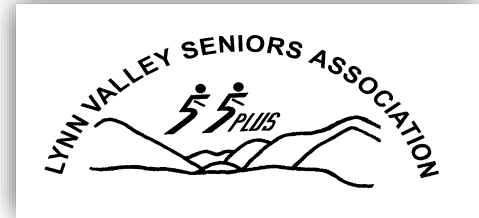


LVSA NEWS



Mollie Nye House
940 Lynn Valley Road
North Vancouver, BC
V7J 1Z7
604-987-5820
Website: www.lvsa.ca

January - February 2025



Inside this issue:

- Page 2 – Message from the Board
- Page 3 – Photos from Christmas Dinner
- Page 5 – LVSS News
- Page 7 – LVSS Drop-ins

Mollie Nye House will be closed on
Monday, February 17, 2025
For Family Day

**“In the coldest
February,
as in every
other month in
every other year,
the best thing to
hold on to in this
world is
each other.”**

LINDA ELLERBEE



Message from the Board
by Peggy Ament, Editor

Board Members
Peggy Ament
Marina Bailey
Georgina Duplissie
Jackie Hay
Barbara Murphy
Mary Pruner

Better late than never! Your January 1, 2025 issue was held up by a heart attack followed by an emergency double coronary artery bypass of your editor, Peggy Ament. This happened in mid-November and I am now well on my way to a good recovery.

Jackie Hay has stepped up to cover the President's role temporarily and Marina Bailey will carry the Secretary's responsibilities for now. Many thanks to these members who have volunteered to take on this work.

Although not an official responsibility of the LVSA, records show that over 860 volunteer hours were donated to Mollie Nye House (LVSS) during 2024, mainly from a committed group of 10 seniors. This number arises from the volunteers who operate the LVSS drop-in programs. This figure does not include the many hours contributed by others tending to Mollie's Garden year-round. What an amazing contribution to the House!

Membership renewals are going very well with the Early-Bird Discount during January. We have over 100 members who have renewed for 2025. Thanks for your support!

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.

PHOTOS FROM OUR TRADITIONAL TURKEY CHRISTMAS DINNER



Wayne and Walter handing out the door prizes!



Jeanette, Mona, Joanne admiring Jeanette's table decoration.



Andrea, Bernie, Audrey, Mona enjoying the evening.



Georgina, Jean, Sophia enjoying the mulled wine

Thanks to all the folks who “stepped up” in Peggy’s absence at the Traditional Turkey Christmas Dinner on Friday, December 6, 2024 from 3 – 5 pm. These are your volunteers for the evening.

Walter, Wanda, Wayne, Jeanette, Jackie, Barbara, Jill, Georgina, Shirley, Del, Doreen, Marina, Ken all did their part to make the Christmas event run smoothly. Apparently, there was a good deal of humour throughout the evening.

Munch & Mingle (Operated by Vancouver Coastal Health)

This service runs every Wednesday

11:30 am – 12:30 pm

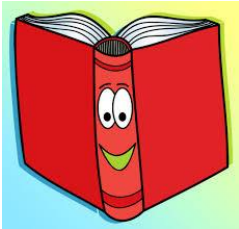
In the Mollie Nye House Activity Room

For \$7, Soup & Sandwich will be served along with coffee or tea.

All seniors and their caregivers are welcome!

You are welcome to reserve your spots by calling 604-761-1474

A Book Report by Lorraine Campbell



Lonesome: Memoirs of a Wilderness Dog

By Chris Czajkowski

Published 2004

Told through the voice of "Lonesome" Chris Czajkowski's dog living in BC's Tweedsmuir Provincial Park. Lonesome was named after Lonesome Lake and adopted by Chris. Her prime purpose was to be a pack animal carrying supplies and food, and living in an isolated, uncomfortable and harsh environment. Lonesome could never understand why her human chose to live in the wilderness as she would have preferred living a pampered life in the suburbs with safe walks and a cozy bed inside the house. "Lonesome" is by far Chris' most popular book. His charming and humorous style captures the dangers of wilderness living. A very enjoyable book.

