

MOLLIE NYE HOUSE

Official Newsletter of the Lynn Valley Services Society



May is for Celebrating Mothers!

May is the month to honour all the mothers and mother-like figures in our lives. They love, support, and look out for us all year long. On May 10th, we take the day to celebrate them. Here at the Mollie Nye House, we are hosting a High Tea & Luncheon on May 16th for our moms. Check out the details on page 4. We would love for you to join us for some sweet treats and a cuppa! Pinkies up!

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- April recap
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- Printable calendar for the fridge

April Recap

Swinging at our Tropical Tiki Music Night

On Friday, April 10th attendees swayed to the tinkling beat of island music and bright leis hung over Hawaiian print shirts. Blue cocktails with paper umbrellas made everyone feel like they were on a Polynesian holiday. Despite not having sand between our toes halfway around the world, the vibe of aloha was alive and well at the Mollie Nye House!

Please join us for our next Music Night on Friday, June 5th for “Summer Nights” with Bruce Coughlan!



Erik and Sandy show off their festive Hawaiian garb



Our musician, Bizelle, and Judy get ready for the music and dancing



Sandy is chilling at the check-in table



Gillian is officially on island time!

Message from the LVSA Board

A sincere thank you to all LVSA members who supported the Annual General Meeting held on Thursday, April 9th. During the meeting, a committee of seven LVSA members was formed to investigate the possibility of merging with Lynn Valley Services Society in the very near future. There has been one meeting to date and another is scheduled for this coming week. We will keep you posted.

So far this year LVSA membership numbers have reached 104. If you have not renewed yours, please stop by the Mollie Nye House reception desk between 10:30 am and 4 pm to purchase yours. Alternatively, you can place \$20 (cash or cheque) in an envelope with your name attached and drop it in the mailbox inside the back door.

If you are aware of an LVSA member who is ill, hospitalized, or who has lost a loved one, please let us know. One of our volunteers will write and send cards of cheer or condolences. Please email info@lvsa.ca or call 604-987-5820 and leave a message for Jackie.



Free Trike Lessons & Tours!

[Have Trike, Will Travel](#) is offering the Mollie Nye House free trike lessons and tours. They provide the trikes and helmets for the ~1 hour tour down on the Spirit Trail. Explore the freedom of a stable, gas-saving ride that also totes your gear!

Participants need to pre-book a free lesson by phone (604) 442-0058 or email

havetrikes@gmail.com.

Upcoming Event Highlights for May - Mark your Calendars!



Mondays, May 4th, 11th, and 25th from 4-5 pm - Start or continue your knitting journey with teacher Jen's guidance. 5-week session. Only \$5 a class! [Register here](#)



Thursday, May 7th from 3-4 pm - Join us for a FREE Mental Health Workshop featuring a [Sound Bath](#) by [Mandy](#), Acupressure Instruction by [Qi Essence Bodywork](#), and a guided Meditation. Learn techniques to manage stress, increase mindfulness, and soothe anxiety. Attendees will also leave with a Mental Health Resource Guide. Please RSVP at the house, via phone, or [online here](#).



Thursday, May 14th from 2-4 pm - Ink and Watercolour Urban Sketching Workshop I. Learn to sketch landscapes and buildings in ink, then add colour. Fee includes use of all needed supplies. There are two sessions. Explore one or both! [Register here](#)



Saturday, May 16th from 1-2:30 pm - Mother's Day High Tea & Luncheon. Spoil your mom at our Mother's Day High Tea! Finger sandwiches, sweet treats, and tea. Wear your best hat and join us for a lovely afternoon to honour the mothers in your life! [Buy tickets here](#) or at the house. We expect this event to sell out fast so register early!

Upcoming Event Highlights for May - Mark your Calendars!



Monday, May 18th is the Victoria Day Holiday. The Mollie Nye House will be closed and there will not be any classes.



Thursday, May 21st from 2-4 pm - Ink and Watercolour Urban Sketching Workshop II. Learn to sketch landscapes and buildings in ink, then add colour. Fee includes use of all needed supplies. Take both classes and build your mastery and repertoire. [Register here](#)



Saturday, May 23rd from 4-7:30 pm - Immerse yourself into a new cuisine, study new cooking methods, and feast at our Chinese International cooking class. Hurry, these classes sell out! [Register here.](#)



Saturday, May 30th from 3:30-4:30 pm **OR** 6-7 pm - Bring your boots and dancing shoes for the next sessions of Beginning Line Dancing! [Register here](#)

Punch Cards

Did you know that Lynn Valley Senior Association members can purchase punch cards for our Drop-In Programs (Walking, Chair Stretch, Mahjong, Sewing & Quilting, Stamp Club, and Friendly Fridays) for \$40 each at the front desk? Cards are interchangeable across programs and can be turned in when full to enter a drawing for a free card. No more need to keep cash on hand and have exact change for programs. Save time and bank fees and get your card today at the house!



Jan, Choi, Sue, John, Jinny, and Martha making beautiful paper quilling designs



Step by step instruction assists with creating each shape

Quilling Class Creates Paper Art

Our Paper Quilling Class has been working diligently to master delicate shapes, creating elaborate and fun designs. Another session is coming soon. Keep an eye on our newsletter's "Upcoming Events" section for more info.

