

LVSA NEWS

Mollie Nye House
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North Vancouver, BC
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604-987-5820
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Website: www.lvsa.ca



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**Mollie Nye House will be closed
Monday, May 22, 2023
for Victoria Day**

May - June 2023



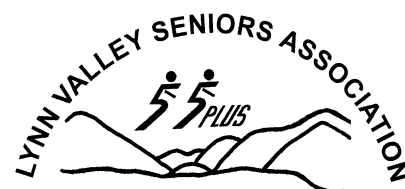
SAVE THE DATE!

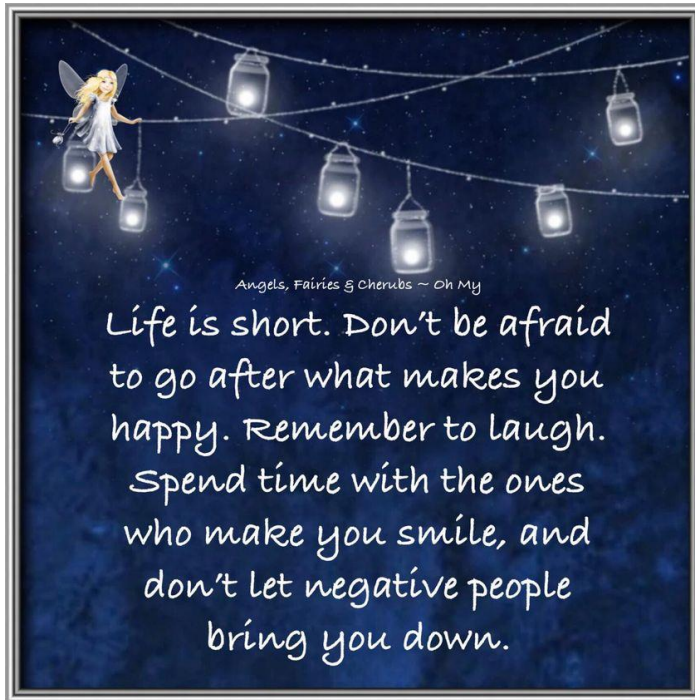
Friday, June 16, 2023 from 12 – 2 pm at

**MOLLIE NYE HOUSE
Activity Room**

**LVSA “SPRING INTO SUMMER”
PARTY**

Food, Fun, and Friends





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

Board Members
Peggy Ament
Marina Bailey
Georgina Duplissie
Shirley Gregor
Jackie Hay
Wanda Lloyd
Barbara Murphy

On Friday, April 21, 2023, the LVSA held our AGM for the year 2022. Twenty-six members attended the meeting where we thanked all the volunteer members who contributed to the smooth operation of the organization last year. In December 2022, we had 122 members, including 27 new ones, and we have about the same number at this time. Five issues of the LVSA newsletter were published. There were fourteen bus trips with 91 LVSA member trips. In the Outreach portfolio, we mailed fourteen care cards and we collected for the 5th Annual Red Stocking Collection. We held two Special Events—Oktoberfest and the Festive French-Canadian Christmas Party. We discussed our finances to year-end. If anyone wants to know how we are doing financially, please ask one of the Board members.

We now have two new Board members: Shirley Gregor and Barb Murphy. Welcome!

Board of Directors 2022-2023

Peggy Ament, President, Newsletter
Marina Bailey, Director
Margaret Ballantine
Georgina Duplessie, Treasurer
Jackie Hay, Past President/Bus
Coordinator
Wanda Lloyd, Recording Secretary

Special Events Committee 2022-2023

Wanda Lloyd, Chair
Peggy Ament
Marina Bailey
Jean Deane
Georgina Duplessie
Jeanette Franklin
Jackie Hay
Lin Parkinson
Dorothy Zowty
Also, Walter Ament, Ken
Grahame, Wayne Lloyd

Other Volunteers 2022-2023

Lorraine Campbell, Outreach
Doreen Cottrell, 50/50 Draw
Audrey Dewan, Proofreader
Del Dimock, 50/50 Draw
Teresa James, Librarian
Michelle Kasmierski, Website
Dee Walker, Membership

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



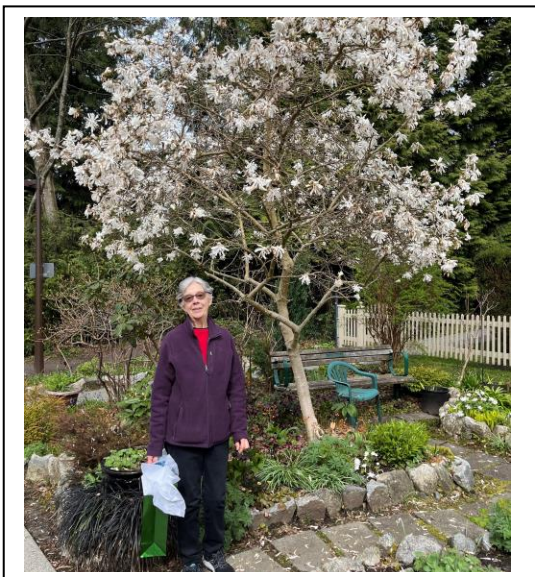
Everyone is Irish on St. Paddy's Day, even the Lynn Valley Seniors!

On Friday afternoon, March 17, the LVSA hosted our first Special Event of 2023. Forty-one people were in attendance and were served punch, appetizers, Irish Stew, Irish soda bread, and Brownies with drizzled green icing. The participants enjoyed Walter's bean bag throw, Irish trivia, and limerick-writing. A free LVSS drop-in card was drawn—winner Jan Lockmuller and a raffle ticket with Pat McVicar's hand-made quilt—winner Bernie Robb. Congratulations!

