December 23
until January 4
as well as
on February 8
For BC Family Day**

January - February 2016 Issue



**Special Feature:
Seniors Safe House
Opens
On the North Shore**

See page 5



Message from the Board

Happy New Year!

We would like to thank all who made our Joint Trivia night on November 14 with Silver Harbour such a success. There were 80 attendees and everyone thoroughly enjoyed themselves. The trivia was fun and the meal was superb. There were lots of laughs!!! We also made a few hundred dollars profit which went to our joint bus fund with Silver Harbour.

On December 9, our Christmas lunch was a big success as well. We had 84 LVSA members attend a catered luncheon of a full turkey meal. The choir, called the Hummingbirds, was a big hit as was Santa Claus. We thank all of the attendees, but especially all the organizers and helpers, for making this such a great day!

As we start the New Year, PLEASE REMEMBER TO PAY YOUR 2016 DUES.
You will receive a new parking pass for 2016 when you pay your annual dues.

Volunteer Opportunities – 604-987-5820

Our Treasurer has recently resigned, so we are hoping a member will step forward to join the Board in the New Year. The LVSA depends on the spirit of volunteerism in order to continue to serve our membership. Please consider offering your talents to fill this vacant position.



If you are aware of an LVSA member who is ill or hospitalized or who has lost a loved one, please let us know. One of our volunteers is willing to write and send cards of cheer or condolences. However cards cannot be sent out unless we hear from you. Please email info@lvsa.ca or call 604-987-5820 and leave a message for Jackie.

January

and

February

Many enjoyed those delicious and “hearty” lunches last year and hopefully the program will continue throughout 2016. The two dates to be written down are Friday, January 8 and Friday, February 12. Please remember to sign up by the previous Wednesdays. The menus are being planned by those same wonderful LVSA volunteers who have delighted and served you in the past. Join us for some surprises!



Hats off to “The Banqueting Table”

For catering a delicious Christmas dinner, including turkey with all the trimmings. The quick and gracious table service provided to all 84 LVSA members on December 9, taking less than 40 minutes, made the day. The lucky 50/50 winner took home \$110.00. Many thanks to all 21 amazing LVSA volunteers plus Waves Coffee for their donation of the tea and coffee. It truly was a festive event at Cardinal Hall. Well done!





The ever popular 50/50 Draw

Many thanks to Doreen Slattery for all the photos of the Christmas Dinner.



Amazing entertainment by The Hummingbirds

Thanks to all who made this event a memorable one for LVSA members!

Hollyburn Family Services Society Seniors Safe House

By Lorraine Campbell

Who knew a “Safe House” exists on the North Shore providing a safe environment for seniors 60+? Unfortunately, North Vancouver has the highest rate of homeless seniors in the Lower Mainland. The Safe House opened in September 2015. Of course, the location is confidential, but there are five bedrooms, accommodating eight people if necessary. It provides a safe environment for homeless seniors, those facing eviction or seniors facing domestic/family violence. This includes seniors with complex needs in health, mental health, addictions and financial management. Outreach workers assist seniors with a housing search, filling in applications, connecting them with other services, as well as other support needed to achieve housing stabilization.

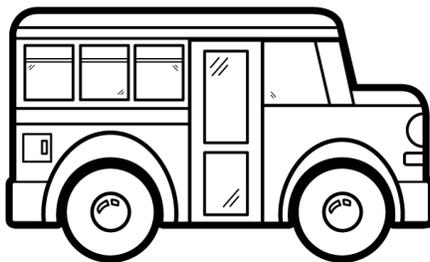
Hollyburn Family Services Society operates closely with the North Shore Crisis Society and the Lookout Shelter. Their partners also include Vancouver Coastal Health, Lionsview Seniors Planning Society, Canadian Mental Health, Vancouver Resources Society, North Shore Disability Resource Centre, Silver Harbour Seniors Centre, North Shore Neighbourhood House and North Shore Municipalities.

For further information, please ask for an outreach worker at [604-987-8211](tel:604-987-8211) or visit Hollyburn Family Services Society at #104 - 267 West Esplanade, North Vancouver, BC V7M 1A5 (corner of Mahon and Esplanade).



This Christmas marks the 5th year that the Monday Arts & Crafts Group has sponsored a family in need. Froozan Gul, from SAGE House, has visited every year since to pick up our donations and deliver them. The message is always loud and clear—our chosen family really appreciates our help!

