

MOLLIE NYE HOUSE

Official Newsletter of the Lynn Valley Services Society



Spring Planning is happening at the Mollie Nye House

February may be the time when many folks are still thinking about shovelling their driveways or wearing winter coats, but for us here at the Mollie Nye House, we have started planning for (slightly) sunnier weather and new experiences. A whole host of new activities will be starting up this spring. Check out the fresh offerings on page 5!

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- January recap
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- Meet the Staff / Volunteer
- House notes
- Printable calendar for the fridge

January Recap

Robbie Burns Music Afternoon

Ack! Grab yea-self a wee dram and watch out for the Highland coos! We celebrated the birthday of Scotland's famous bard, Robert Burns, with music, tartans, and toasts. On Friday, January 23rd, the talented Peter Paulus performed for a full house of merrymakers.



Peter Paulus also performed soulful ballads & lively poems

Presenting
the haggis
before we
stabbed the
wee beast



The Mollie Nye House offers six live music events every year. For a \$10 entry, enjoy live music, free popcorn, and a cash bar (wine, beer, soda). Our next event is April 10th for a Tiki-themed evening!

Message from the LVSA Board

Thanks to the enthusiasm of our volunteers and members, the LVSA 2026 membership is off to a terrific start. Thank you for participating. Although spring is still two months away, Mollie's garden is already coming alive. On yesterday's stroll through the garden, Snowdrops were spotted pushing through fallen leaves, and the Camellias are now in bloom, offering a cheerful hint of the season ahead.

SAVE THE DATE:

LVSS and LVSA will be co-hosting a Chinese Lunar New Year Celebration and Dinner in the activity room on Friday, February 20th, from 3-5 pm. Tickets are limited; purchase yours at the receptionist desk at Mollie Nye House.

Hope you will join us, more information on the poster.



The rhododendrons are budding, and the snowdrops are popping up in clusters around the garden.

Upcoming Event Highlights for February - Mark your Calendars!



International Cooking Class - Valentine/ Galentine/ Palentine dinner on February 14th from 4-7:30 pm - grab a friend or partner (or come by yourself and make new friends) and learn how to make Valentine's Day specialties! Tickets are \$50 each and there is limited space. [Register here](#)



Remember, February 16th is Family Day in B.C. There are no scheduled programs or events at the Mollie Nye House on statutory holidays.



[Drop by to listen to Richard Foster](#), of the North Shore Mountain Rescue Archives, on Wednesday, February 18th, from 2:30-4 pm for an exciting afternoon talk. He will recount legendary rescues and the rich history of the NSR. Coffee, tea, and cookies served. Free, but donations welcome.



Join us on Friday, February 20th from 3-5 pm for a Chinese Lunar New Year Celebration & Dinner! We will savour a delicious Chinese dinner, play games for prizes, and welcome in the Year of the Horse! \$12 for tickets.

[Register here](#) or at the Mollie Nye House. Deadline to RSVP is February 13th or until we sell out. This is a joint LVSS and LVSA event and is open to all.

New Programs, Events, & Workshops Coming Soon!

Keep an eye out for these upcoming Spring happenings:

- Taxes for Seniors
- Drumming with Abby (is back!)
- Acrylic Painting Workshops
- Drawing Workshops
- Beginner Line Dancing
- Craft-making Workshops
- Pop-up Mystery Box Vintage & Artisan Store
- Launching our new Little Library in the Garden



To learn more about our programs and services please contact us at 604-985-7138 or visit us at www.nscr.ca or on the 2nd floor of Capilano Mall in North Vancouver.

Seniors Social Prescribing – Community Connector program connects older seniors with the community supports they need. Once referred (either through a healthcare provider, community agency, or self-referral), each senior is paired with a NSCR Community Connector who provides tailored support, such as help with benefit applications, connection to meal programs, in-home services, advocacy, and more to enhance health in a holistic way.

Meet the Volunteer - Margaret B.

Our volunteer highlight for February is Margaret B. She originally hails from Prince Rupert, but has called the North Shore home for several decades. This proud grandmother is our official cleaning guru. She loves the energy of Mollie's childhood home and keeping it polished for all to enjoy. We are truly lucky to have her. Please say hello to her when you see her around the house!



House Notes -

The Mollie Nye House Hours:
Monday - Friday 10 am - 5 pm
(closed for lunch 12:30-1 pm)

Closed on all statutory holidays and the last two weeks of December.

Address is

940 Lynn Valley Rd
North Vancouver BC
V7J 1Z7

Phone: 604-987-5820

Email: manager@lvss.ca

Website lvss.ca

Program Highlight - EmPWRment Fitness

Twice a week, you will hear energetic music and exuberant grunting from the activity room at the Mollie Nye House. It's our EmPWRment 4 Life Fitness groups led by our very own Judy Bjornson.

She mixes tailored activities for Parkinson's, rehab, strength, and balance for all fitness levels. If one of your goals is to improve balance and increase your vitality, please check it out. Tuesdays from 10-11 am or Fridays from 1-2 pm.

[Register here](#)

This group works hard AND has fun!



February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Tai Chi 9:50-11:40 am Walking Group 10-11:30am Chair stretch 11:45-12:45 pm Mahjong 1-3:30 pm	ESL Class 10-12 pm EmPWRment Fitness 10-11 am Sewing 12:30-3:30pm	Munch & Mingle Lunch 11:30-1 pm	ESL Class 10 am-12 pm	Friendly Fridays 10:30-12:30 pm EmPWRment Fitness 1-2 pm	Gather w/Helen 10-12 pm
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15	Family Day Statutory Holiday - No classes	ESL Class 10-12 pm EmPWRment Fitness 10-11 am Sewing 12:30-3:30pm	Munch & Mingle Lunch 11:30-1 pm NS Rescue Lecture 2:30-4:30pm	ESL Class 10 am-12 pm	Friendly Fridays 10:30-12:30 pm EmPWRment 1-2 pm Lunar New Year Dinner 3-5pm	Gather w/Helen 10-12 pm
22	Ukulele Jam 2-4:30 pm Tai Chi 9:50-11:40 am Walking Group 10-11:30am Chair stretch 11:45-12:45 pm Mahjong 1-3:30 pm	ESL Class 10-12 pm EmPWRment Fitness 10-11 am Sewing 12:30-3:30pm	Munch & Mingle 11:30 -1 pm Stamp Club 1:30-3:30 pm	ESL Class 10 am-12 pm Climate Cafe 1-2:30 pm	Friendly Fridays 10:30-12:30 pm EmPWRment Fitness 1-2 pm	Gather w/Helen 10-12 pm

*Click on each event to find more info on registration and prices. Some programs are drop-in, and others require pre-registration.

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22	23 Tai Chi 9:50-11:40 am Walking Group 10-11:30am Chair stretch 11:45-12:45 pm Mahjong 1-3:30 pm	24 ESL Class 10-12 pm EmPWRment Fitness 10-11 am Sewing 12:30-3:30pm	25 Munch & Mingle 11:30 -1 pm Stamp Club 1:30-3:30 pm	26 ESL Class 10 am-12 pm Climate Cafe 1-2:30 pm	27 Friendly Fridays 10:30-12:30 pm EmPWRment Fitness 1-2 pm	28 Gather w/Helen 10-12 pm
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