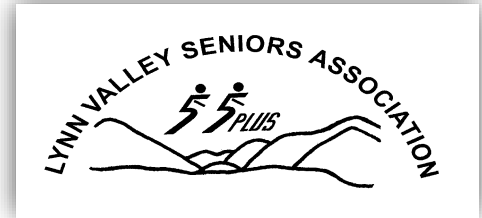


LVSA NEWS



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



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Mollie Nye House will be closed on
Friday, April 18 and Monday, April 21, 2025
For Easter Holidays

March - April 2025



SAVE THE DATE

Tues. March 18 from 11 – 1
Full Lunch Menu
Join us for
Food, Fun, Friends



**Message from the Board
by Peggy Ament, Editor**

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

The weather has certainly changed, especially since the photo above of the House covered in snow in February. Spring is just around the corner. The exact date of the vernal equinox in 2025 is Thursday, March 20 at 2:01 am PST. But that time has to be adjusted since we will be changing our clocks to Daylight Savings Time. That will be on Sunday, March 9, 2025.

Whatever the changes in the time and weather, your Board of Directors and members of the Special Events Committee are currently planning our first event of 2025. As you can read in this issue, we are celebrating St. Patrick's Day (one day late) on Tuesday, March 18, 2025. We are preparing a luncheon from 11:00 am – 1 pm. We are serving punch, soup, sandwiches, dessert, coffee/tea. And the price is only \$10 for members. Along with the food service, the usual festive ambiance will be displayed. Games, draw prizes, 50/50 tickets will also be featured. Alan Giolma, a new member, has offered to provide us with some fiddle music. Thank you, Alan.

Membership renewals went very well with the Early-Bird Discount during January. We have over 100 members who have renewed for 2025. The current fee for membership is now \$25. Thanks for your support!

Heads up! We are having our third Annual Plant Sale on Saturday, May 24, 2025 at 10 am. If any member or friend would like to start planting seeds or cuttings for development for that sale, now would be a good time to start. Any contribution would be greatly appreciated.

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.

ST. PATRICK'S DAY CELEBRATION



Come join the SENIORS for a Fun-filled Luncheon on

Tuesday, March 18, from 11:00 – 1:00 pm in the

Mollie Nye House Activity Room

(Doors Open at 11:00 am)

\$10 for members/\$15 others

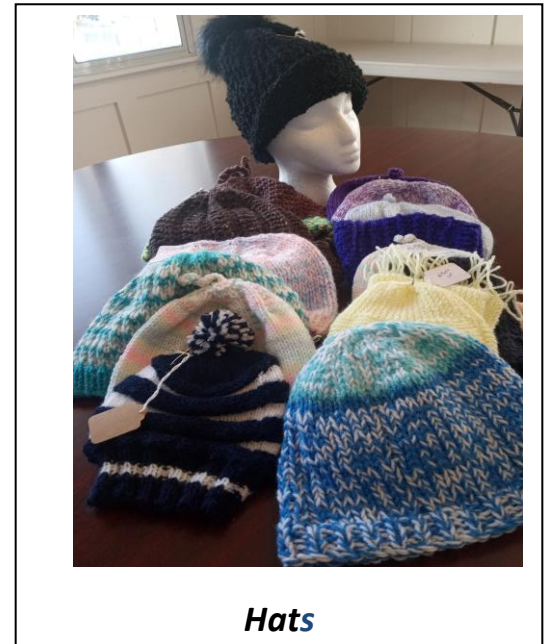
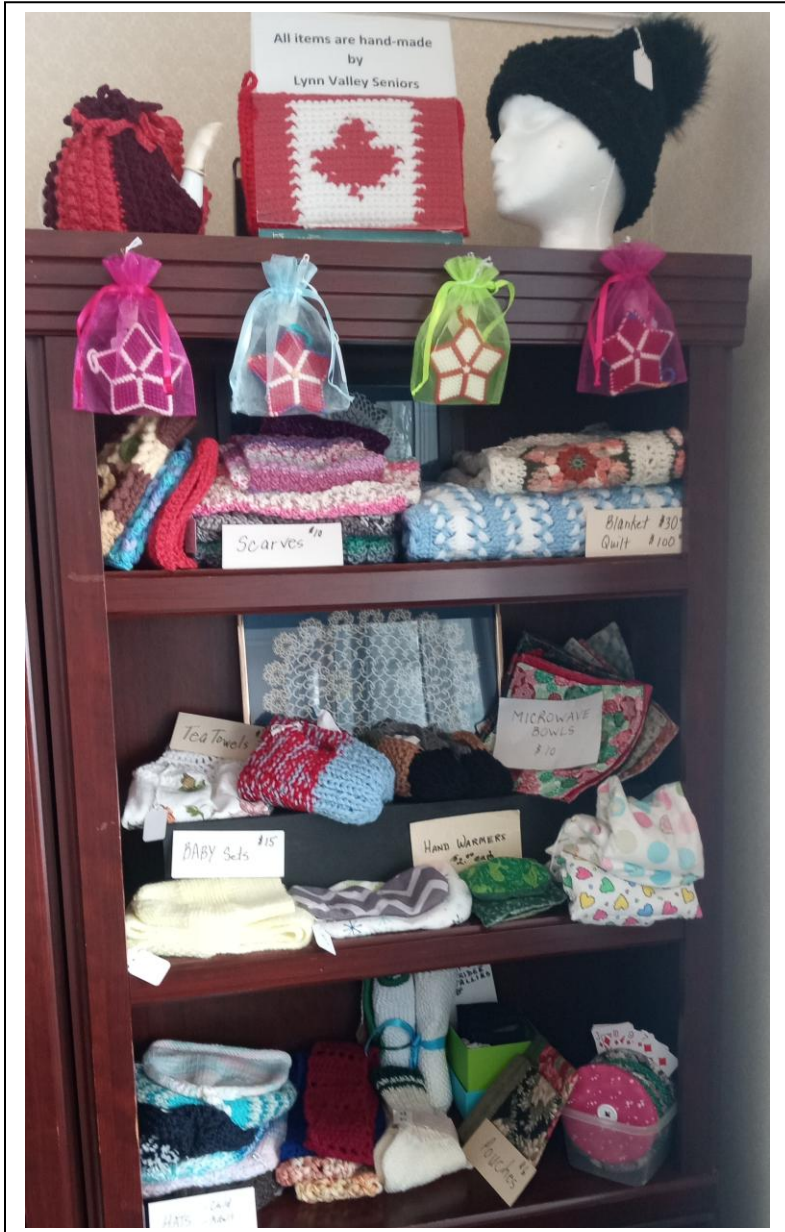
Includes PUNCH, SOUP, SANDWICHES, DESSERT, Coffee/Tea

