

LVSA NEWS



Mollie Nye House
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March - April 2023



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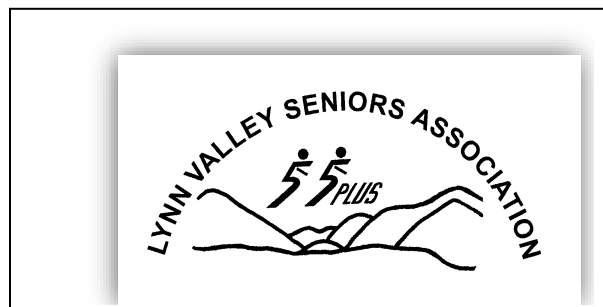
Mollie Nye House will be closed
on Friday, April 7, 2023
and Monday, April 10, 2023
for Easter holidays.



We are having a
PARTY

St. Patrick's Day from 4 – 6 pm
\$12

Join us for
Food, Fun, Friends



You don't have
to move mountains.
Simply fall in love with life.
Be a tornado of happiness,
gratitude and acceptance.
You will change the world
just by being a warm,
kind-hearted human being.

—ANITA KRIZZAN



Message from the Board by Peggy Ament, President

Board Members
Peggy Ament
Marina Bailey
Margaret Ballantine
Georgina Duplissie
Jackie Hay
Wanda Lloyd

January 2023 got off to a great start for the LVSA with our Early-Bird Membership Drive. Many took advantage of the savings and we now have 111 members, including 12 new ones, enjoying 9 drop-in programs.

On January 24, the LVSS (Lynn Valley Services Society) announced a drop-in rate increase from \$3 to \$4 for members and \$5 to \$6 for non-members. After several email letters to, and a meeting with, Andrea Winterbottom, President of the LVSS, the Lynn Valley Seniors Association managed to have the rate increase delayed until March 1st from February 1st. Another concession was to allow any member to attend the fourth weekly drop-in program at no charge. And, most importantly, we resolved that if any member was experiencing financial difficulty by attending any LVSS programs, that financial subsidy would be available through the LVSS.

This February we are fundraising with the raffle of a hand-made quilt from one of our members. These fundraisers provide the LVSA with revenue which we missed during 2020-2021.

As you can see, we are excited to present another fun-filled event on March 17th, St. Patrick's Day. Get your tickets early to avoid disappointment. You will be treated to food, fun, and friends. Tickets will be available during the special business hours for Seniors at Mollie Nye House on Mondays and Wednesdays from 11:30 am – 2:00 pm.

Please put Friday, April 21st at 1 pm on your calendar. That's our Annual General Meeting where you'll be able to find out all about the LVSA finances and meet your fellow members. Refreshments will be served.

In Memoriam: We acknowledge the passing of one of our LVSA members:

Audrey Pye

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 Peggy.

ST. PATRICK'S DAY CELEBRATION



Come join the SENIORS for a Fun-filled Evening on

Friday, March 17 from 4:00 – 6:00 pm in the

Mollie Nye House Activity Room

\$12 for members/\$15 others

Includes SUPPER and Dessert, Coffee/Tea

50/50 draw, door prizes, games, and more!

Cash Bar for Beer/Wine \$5

**Buy tickets Mondays or Wednesdays from 11:30 – 2:00
during Senior Business Hours at Mollie Nye House.
Space is limited to 40 participants so book early to avoid
disappointment!**

Making Memoirs with Memories



On the initiative of one of our members, Shirley Smith, the LVSA started a writing workshop called "Making Memoirs with Memories." The idea was well received by 10 others who are meeting during the Friendly Friday drop-in time slot from 10:30 – 12:30. The workshop continues over four consecutive Fridays. Following a brief web design, Shirley has been leading us in 10-minute writing periods following a prompt such as "My Favourite Childhood Toy" writing without judgement regarding syntax or spelling. This is followed by volunteer sharing which seems to enlighten and sometimes amuses the participants!



Pictured above, in no particular order, are: Shirley, Mary, Jeanette, Barb, Dorothy, Jan, Lynda, Ann.

