

# LVSA NEWS



Mollie Nye House  
940 Lynn Valley Road  
North Vancouver, BC  
V7J 1Z7  
604-987-5820  
Email: [info@lvsa.ca](mailto:info@lvsa.ca)  
Website: [www.lvsa.ca](http://www.lvsa.ca)



Inside this issue

- **Page 2** - Message from the Board
- **Page 3** – Photos from BBQ
- **Page 5** – Bus Trips
- **Page 6** – “Getting to Know You”  
Profile of an LVSA member
- **Page 7** – “In The House”  
Photos of Group Activities
- **Page 10** – LVSS Mollie Nye  
Registered Programs
- **Page 12** - Weekly Drop-in Activities

**Mollie Nye House  
closed to all drop-in and  
registered programs on  
July 1,  
for Canada Day  
August 1,  
for BC Day and  
from August 8 – August 12  
and  
from August 29 – September 2  
for summer vacation**

## July – August 2016 Issue



**See Page 3 For More BBQ Photos**

# Message from the Board

## 2016 – 2017 LVSA BOARD MEMBERS

Jackie Hay, President  
Lorraine Campbell, Secretary  
Georgina Duplissie, Treasurer  
Joanne Peterson, Bus Coordinator & Director

Jean Deane, Director  
Carol Thompson, Director  
Margaret Ballantine, Director  
Dee Walker, Director

Mary Robinson, Membership Secretary  
Peggy Ament, Newsletter Editor

A very big WELCOME to the 50 new LVSA members who have joined us since January 2016. We hope you have all participated in some of the activities, hearty lunches, or bus trips offered at Mollie Nye House, and that you have started to make new friendships.

The Banqueting Table has been doing a wonderful job catering our monthly Hearty Lunches. So far they have prepared four great lunches and the turnout has been excellent. Many thanks to Joan Harrison for making the delicious rhubarb/strawberry crisp for our June lunch. Well done Joan! No Hearty Lunches will be offered in July and August; the next one will be Friday, September 9th.

It was wonderful to see such great member support for our 2nd Annual BBQ with entertainment provided by the Willy Blizzard Band.

Hoping everyone is able to get out and enjoy the summer weather!



Summer has begun officially and the first crop of vegetables was harvested and given to SAGE House. They really do appreciate the donations. They come and collect the produce as their location is confidential.

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](mailto:info@lvsa.ca) or call 604-987-5820 and leave a message for Jackie.

Photos from the 2<sup>nd</sup> Annual LVSA BBQ on Friday, June 17, 2016 – Thanks to Doreen Slattery, Photographer



# MOLLIE NYE HOUSE

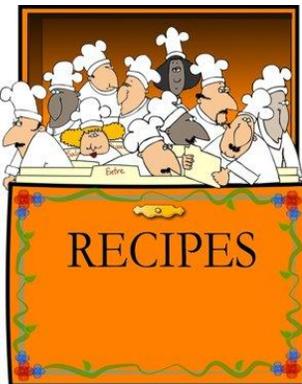


Local pioneer Jack Nye was given 160 acres of land in Lynn Valley as a result of his service in the Boer War. Some of that he sold for community uses (such as the land on which the first municipal hall was built) and on some of it (in 1912) he built a family home for his wife and two daughters.

His daughter Mollie lived there virtually all her life, growing up to become a North Vancouver schoolteacher who spent 22 of her teaching years at nearby Sutherland Secondary. She was also known for her prolific gardens, and was a lifetime member of the Lynn Valley Garden Club.

On her death in 1997, she bequeathed her property to North Vancouver District, which had her house moved forward to allow for the development of the Sunrise seniors' home. Local organizations such as the Lynn Valley Lions, the Lynn Valley Community Association and the Lynn Valley Seniors' Association helped refurbish the home, and it now provides programs and services for people throughout the community.

*Source: North Vancouver Archives, "A Glimpse of Lynn Valley" photographic collection and Early Days in Lynn Valley by Walter Draycott, reissued by District of North Vancouver in 2000*



## Apple Crisp

This recipe is sweet and simple but uses very little added sugar.