LVSA BUS TRIPS JANUARY, FEBRUARY & MARCH 2016



Please note that the details for the following bus trips can be obtained on-line, picked up at Mollie Nye House, or you can phone 604-987-5820. Each bus trip has a deadline for registering. If there aren't enough registered by that date, the trip could be cancelled. Sales of these trips begin at **10:00am on Monday, Dec. 21**

Starlight Casino Friday, January 29
Cost: Members \$14; Non-members \$24 Register by Jan.21

Charlie's Chocolate Factory Tuesday, February 2
Cost: Members \$14; Non-members \$24 Register by Jan.26

Lunch by the Fireside at Sasamat Lodge Tuesday, February 23
Cost: Members \$36; Non-members \$46 Register by Feb. 5

Pet Lovers Show Tradex Sunday, February 28
Cost: Members \$24; Non-members \$34 Register by Feb 19

North Shore Art Crawl Saturday, March 5
Cost: Members \$10; Non-members \$15 Register by Feb 26

Bloedel Conservatory Monday, March 7
Cost: Members \$20; Non-members \$30 Register by Feb 29

Museum of Glass with Enjoy Tours Wednesday, March 16
Cost: Members \$89; Non-members \$99 Register by March 9

Creative Stitching Show Tradex Saturday, March 19
Cost: TBA (no information as of Dec 14) Register by March 11



Getting to know you..... Joyce Hoey by Janet Dysart

A girl from Winnipeg is our Joyce! She was born there in 1932 to parents Pearl and Len Middleton. Her father worked for the CPR doing office work while her mother stayed at home. Joyce was an only child attending school in Winnipeg until she was 12 years old. Her dad was transferred to Vancouver by the CPR in the office for wharf freighting. In 1945, he was here in BC when in our province's history, the SS Greenhill Park explosion occurred at Pier B-C. Three explosions rocked the ship, the third so massive it nearly broke the vessel in two. Eight people died. The explosion was caused by a lit match that ignited some spilled whisky. A deathbed confession revealed that some men were siphoning whisky from the barrels!

After settling in North Vancouver, her dad bought a family house at 1570 Ross Road which is long gone, but the family lived there for many years. Walter Draycott lived behind them and also some Swedish loggers in several shacks between the Draycotts and their house. The shacks served as a home when the loggers rested. The Ross Road School property used to be only forest where Joyce and her Dad would walk every weekend. At Lynn Valley Elementary School, she remembers the school bell ringing and going to Lynn Creek Post Office at lunchtime to collect their mail. North Vancouver High School was a little further away, so Joyce would take the streetcar to Grand Boulevard and walk from there to school.

Having taken a business course in high school, Joyce worked after graduation in several firms as a secretary. She met and married Jack Hoey, who was a Vancouver policeman. Twelve years later, he moved into insurance adjusting. The couple bought a lovely house on Croft Road and were lucky enough to adopt two lovely babies, Marc and Maureen. Joyce's adult children still live in Metro Vancouver. Eventually, she worked at Lynn Valley Library where many of us have come to know her. Jack passed away 25 years ago, three months after they had moved to a local condo.

Say "Hi" to Joyce
at Monday Crafts
& Chair Exercises!



For 17 years, Joyce Hoey volunteered at
Silver Harbour, then for 3 years at
Mollie Nye House in reception.





**“IN THE HOUSE” (What’s happening at Mollie Nye)
by Mary Chenier**



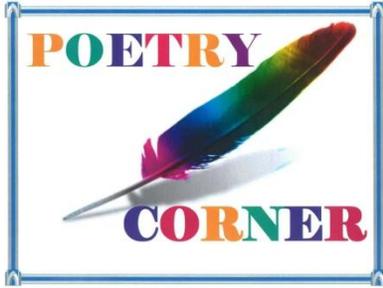
Joan, Mary, Janet, Lillian

Mahjong, also spelled majiang, mah jongg, and numerous other variants, is a game that originated in China. It is commonly played by four players, but sometimes three. Similar to the Western card game rummy, mahjong is a game of skill, strategy, and calculation and involves a degree of chance.



Corrinne, Dee, Dorothy

Do you like meeting new people and making new friends? Do you like playing games? If so, please come join us at Mollie Nye every Monday at 1:00 pm for Mahjong. We would love to have you with us. You do not need to know how to play-- we would be glad to teach you. It is a Drop-in activity, so come and join us!!



*The rose is red, the violet's blue,
The honey's sweet, and so are you.
Thou art my love and I am thine;
I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it shou'd be you.*

The modern cliché Valentine's Day poem can be found in the collection of English nursery rhymes *Gammer Gurton's Garland* (1784).