The photographer regrets to have missed Jackie and Peggy who are, nevertheless, enthusiastic participants!

LVSA BUS TRIPS FOR March and April 2023

Please note the details for the following bus trips can be obtained on-line, picked up at Mollie Nye House or phone 604.987.5820 Each bus trip has a deadline for registering, if there are not enough seats sold by that date the trip could be cancelled. Be sure to add your name to the waiting list of a sold-out trip, cancellations do happen.

***please be considerate of others and limit your use of scented products when going on a bus tip. Thank you.

SHOPPING TRIP TO IKEA Friday, March 10th 10 am -2:30 pm
Costs: Member \$18 Non-member \$28

We will drive to Coquitlam for a leisurely morning shopping at IKEA. We will enjoy lunch (not included in price) at their popular cafeteria before heading back to the North Shore. Register by March 2nd

A TRIP TO GRANVILLE ISLAND Tuesday, March 21st 10 am – 3 pm
Costs: Member \$23. Non-member \$33

Enjoy a trip to Granville Island, stroll the public indoor market as well as an array of other outlets. Market offers food & produce stores as well as gifts and other products along with a beautiful view of the water. You will have time for lunch (not included in price) Register by March 9th

BLOEDEL CONSERVATORY Wed. April 5th 9:30 am – 2:30 pm
Costs: Member \$25 Non-member \$35

We will drive to Queen Elizabeth Park where we will spend 1 hour at the Conservatory admiring the more than 100 exotic birds and 500 exotic plants and flowers in it's lush, temperature-controlled environment. After our "trip to the tropics" we will go for lunch (not incl in price) at Seasons in the Park restaurant. Not too much walking Register by March 28th

SECRET COVE & SUNSHINE COAST WITH ENJOY TOURS

Tues. April 11th Pick up only at Silver Harbour Center at 8:15 am
Returning to Silver Harbour Center at 7 pm

Costs: Members \$139 Non-member \$149.00

Explore the Sunshine Coast aka the "Best Place on Earth!" Visit Davis Bay, an ancient forest and have lunch at the 5-star Rockwater Secret Cove Resort.

Package includes lunch, all ferry fees and taxes. There will be an additional \$10 ferry fee for those aged 64 and under. Register by April 3rd

UBC BOTANICAL GARDENS Wed. April 12th 9:15 am -2:30 pm
Costs: Member \$30 Non-Member \$40

Take part in a one-hour garden tour at the UBC Botanical Gardens and discover the wonder of plants, biodiversity and stories behind the garden. There is a small garden gift shop as well. After the tour we will travel to lunch at Kitsilano pub called the Local Public Eatery (price not included)

Walkability – a fair amount of walking

Register by March 31**LVSA**

A Seniors' Moment Lunch

Join us for a delicious restaurant-quality meal provided by Sharing Abundance on the first and third Fridays of each month.

Doors open at 11:30 and lunch is served at noon. All seniors (55+) are welcome! Your suggested minimum donation of \$10 per person is welcome.

Please register by noon on Wednesday by calling the St. Agnes Church office: 604 987-0432.

Please indicate if you require a vegetarian meal or have other dietary requirements.

My Trip to St. Agnes Church by Peggy Ament

On the invitation of Jan Lockmuller, my husband Walter and I set out for St. Agnes Church on 12th Street in North Vancouver. The reason for this journey was to meet the people at the Church who were serving a Senior's Moment meal catered by Sharing Abundance. We met some other LVSA members, Mary Menzies and Margaret Ballantine. The delicious meal was served at tables of 8 for a total of 30 participants. After a slice of decadent chocolate cake, we were treated to a PowerPoint presentation of the adventures of Captain Cook accompanied by a travelogue of the South Pacific today.

Everybody was very friendly and welcoming. I would certainly recommend trying out this great experience!



**Lynn Valley Stamp Club
submitted by
Margaret Ballantine,
President**

We welcome any stamp collectors and those who are interested in this hobby.