Meet the Volunteer - Rachelle H.

You may receive a phone call or email from our Marketing Volunteer, Rachelle H., about music nights, Climate Cafe, or cooking classes. She is a farm gal from Saskatchewan, but now makes her home in the North Shore with her family. Her favourite treats are the marzipan croissants from the [BjornBar Bakery](#) in Edgemont. Please say hello if 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



Margaret, Mona, Jennifer,
Jeanette, Dorothy, and Peggy
show off their projects.



Margaret and Jennifer
work on quilting and
mending.

Program Highlight - Sewing & Quilting

As you step into the activity room on Tuesday afternoons, you will hear the start and stop of the chugging sewing machines and chatter. Our Sewing and Quilting group are scattered across the room at their work stations, heads down on individual projects, but a lively conversation passes around. If you would like to work on your sewing projects with a social emphasis, please check it out.

[More info here](#)

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	Friendly Fridays 1 10:30-12:30 pm Sr Movement Fitness 1-2 pm	2 Gather w/Helen 10-12 pm
3	4 Beginner Tai Chi 9:50-10:40 Walking Group 10-11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm Knitting 4-5 pm	5 Sr Movement 10-11 am Parkinson's 11:30-12:30 Sewing 1-4 pm	6 Munch & Mingle Lunch 11:30-1 pm	7 Mental Health Wellness Workshop 3-4 pm	8 Friendly Fridays 10:30-12:30 pm	9 Line Dancing 3:30-4:30 pm
10	11 Beginner Tai Chi 9:50-10:40 Walking Group 10-11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm Knitting 4-5 pm	12 Sr Movement 10-11 am Parkinson's 11:30-12:30 Sewing 1-4 pm	13 Munch&Mingle 11:30 -1 pm Stamp Club 1:30-3:30 pm Drumming 7-8:30pm	14 Ink & Watercolour 2-4 pm	15 Friendly Fridays 10:30-12:30 pm Sr Movement Fitness 1-2 pm	16 Mother's Day Tea <a href"="">& Luncheon 1-2:30 pm
17	18 Victoria Day Holiday - Closed	19 Sr Movement 10-11 am Parkinson's 11:30-12:30 Sewing 1-4 pm	20 Munch & Mingle Lunch 11:30-1 pm	21 Ink & Watercolour 2-4 pm	22 Friendly Fridays 10:30-12:30 pm Sr Movement Fitness 1-2 pm	23 International Cooking - Chinese 4-7:30 pm
24/31	25 Beginner Tai Chi 9:50-10:40 Walking Group 10-11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm Knitting 4-5 pm	26 Sr Movement 10-11 am Parkinson's 11:30-12:30 Sewing 1-4 pm	27 Munch&Mingle 11:30 -1 pm Stamp Club 1:30- 3:30 pm	28	29 Friendly Fridays 10:30-12:30 pm Sr Movement Fitness 1-2 pm	30 Line Dancing 3:30-4:30 Line Dancing 6-7 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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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	<u>Friendly Fridays</u> 1 <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	<u>Gather w/Helen</u> <u>10-12 pm</u>
3	4 <u>Beginner Tai Chi 9:50-10:40</u> <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u> <u>Knitting 4-5 pm</u>	5 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	6 <u>Munch & Mingle</u> <u>Lunch 11:30-1 pm</u>	7 <u>Mental Health</u> <u>Wellness</u> <u>Workshop 3-4 pm</u>	8 <u>Friendly Fridays</u> <u>10:30-12:30 pm</u>	9 <u>Line Dancing</u> <u>3:30-4:30 pm</u>
10	11 <u>Beginner Tai Chi 9:50-10:40</u> <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u> <u>Knitting 4-5 pm</u>	12 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	13 <u>Munch&Mingle</u> 13 <u>11:30 -1 pm</u> <u>Stamp Club</u> <u>1:30-3:30 pm</u> <u>Drumming 7-8:30pm</u>	14 <u>Ink &</u> <u>Watercolour</u> <u>2-4 pm</u>	15 <u>Friendly Fridays</u> 15 <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	16 <u>Mother's Day Tea</u> <u>& Luncheon</u> <u>1-2:30 pm</u>
17	18 <u>Victoria Day</u> <u>Holiday - Closed</u>	19 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	20 <u>Munch & Mingle</u> <u>Lunch 11:30-1 pm</u>	21 <u>Ink &</u> <u>Watercolour</u> <u>2-4 pm</u>	22 <u>Friendly Fridays</u> 22 <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	23 <u>International</u> <u>Cooking - Chinese</u> <u>4-7:30 pm</u>
24/31	25 <u>Beginner Tai Chi 9:50-10:40</u> <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u> <u>Knitting 4-5 pm</u>	26 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	27 <u>Munch&Mingle</u> 27 <u>11:30 -1 pm</u> <u>Stamp Club 1:30-</u> <u>3:30 pm</u>	28	29 <u>Friendly Fridays</u> 29 <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	30 <u>Line Dancing</u> <u>3:30-4:30</u> <u>Line Dancing</u> <u>6-7 pm</u>