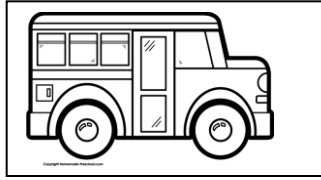


North Shore Community Resources Volunteer Spirit Award

Our very own Audrey Dewan has just recently received this well-deserved North Shore Community Resources Volunteer Spirit Award. Audrey, with her loyal team of volunteers, has tended Mollie's Garden at Mollie Nye House year-round for numerous years. Below, she is pictured in her garden that is blooming beautifully for all the residents of Lynn Valley. Congratulations Audrey!



LVSA BUS TRIPS FOR May and June 2023



Please note the details for the following bus trips can be obtained on-line, picked up at Mollie Nye House or by phoning 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 trip.**

Thank you.

A VISIT TO BURNS BOG IN DELTA

Wed. May 10th 8:45 am – 2:30 pm

Cost: Member \$28 Non-member \$38

We will drive to Delta Nature Reserve where we will have a guided tour of Burns Bog “the lungs of the Lower Mainland”. This unique ecosystem is the largest raised peat bog and largest undeveloped land mass in North America. Following our tour, we will drive to the White Spot in Delta for lunch (not included in price) before returning to the North Shore.

Walkability: Lots of walking on wooden boardwalk. Participants must be able to walk 3-4 kilometers.

No walkers

Register by May 1st

NORTH PENDER ISLAND with ENJOY TOURS

Wed. May 17th 8:00 am – 7:15 pm

Cost: Member \$139.00 Non-member \$149.00 (only 6 seats available)

***pick up at 8 AM @ Silver Harbour & 8:15 AM at Karen Magnussen

A beautiful ferry ride through the Gulf Islands transporting us to Otter Bay. We will visit the island’s charming homestead museum, lunch at an idyllically situated restaurant and finish with a sweet treat & hot drink at Pender Chocolates in Hope Bay. Ferry fare, lunch and treat included in price. There will be an additional ferry fee of \$36. for those aged 64 years and under.

Walkability: minimal walking, only two walkers allowed on the bus. Please advise when signing up for the trip.

Register by May 9th

HARRISON HOT SPRINGS

Mon. June 19th 9:00 am – 4:15 pm

Cost: Member \$25 Non-member \$35

We will take a scenic drive to Harrison, “the Jewel of the Fraser Valley” and home of the famous hot springs. You will have 3 hours to walk along the lake, have lunch (not included in price) and explore the town, before returning to the North Shore.

Walkability: Lots of walking

Register by June 12th

YEW LAKE WALK

Wed. June 28th 9:45 am – 2:15 pm

Costs: Member \$20 Non-member \$30

Join us for a 2.3 km Spring walk around Yew Lake in Cypress Prov. Park. After the walk we will drive to the Pemberton Station Pub in North Vancouver for lunch (not included in price). Wear appropriate footwear and bring water.

Walkability: easy, flat trail. No walkers allowed.

Register by June 16th



Music @ Mollie Nye House
Presents

THE HOT MAMMAS

Come celebrate all the mothers and exceptional women in your life this Mother's Day weekend!

Friday, May 12, 2023 7pm

\$15

Tickets available at nvrc.ca with barcode 209611 or at Mollie Nye House

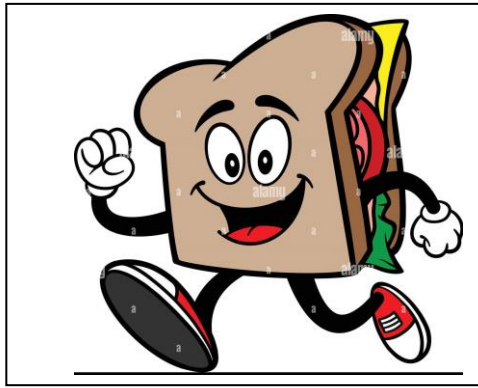


*Dynamic, contemporary jazz vocal trio **The Hot Mamas** make magical music brimming with crystal-clear harmonies, rollicking rhythms and saucy, sweltering sound. The group is ignited by the larger-than-life personalities and synergy of*

seasoned entertainers and long-time friends Georgina Arntzen, Julie Brown and Mary Ella Young.

Bringing People Together

940 Lynn Valley Road



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



Zentangle 101: The Basics Class

Natasha Dash, Certified Zentangle Teacher



Zentangle is a method of drawing that uses 8 basic steps to create beautiful artwork. It is easy to learn, relaxing, and fun! No drawing experience needed.

Saturday, May 13, 2023, from 10am-11am
209376

or

Sunday, May 28, 2023, from 1pm-2pm
209377

Register @ www.nvrc.ca with barcodes above

\$25 registration fee + \$15 Mini Kit with all the supplies you'll need!

In this 1-hour class, you will learn the basics of Zentangle including the history, philosophy, and terminology from a Certified Zentangle Teacher. You will be guided through 4 foundational "tangles" creating a unique tile.

Everything you need will be provided for you in your own Zentangle Mini Kit. Once the class is complete, you can take your Mini Kit home and continue your Zentangle journey.



Bringing People Together

Mollie Nye House, 940 Lynn Valley Rd.



TAI CHI

with Blanche
Boyce

Spring Session

Mondays starting @ 10:00am

Mollie Nye House

Activity Room

See our Registered Programs
page to sign up @ www.lvss.ca

Bringing People Together

940 Lynn Valley Road

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!