Our meetings are on the 2nd and 4th Wednesdays of each month all year long. We gather downstairs at Mollie Nye House in the Activity Room from 1:30 – 3:30.

There is a short business meeting followed by either an auction or sort, both conducted by one of our VERY knowledgeable members. We can sell some of our stamps or acquire others.

We are a group of usually 20 members at each meeting with a mix of men and women, although more men. Any questions? Call Margaret Ballantine at 604-980-4120.

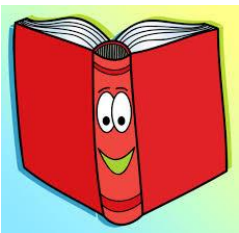
LVSA RAFFLE OF ANOTHER QUALITY QUILT

During the months of February and March, the LVSA will be fundraising to support our seniors' activities by a raffle of this exquisite hand-made, professionally finished quilt which has been donated by one of our members. It is a generous lap-top size measuring approximately 38" wide by 44" long. It would also make an eye-catching wall-hanging because of its extraordinary design. The tickets sell for \$5 each. The draw will take place at our St. Patrick's Day Celebration on Friday, March 17, 2023. We hope you will support us!

Tickets are available at Mollie Nye Reception during the Seniors Business Hours:
Mondays from 11:30 – 3:30 and on Wednesdays from 11:30 – 2:00.

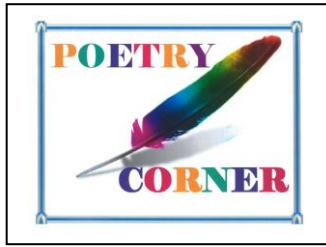


A Book Report by Lorraine Campbell



Five Little Indians
By Michelle Good
Published 2020 HarperCollins

Five residential school survivors share stories of the years when they attended a remote church-run Mission Residential School. They continue their stories through the years when their paths criss-cross in Vancouver's downtown east side. Hints of abuse surface throughout this work of fiction, but not overwhelmingly so. This book is mainly about life-long friendships, people trying to make a better life for themselves, struggling with drug/alcohol addictions or just trying to escape from past memories. Michelle Good, who is a member of the Red Pheasant Cree Nation in Saskatchewan, grew up in Kitimat, BC but spent many summers in Saskatchewan listening to her mother's and grandmother's stories of their residential school experiences. "Five Little Indians" won the Amazon Canada First Novel Award; the Governor General's Literary Award, City of Vancouver Book Award, Forest of Reading Evergreen Award and the Kobo Emerging Writer Prize. This is a hopeful story which is certainly worth reading.



I STILL MATTER by Pat A. Fleming

(Contributed by Lorraine Campbell)

I'm still here

My looks are nothing special,
My face reveals my age,
My body shows some wear and tear,
And my energy's not the same.

Too often my memory fails me,
And I lose things all the time.
One minute I know what I plan to do,
And the next it may just slip my mind.

I try hard to avoid my mirror.
There are things I would rather not
see,
And even those times when I just
catch a glimpse,
I can no longer recognize me.

The things I used to do with ease
Can now cause aches and pains,
And the quality of the things I do
Will neve'r be quite the same.

I always compare my older self
To those younger versions of me,
And I know I'm wasting too much time
Missing who I used to be.

But the thing that really makes me sad
Is despite what people see,
Underneath my tattered, worn-out
shell,
I'm still the same old me.

My heart can still feel endless love,
And at times it still can ache.
My heart can fill with so much joy,
And then it can suddenly break.

My soul can still feel sympathy
And longs for forgiveness and peace,
And there are times its light shines boldly
through,
And times when it longs for release.

It's true, maybe now that I'm older,
Feeling lonely may be status quo,
But it also has made me more willing
To forgive and let past conflicts go.

So maybe to some I look ugly and old,
A person who barely exists.
I'm still quite aware of the beauty inside,
And my value should not be dismissed.

So although not as strong and no beauty,
it's true,
I'm still here and want so much to live,
And I know that there's no one in this
world quite like me,
And no one who has more to give.