Come One, Come All



Bring Your Voice, Your Guitar, Any Instrument you thought you would never play again, and MAKE MUSIC! With Like-Minded Friends at the Seniors Music Jam. Music Is a Great Way to Socialize. You're Never Too Old to Play. Everyone Welcome!

Contact Alan Giolma for more info: alangiolma@gmail.com

LVSS Programs

January & February 2025

Gather



Register now!

*Come together with Helen Murphy,
Community Engagement Specialist*

*Date: Saturday, January 13-February
22*

Time: 10 am -12pm

*Location: Mollie Nye House - 940
Lynn Valley Road, North Vancouver*

*This group focuses on establishing a
social outlet for community members
to connect, engage and build
relationships.*

*Register: In-person at MNH or by
phoning Sophia 604-987-5820*

*Cost: \$40 for 6 weeks. Tea, coffee and
delicious snacks served.*

DRUMMING WITH ABBY

Rhythm is Yoga for the Mind! Join Rhythm Facilitator, Abby, for an afternoon of connecting in rhythm! Learn basic rhythms, play rhythm games to improve listening, and launch into amazing meditative jamming sessions. Grab a friend and join the fun!

Open to drummers of all levels. Instruments provided first come first served, or bring your own.

Every 2nd Monday of the Month, 3-4 pm

**Suggested donation at the door is \$10 or
four sessions for \$35. Seniors discount
rate: \$5.00 per session**

**Mollie Nye House, 940 Lynn Valley
Rd, North Van BC (604) 987-5820
for more info**



Coffee Morning

Join us every Wednesday Morning for coffee and cookies.

Time: 10:30 am -12:30 pm

Location: Mollie Nye House - 940 Lynn Valley Road, North Vancouver

News!!

- *Music @ Mollie Nye Concert Series is in development for the Spring and Fall 2025*
- *Andrea Winterbottom and Judy Bjornson have joined LVSS to assist with Programming*
- *With LVSA assistance we are revamping the main lobby*
- *Several new interesting workshops are being developed. Details to be released soon. Stay tuned.*

Climate Café



Register now!

A series of discussions about our climate and our world covering a variety of topics. Each discussion will focus on one topic. Presented by Ocean Ambassadors Canada. Join us for a friendly discussion.

This free event is made possible with support from West Vancouver Foundation. Refreshments provided. Pre-registration is required.

Date: Last Thursday of each month

Time: 1-pm 2:30 pm

Location: Mollie Nye House - 940 Lynn Valley Road, North Vancouver

Register: In-person at MNH or by phoning Sophia 604-987-5820

Cost: \$40 for 6 weeks. Tea, coffee and delicious snacks served.

CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE

Fee for Walking Group, Chair Stretch, Mahjong, Sewing,
Stamp Club, Friendly Friday

\$4 per session for LVSA members/\$6 for non-members

Munch & Mingle is operated by Vancouver Coastal Health

Wednesdays 11:30am-12:30pm

\$7 for Soup/Sandwich/Tea or Coffee

Monday	Tuesday	Wednesday	Friday
<p>Walking Group – Audrey 10:00am Location: Various</p> <p>Chair Stretch – Del 11:45am – 12:45pm Location: Activity Room</p>			<p>Friendly Friday - Jan 10:30am – 12:30 pm Location: Dining Room</p>
		<p>Munch & Mingle Vancouver Coastal Health 11:30am– 12:30pm Location: Activity Room</p>	
<p>Mahjong - Dee 1:00 pm – 3:30pm Location : Activity Room</p>	<p>Sewing/Quilting Mona/Marg 12:00pm – 3:30pm Location: Activity Room</p>	<p>Stamp Club -Margaret 2nd and 4th Wednesdays 1:30pm – 3:30pm Location: Activity Room</p>	