Preparation time: 10 minutes

Cooking time: 30 minutes

No. of Servings: 9

### Ingredients

3 medium baking apples, cored, sliced thinly

1 tsp cinnamon

2 Tbsp sugar

2 Tbsp flour

### Topping

1 cup quick oats

1 tsp vanilla

½ tsp cinnamon

¼ cup brown sugar

2 Tbsp butter

### Directions

Mix first four ingredients and place into 9-inch (square or round) baking dish. In small bowl, mix topping ingredients until crumbly. Sprinkle topping over the apples. Bake at 325 degrees until apples are soft and topping is golden brown.

## LVSA BUS TRIPS JULY, AUGUST, SEPTEMBER 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 **10:00 am on Tuesday, June 28, 2016.**

**PLEASE NOTE: Please limit your use of scented products like hairsprays and perfumes when going on bus trips. Some people can be very sensitive to these scents, especially in enclosed spaces. We very much appreciate your consideration.**

<b>Elements Casino</b>	3 Seats left	Tuesday, July 5	Register by June 21
Cost: Members \$15; Non-members \$25			
<b>Brock House Summer Fair</b>	2 seats left	Saturday, July 9	Register by June 30
Cost: Members \$16; Non-members \$26			
<b>Audain Museum- Whistler</b>	Sold out	Monday, July 11	Register by June 27
Cost: Members \$50; Non-members \$60			
<b>Ladner Village Market</b>	Sold out	Sunday, July 24	Register by July 11
Cost: Members \$14; Non-members \$24			
<b>Whistler</b>		Tuesday, August 9	Register by July 26
Cost: Members \$18; Non-members \$28			
<b>Fraser Valley Heritage Railway</b>		Sunday, August 14	Register by July 29
Cost: Members \$33; Non-members \$43			
<b>Indian Arm Luncheon Cruise</b>		Monday, August 22	Register by August 5
Cost: Members \$82; Non-members \$92			
<b>Historic Stewart Farm</b>		Saturday, August 27	Register by August 12
Cost: Members \$28; Non-members \$38			
<b>Edgewater Casino</b>		Monday, August 29	Register by August 15
Cost: Members \$15; Non-members \$25			
<b>Sea to Sky Gondola</b>		Thursday, September 8	Register by August 25
Cost: Members \$47; Non-members \$57			
<b>Victorian Castle Tour with Enjoy Tours</b>		Tuesday, September 13	Register by August 30
Cost: Members \$139; Non-members \$149			
<b>55+ Lifestyle Show</b>		Thursday, Sept. 22	Register by Sept.8
Cost: Members \$20; Non-members \$30			
<b>Steveston</b>		Thursday, Sept. 29	Register by Sept. 15
Cost: Members \$15; Non-members \$25			

### **Mammoths Exhibit at the Royal BC Museum - Are You Interested?**

One of our members has expressed interest in seeing the special exhibit "Mammoths, Giants of the Ice Age" at the Royal British Museum in Victoria. If this sounds like something that you would be interested in, please leave your name and number at the front desk. If there is sufficient interest, we will look at organizing a bus trip to the exhibit in October or November.



## **Getting to Know You . . . Doreen Cottrell      by Janet Dysart**

**A daughter of a Halifax dockworker, Doreen was born in 1934. She lived in Halifax and went to school in nearby Bedford. After graduation in the early 50's, she attended Mount St. Vincent University where she learned Secretarial Science. Established by the Sisters of Charity of Saint Vincent de Paul in 1873, the Mount was one of the few institutions of higher education for women in Canada at a time when women could not vote.**

**The Department of National Defense was Doreen's first work for several years following secretarial studies; however, in 1955, she was transferred to North Vancouver where one year later she met and married Don Cottrell. He was her sister-in-law's brother – figure that one out!**

**Their first son was born in 1958 and Doreen stayed home as the family grew, but Don, who worked in the logging industry, moved around B.C. She says living in logging camps, sometimes floating bunkhouse camps, was very interesting. The children had to wear lifejackets to play outside, and if they didn't, the loggers marched them home to put them on. By 1964, Doreen had enough of moving around and all the family, now with three children, moved back to North Vancouver. She found a job at Capilano College where she worked for 26 years. Her husband, Don, passed away before Doreen retired which was hard for her.**