MOLLIE'S NOOK

Nestled behind the Mollie Nye reception desk, but difficult to view, are items for sale--all locally made and handcrafted by Lynn Valley Seniors. All the materials and workmanship for these articles have been donated, and therefore, they are all very reasonably priced. The Arts & Crafts and Sewing Groups regularly contribute to the Nook. All proceeds go to the Lynn Valley Seniors Association.



Because the items are so difficult to view, we have decided to bring them to you "up close". Another point to remember is that ALL ITEMS ARE CANADIAN-MADE!



We have lots and lots of cards made by our Seniors. At a price of only \$2, you cannot afford to bypass these one-of-a-kind items. Why not stock up on a few cards to have handy for those surprise birthdays, anniversaries, etc.



Pictured above are adult and children's hats. To the right, we have illustrated some sewn goods: small zippered purses and the ever-popular microwave bowls. Other goods too numerous to mention are scarves, blankets, booties/slippers, handbags, dishcloths and dishtowels. Come and have a look for yourself during the Special Seniors Hours at the House. It's always good to have something put away for a thoughtful gift!



Cowichan Knitters

submitted by Mary Menzies

There isn't one single icon that represents Cowichan better than the "Cowichan sweater". Woolly, thick and typically featuring classic Coast Salish motifs, these sweaters are as world famous as they are effective in keeping you warm and dry.

Designs on the sweaters vary greatly, but often depict the same kind of animals seen on totem poles: bears, ravens, thunderbirds, and whales.

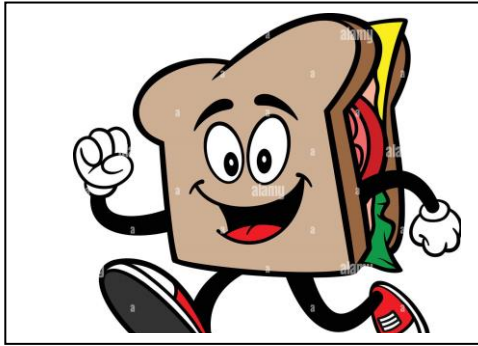
The sweaters are still made in Cowichan by a group of dedicated knitters. Each sweater is painstakingly knitted by hand and each one takes upwards of two days to complete. The wool used is exclusively from sheep and like the knitting itself, all of the wool is washed, spun and dyed by hand.

The Cowichan sweater is relatively new to the Cowichan Indigenous people, relative to their long history. Although for millennia, the Coast Salish made much of their clothing by weaving dog and goat hair, it was not until the late 1800's when they started knitting using wool. It is said the reason for this is because they were introduced to the practice by a Scottish expatriate named Jeremina Colvin.

Adding credence to the story is the fact that Colvin was from the Shetland Islands north of Scotland and the style of knitted sweater from that region is remarkably similar to the original Cowichan sweaters. So popular is the Cowichan sweater, other products knitted in the same style have emerged, including hats, ponchos, mitts and more.

<https://www.tourismcowichan.com/explore/destinations-attractions/cowichan-knitters/>





Munch & Mingle

(Operated by Vancouver Coastal Health)

This service continues 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 spot by RSVPing to Shawn Chessell

shawn.chessell@vch.ca 604-761-1474

Munch & Mingle

Monthly Conversation Series

LVSS is presenting a series of topics to engage you throughout your meal! All presentations will have a Q&A period at the end!

Spring'23 Schedule

February 22, "Lifting You Up"

with Robin Rivers of Family Services of the North Shore

March 8, "It's Not Right!"

presented by BC Association of Community Response Networks

April 12, VCH OASIS Arthritis Workshop

With Louise Lydon, Occupational Therapist, VCH



Do you or someone you love have early-stage Dementia?

Once a month, we will be hosting an Early-stage support group with Alzheimer Society BC to provide a place for people living with early symptoms of dementia to come together with others also living the dementia experience and discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.