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**LVSS at Mollie Nye House Registered Winter Programs
To register through NV Rec. phone 604-987-7529 with Barcode #**

Tai Chi Yang Style All Forms

Tai Chi is for beginners and intermediates interested in a very mild form of martial arts. A portion of each class is dedicated to Qi Gong. Our instructor works with you to emphasize stretching, balance and relaxation.

Beginners: Mon. and Wed.	Jan.4 – Feb.10	10:00 - 11:00 am	\$66.00
Barcode #347949	(no class Feb.8)		
Intermediate: Mon. and Wed.	Jan.4 – Feb.10	10:30 - 11:30 am	\$66.00
Barcode #347953	(no class Feb.8)		

*Please note: Corinne Robinson has resigned as our Tai Chi instructor. We thank her for her many years of excellent instruction. We have not secured a new teacher for January. Please check with Mollie Nye House before registering for January’s class.

Better Balance with Surefeet

Helps Seniors rebuild balance and strength, fine tune flexibility, lower risk of falling, and regain independence by emphasizing fall and injury prevention for those at moderate to high risks for falls. An assessment is required for new participants.

Mon. and Wed.	Jan.4 – Feb.17	4:00 – 5:00 pm	\$143.00
Barcode #347934	(no class Feb.8)		
Tues. & Thurs.	Jan.5 – Feb.18	4:00 – 5:00 pm	\$154.00
Barcode #347936			

CSCC Tech Training 1 on 1 Drop-in



Any level of expertise is welcomed. CSCC (Connected Seniors Computer Centre) Offers personalized one-on-one training taught by local high school students and peers. Receive technical support on iPad, Tablet, Windows 7/8, Smart Phone and other Apple products. To register call Mollie Nye House at 604-987-5820 and ask for Sophia or Celeste. \$2 per session.

Classes start up on January 14th

In 2016 they will be running on Tuesday’s from 3:30 to 4:30

Thursday mornings from 10:00 to 11:00am

Other Mollie Nye House Registered Winter Programs

Hola Spanish Beginner and Hola Spanish Intermediate

Beginner Level 1: By the end of this course students will be able to ask and answer simple questions and hold basic conversations in Spanish.

Thursdays, Jan. 7 to Feb. 18 **12:30 to 1:45 pm** **\$112.00**
Barcode #347963

Beginner Level 2: By the end of this course students will be able to ask more complex questions and hold greater In-depth conversations in Spanish.

Thursdays, Jan. 7 to Feb. 18 **2:00 to 3:15 pm** **\$112.00**
Barcode #347965

ESL – English as a Second Language

Once you have registered, call Mollie Nye House at 604-987-5820 and make an appointment to have an assessment done. This will let us know which course would best suit your skill level.

Wednesdays, January 13 – February 17 **9:15 – 10:45 am** **\$90.00**
Barcode #347971

Thursdays, January 14 to – February 18 **9:30 to 10:30am** **\$60.00**
NEW!

Register for both Wednesdays AND Thursdays and pay \$140.00 for 6 weeks

Register In Person at Mollie Nye House or through our website

www.mollienyehouse.com

Register through nvrc.ca or phone 604-987-PLAY (7529)

Quote barcode at time of registration

*****Lynn Valley Services Society presents a NEW workshop*****

Creating Cards For Fun

Friday, February 5, 2016 10 a.m. – 12 noon

At Mollie Nye House Activity Room

Join us for a workshop on card-making with scrapbooking items. You will be supplied with a kit by the instructor, Sara Smith, and a short list of items you should bring. Cost of the workshop is \$15 which includes the kit and instruction. For more information, call 604-987-5820. Sign up at Mollie Nye House today!

Drop-in Activities for Seniors at Mollie Nye House
Drop-in cost for LVSA members \$2, non-members \$4
For more information, visit www.lvsa.ca or call 604-987-5820.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30					Friendly Fridays (Social) Bring your small crafts
10:00	Walking Group Singing For Fun		Walking Club		
10:30		Line Dancing			
12:00 pm			Munch & Mingle VCH Soup or Sandwich \$2. Both \$4. 604-904-6483	Sewing & Quilting	Hearty Lunch (2nd Friday of the month)
1:00	Arts & Crafts Mahjong	Bridge & Table Games	Book Club (1st Wed)		
1:30	Music Group (Acoustic Jam)	Harmonica Players Group	Stamp Club (2nd & 4th Wed) Music Group		
2:30					Darts or Table Tennis