50/50 draw, door prizes, games, and musical entertainment!

**(Sign up at Mollie Nye House on Monday, the 3rd and 10th
or Wednesday, the 5th and 12th, from 11:30 – 1:00 pm)**

This photo does not do JUSTICE to the amazing hand-crafted goods which are displayed on the shelves behind the reception desk. Come and see for yourself. The inventory is all individually priced and sorted according to category. There are DEALS to be had, for sure!

LVSA MOLLIE'S NOOK



Hats



Scarves

Many LVSA members have contributed to Mollie's Nook. The LVSA would like to send them a BIG THANKS
Dianne, Doreen, Elli, Jackie, Jan C., Jan L., Jeanette, Lorraine, Magdalena, Margaret, Mona, Peggy, Shirley, Trudi.
PLEASE SUPPORT OUR SENIORS!

Munch & Mingle (Operated by Vancouver Coastal Health)

This service runs every Wednesday

11:30 am – 12:30 pm

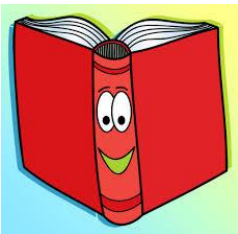
In the Mollie Nye House Activity Room

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



The Reason You Walk

Wab Kinew

published 2015

Wabanakwut Kinew was born December 31, 1981 in Kenora, Ontario and his home is the Anishinaabe Nation on the Onigaming Reserve in Northern Ontario. When Wab was in elementary school, his father, Tobasonakwut, was offered a teaching position at the University of Winnipeg so the family moved to Winnipeg. As a child, Wab was not close to his dad and often feared him. This memoir is about reconnecting with him after his dad's cancer diagnosis. Much of the indigenous culture is explained in this memoir through sun dance ceremonies, pow wows, and sweat lodges. As a young adult, Wab was a rapper in a local band, worked as a DJ, a CBC journalist, a sought-after speaker and is currently the NDP Premier of Manitoba. His family is very interesting with strong ties to their ancestors and culture.

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

March & April 2025

Gather



New Dates!

Come together with Helen Murphy, Community Engagement Specialist

Date: Saturday, March 1 -April 5

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

John Cronin in Concert Friday, April 4th, 2025 7 – 9pm

Join us for an enchanting evening of music with the talented John Cronin and his guitar at Mollie Nye House, our beloved community venue. Get ready to be serenaded by soulful melodies and heartfelt lyrics. Grab your friends and family and immerse yourself in the magic of live music. Create memories that will linger long after the final chord is played.

Tickets: \$20 each
Please contact Sophia at **604-987-5820** to get your tickets.
Beer and wine available for \$5.
Light snacks provided.

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

Tea, coffee and delicious snacks served.

Cooking Classes

Saturdays, April 5, 12, 26, May 10

\$35.00 per session

Learn from renowned chefs. All ingredients provided. Cook and enjoy the meal together. Take the recipe home and practice on your family and friends?!

First series will highlight Chinese, Persian, British and Ukrainian cuisine

Contact lvss.ca to register

Photography Workshop-March 9th- April 6th

Taught by a professional photographer and graphic artist that has worked in the film industry. Notably worked on the Star Wars series.

*Register on lvss.ca website under Programs and Events
Code to register: 00346813*

Creative Kids Workshop-starts Saturday March 8th

*Innovative Painting, Stories and Movement
Taught by a professional artist and voice over specialist
Contact lvss.ca to register*

Magic Workshop

March 9th- April 6th

All props included and yours to keep- a \$75.00 value

Taught by a world renown Escape Artist and Magician

lvss.ca website under Programs and Events

Code to register: 00346817

Home Renovations & Repairs-March 9th- April 6th

Taught by Bob the Builder/ Professional Contractor

Register on lvss.ca website under Programs and Events

Code to register: 0347592

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 – 3:00pm Location : Activity Room</p>	<p>Sewing/Quilting Mona/Marg 12:00pm – 3:30pm Location: Activity Room</p>	<p>Stamp Club -Martin 2nd and 4th Wednesdays 1:30pm – 3:30pm Location: Activity Room</p>	