**In retirement, she discovered Mollie Nye House and Lynn Valley Seniors. She is an active member of the Wednesday Walking group, the Stretch class led by Del and is involved in the famous Friday Hearty Lunches. Come and join Doreen on Monday morning and streeetch out!**





**“IN THE HOUSE”** Here are some of the groups which are active at Mollie Nye House!

### **Book Club**

**Standing:** Elizabeth, Betty, Ness, Barbara, Shirley, Dee, Allisen

**Seated:** Pat, Helen



### **Harmonica Players**

**From left:**  
David, Ken, Ellis



### **Bridge/Table Games**

**From left:**  
Asha, Eileen, George



**Your chance to win a \$50 bouquet of flowers!**

Last year Posy went on an antiquing trip and brought in lots of vintage pieces to repurpose as flower vases. This concept has been very popular, and we are looking for more vintage china teacups, teapots, mason jars, and milk glass. Similar to our already successful Container Return Program, we will put an entry into our draw for every piece brought in, and each month we will give away a \$50 bouquet to the winner. We hope this is a win-win arrangement; we can reuse your unwanted pieces and you might win a bouquet of flowers! If you have a large amount you would like to get rid of, we can arrange for pick up.

We are also interested in old wooden French provincial type furniture, ornate picture frames, old silver etc., so if you are downsizing and want to clear things out, we would be interested in taking pieces you want to get rid of. We now have a company van, so pick up is easy for us. We have had several people come in since we started carrying the chalk paint and vintage pieces, telling us they simply wanted to dispose of things and offering them to us. Let us know if you are interested. **Posy (604) 988-7377**

*5 Time Winner of the North Shore News Readers' Choice Awards*

## **North Shore Seniors RideLine**

For seniors who need a ride there is a new program for you. The North Shore Seniors RideLine has been developed to keep seniors connected. We act as an information hub, bringing together the different transportation options available for seniors on the North Shore. We match older adults to bus or car rides in order to keep them connected with friends, services and favourite activities or day-to-day needs that we take for granted such as going shopping or getting to a medical appointment. When existing transportation options don't work, we can offer rides directly with a supportive, flexible and caring door-to-door service.



If you need a ride, we will find the right ride for you.  
The RideLine: 604-345-9626



2 for 1

We like making delicious, handcrafted beverages so much that we wanted to make you two!

Buy one drink and get a second drink of equal or lesser value for free.\*

\*Valid at Waves Lynn Valley only. Not valid with any other offers.

This coupon must be present at time of purchase.

WAVES COFFEE HOUSE  
3050 Mountain Highway, North Vancouver  
604.990.8799 | [www.wavescoffee.com](http://www.wavescoffee.com)



Thank you to our  
sponsors.

Please support them.



ELDERCOLLEGE  
come learn with us

Intellectually stimulating, socially engaging and fun classes in a neighbourhood near you!

Lectures with experts, discussion groups, tours and outdoor adventures, a diverse range of topics - every term is new and interesting.



If you like to engage in lively discussion about current affairs, contact us to see how you can help to bring our very popular *What's News* group to your neighbourhood.

[www.nseldercollege.org](http://www.nseldercollege.org)

Sign up for our eNewsletter

## North Shore Keep Well Society



Since 1987, the North Shore Keep Well Society has been providing older adults with services such as exercise programs, blood pressure checks, advice on nutrition and community services, as well as shoulder, hand, foot massage. Programs including guest speakers and social events are run across the North Shore including the Lynn Valley location at Kiwanis Lynn Manor, 2555 Whitely Court, on Fridays, with mild exercise from 9:30-10:30 a.m. and

Hands-On from 10:30-11:30 a.m. To join, just show up about 15 minutes early. You will be warmly welcomed and have a lot of fun! For more information, phone 604-988-7115 ext. 27.

The email address is [keepwellsociety@telus.net](mailto:keepwellsociety@telus.net) and the website is [www.keepwellsociety.ca](http://www.keepwellsociety.ca)



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

**Tai Chi Adults/Seniors**

A program for beginners and intermediates interested in a 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.