The second Wednesday of each month before Munch & Mingle, upstairs in the House

Spring Dates:

- February 8, 10:30-11:30am
- March 8 10:30-11:30am
- April 12 10:30-11:30am
- May 10 10:30-11:30am

Alzheimer Society
BRITISH COLUMBIA



Music @ Mollie Nye House Presents



Pat Chessell Band

St. Patrick's Celebration
7:00pm Thursday March 16, 2023

*\$15 *cash bar available**

Join us for an evening of upbeat Celtic influenced originals, mixed with traditional favourites from the Celtic diaspora



In a country that loves its Celtic music, it's no surprise that Vancouver's Pat Chessell has become known as one of the most exciting roots artists in Western Canada. Pat's rootsy vocal style, charismatic stage presence, and expert musicianship (guitar) are making for an ever-growing audience of enthusiastic fans.

While his most original music falls solidly under the broad umbrella of 'Celtic', Pat's range is prodigious and eclectic. It's been variously described as straight-ahead "folk", "upbeat Celtic influenced Canadian folk/pop", and "moving mid-and-up-tempo contemporary Celtic", among other labels.

TICKETS: www.nvrc.ca - Barcode: 193982



Weekly Painting Drop-in



Are you looking for a fun and supportive space to get creative with others? Join our weekly Monday drop-in @ Mollie Nye House. You'll receive weekly prompts & inspiration to prepare you for each week!

Everyone welcome, no painting experience needed.

Monday's @ 11am

Bring your own supplies!

Questions? 604-987-582



Thinking about learning to dance this Spring? Sign up for our brand-new Salsa class at Mollie Nye House!



The Salsa Beginner series with Vancouver's top instructors from *Salsa Studio* covers the fundamentals of Salsa. In this series you will learn the Salsa Basic, New Yorker, New Yorker Right turn, Double hand turn, Cross body, Outside turn, Cross body inside turn, Open break with leg swivel, cumbia turn and spot turn combination patterns. Most importantly you will learn musicality with **LEADING & FOLLOWING.**

Lessons are FUN, SOCIAL and EASY!!!

6 Sessions

Sundays @ 1-2pm April 2, 9, 23, 30, May 7 & 14

Registration ID: 196953 @ www.nvrc.ca starting March 8

Bringing People Together

Mollie Nye House, 940 Lynn Valley Rd.



Peggy Ament
President, LVSA

January 24, 2023

Dear Peggy,

There has not been any increase in drop-in fees for several years and unfortunately, we are forced to raise our drop-in rates as our operating costs are continuing to rise. While we understand this is unwelcome news, I'm sure you can appreciate our position.

Consequently, the LVSS Board has approved the following rate increase, effective March 1, 2023: Drop-in rate from \$3.00 to \$4.00 for LVSA members and from \$5.00 to \$6.00 for non-members.

Regards,

John Charles
Executive Director, LVSS

LYNN VALLEY SERVICES SOCIETY (LVSS)

Mollie Nye House is owned by the District of North Vancouver and the LVSS (Lynn Valley Services Society) has been tasked with its operations. The LVSS has a volunteer Board. Currently the President is Andrea Winterbottom. Reporting to that Board is John Charles, Executive Director, who supervises full-time staff Sophia Hesp (8 years) and part-time staff, Aurelia Ulanday (1 year). These three people are paid staff.

All the programs are operated by the LVSS, including the 9 drop-in programs which are attended mostly by the Seniors. The drop-in fee goes to the LVSS, but there is a discount for LVSA members.

CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE

Fee for Walking Group, Chair Stretch, Arts/Crafts, Mahjong, Sewing, Book Club,
Painting, 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>Painting 11:00am – 1:00 pm Location: Dining Room</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>Arts & Crafts - Jeanette 1 :00 pm – 3:30pm Location : Activity Room</p> <p>Mahjong - 1:00 pm – 3:30pm Location : Activity Room</p> | <p>Sewing Group – Jeanette 12:00pm – 3:30pm Location: Activity Room</p> <p>Book Club – Dee Every 1st Tuesday 1:00pm – 2:30pm Location: Living Room</p> | <p>Stamp Club -Margaret 2nd and 4th Wednesdays 1:30pm – 3:30pm Location: Activity Room</p> | |

Come Join Us!