<b>Beginners: Mon. and Wed.</b>	<b>June 27 – August 3</b>	<b>10:00 – 11:00 am</b>	<b>\$77.00</b>
<b>Barcode #358602</b>	<b>(no class on August 1)</b>		
<b>Intermediate: Mon. and Wed.</b>	<b>June 27 - August 3</b>	<b>10:30 – 11:30 am</b>	<b>\$77.00</b>
<b>Barcode #358604</b>	<b>(no class on August 1)</b>		

**Tai Chi Classes will resume in September!**



**Tai Chi**



**Better Balance**

**Better Balance with Surefeet (Balance and Fall Prevention)**

Rebuild balance and strength, fine tune flexibility, lower your risk of falling, and regain independence. Recommended by Doctors and Physiotherapists, this balance and mobility program emphasizes fall and injury prevention for seniors that are at moderate to high risk for falls. Late registration may be available if space permits. An assessment is required for new participants.

**Tues. and Thurs. July 5 – July 28 4:00 – 5:00 p.m. \$ 88.00 Barcode #358594**  
**No classes in August. Monday and Wednesday classes will resume in September!**

**Lynn Valley Services Society is looking for new front desk volunteers at Mollie Nye House. The shifts are mornings from 10 – 1pm or afternoons from 1 to 4pm.**

**This is a great way to keep active in the community and utilize your skill set.**

**Some computer knowledge is an asset but not necessary.**

**For more information please contact**

**LVSS Operations Manager Celeste at Mollie Nye House at**

**[celeste@mollienyehouse.com](mailto:celeste@mollienyehouse.com) or 604 987 5820 ext. x 13**

## Other Mollie Nye House Registered Programs

You can sign up for our registered programs 3 ways:

1. NVRC.ca or phone 604-987-PLAY (7529) quoting barcode at time of registration
2. On our website at [www.mollienye.com](http://www.mollienye.com)
3. Drop by Mollie Nye House during regular business hours.



### Adult/Senior Spanish

Beginner/Intermediate Classes Starting in September

Beginner 10:00 am – 11:30 am                      Intermediate 12:00 noon – 1:30 pm

Classes will be held 2 days per week on Tuesdays and Thursdays.

We have a new instructor, well educated with over 20 years of experience. He has a gift for teaching Spanish and LOVES to work with Seniors.

For any inquiries, please email or call Celeste at Mollie Nye House at 604-987-5820.



### CSCC Tech Training 1 on 1 Drop-in

Sign up today for September sessions!



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 book an appointment, call Mollie Nye House and ask for Celeste or Sophia at 604-987-5820. Our one-hour sessions are offered Wednesdays from 3:30 – 4:30 pm or Thursdays from 10:00 – 11 am. A \$2 fee applies.

**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](http://www.lvsa.ca) or call 604-987-5820.**

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:30</b>					<b>Friendly Fridays (Social)</b> <b>Bring your small crafts</b>
<b>10:00</b>	<b>Walking Group</b> <b>Singing (Fun)</b> <b>Tai Chi Beginners</b> <b>\$8</b>		<b>Walking Club</b>  <b>Tai Chi Beginners</b> <b>\$8</b>		
<b>10:30</b>	<b>Tai Chi Intermediate</b> <b>\$8</b>	<b>Line Dancing</b>	<b>Tai Chi Intermediate</b> <b>\$8</b>		
<b>12:00 pm</b>			<b>Munch &amp; Mingle VCH</b> <b>Soup or Sandwich</b> <b>\$2. Both \$4.</b> <b>604-904-6483</b>	<b>Sewing &amp; Quilting</b>	<b>Hearty Lunch</b> <b>(2<sup>nd</sup> Friday of the month)</b>
<b>1:00</b>	<b>Arts &amp; Crafts</b> <b>Mahjong</b>	<b>Bridge &amp; Table Games</b>	<b>Book Club</b> <b>(1<sup>st</sup> Wed)</b>		
<b>1:30</b>	<b>Music Group (Acoustic Jam)</b>	<b>Harmonica Players Group</b>	<b>Stamp Club</b> <b>(2<sup>nd</sup> &amp; 4<sup>th</sup> Wed)</b>  <b>Music Group</b>		
<b>2:30</b>					<b>Darts or Table Tennis</b>

**Drop in programs taking a BREAK for the summer:**  
**Book Club, Chair Stretch, Darts/Table Games, Line Dancing, Singing and Hearty Lunches.**