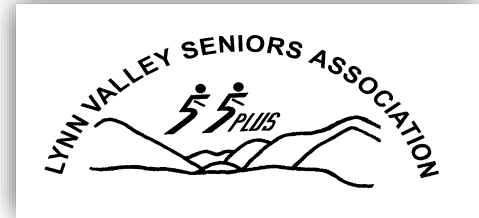


# LVSA NEWS



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



## Inside this issue:

- Page 2 – Message from the Board
- Page 3 – Photos of AGM Breakfast
- Page 4 – Plant Sale
- Page 5 – Bus Trips
- Page 9 – LVSS News
- Page 10 – LVSS Drop-ins

Molle Nye House will be closed on  
Monday, May 20,  
for Victoria Day

May - June 2024



## LVSA PLANT SALE

**SAVE THE DATE**  
**Saturday, May 25, 2024**  
**From 10 - 1**  
**Outside**  
**Mollie Nye Activity Room**



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

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

**This year we have twelve new members for a total of 116 registered members. This membership allows for a discount on LVSS drop-in programs, cheaper bus trip fares, and discounted tickets at our Special Events.**

**The next event planned is our Second Annual Plant Sale. If you have any plants to donate, please bring them to Mollie Nye House (front porch) on Friday evening, May 24 at 6 pm, when volunteers will be on hand to collect your donations for sale the next day.**

**The LVSA will be selling plants Saturday, May 25, from 10 am – 1 pm outside, close to the large parking lot. Another sale will be going on the same day in the Activity Room from 12 pm – 3 pm. A local group will be selling a wide selection of second-hand items at reasonable prices. See their ad in this newsletter.**

**Do come by the House on Saturday, the 25<sup>th</sup>, and see what we are offering.**

**REMEMBER: Business Hours for Seniors at the House are Mondays (Peggy) and Wednesdays (Jackie) from 11:30 – 1:00 both days. We hope that these hours will facilitate our LVSA members in receiving service at the reception desk.**

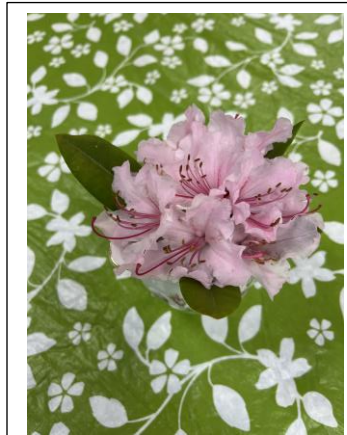
**If you are aware of an LVSA member who is ill or hospitalized or who has lost a loved one, please let us know. One of our volunteers is willing to write and send cards of cheer or condolences. However, cards cannot be sent out unless we hear from you. Please email [info@lvsa.ca](mailto:info@lvsa.ca) or call 604-987-5820 and leave a message for Peggy.**

## Photos of the AGM on Friday, April 19, 2024

On Friday, April 19, 2024, the LVSA gathered for a celebratory Annual General Meeting when 26 members and 4 guests learned what the LVSA has accomplished in 2023. It was a time to recognize all the work of the Board of Directors, the Special Events Committee, and all the other volunteers who contributed to the success of the LVSA. A description was given about the LVSA activities and the meeting presented another chance to find out what lies ahead for the organization. We tried to make it a social event as well as a business meeting. Members were treated to a complimentary and DELICIOUS continental breakfast!



Volunteers at the Event



Jeanette's Flowers



**LYNN VALLEY SENIORS ASSOCIATION**  
**COME AND SEE OUR HOMEGROWN COLLECTION**



# **PLANT SALE**

**SATURDAY, MAY 25, 2024**

**10:00 – 1:00**

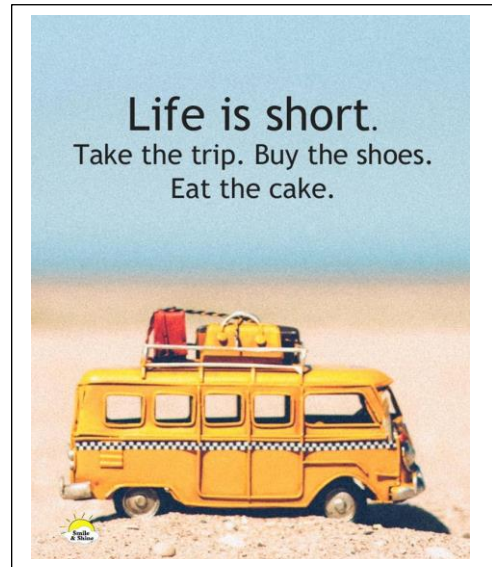
**MOLLIE NYE HOUSE**

**\*\*\*CASH SALES ONLY\*\*\***

## LVSA BUS TRIPS for May and June 2024

Please note the details for the following bus trips can be picked up at Mollie Nye House or by phoning Jackie @ 604.988.0895 for information. 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. If bringing a walker, please advise when registering. Tickets are available Mondays & Wednesdays from 11:30 am to 1 pm at Mollie Nye House.



\*\*\*Please be considerate of others and limit your use of scented products when going on a bus tip.

**SFU DRIVE & DINE**                      10:30 am – 2:15 pm                      Thurs. May 2<sup>nd</sup>  
Costs: Member \$18.00   non-member \$28.00

Join us for drive via Hwy #1 to Simon Fraser University campus on top of Burnaby Mountain. We will drive through the campus and dine at the Cockney Kings Fish & Chip restaurant (lunch not included in price) on Hasting St., Burnaby before returning to the North Shore.  
Walkability: limited, walker friendly                      Register by April 22<sup>nd</sup>

**VAN DUSEN GARDENS in Vancouver**                      9 am – 2pm                      Fri. May 10<sup>th</sup>  
Costs: Member \$30.00   non-member \$40.00

Van Dusen Botanical Garden is a 55 acre oasis in the heart of Vancouver with over 7,500 plant species and varieties from around the world! We will have 3 hrs of free time to view the gardens, spot local wildlife, find your way through an Elizabethan hedge maze or just unwind in this serene setting. Enjoy lunch (not included in price) at your leisure at the casual Truffles Café or the more upscale Shaughnessy Restaurant. Don't forget to browse the garden-themed gift shop. Van Dusen has something for everyone to enjoy.  
Walkability: Lots of walking, but walker friendly                      Register by May 1<sup>st</sup>

**BUTCHART GARDENS HIGH TEA with Enjoy Tours** 7am – 8 pm Tues. May 21<sup>st</sup>

Costs: member \$159.00 non-member \$169.00

**ONLY SIX SEATS AVAILABLE**

We are taking the ferry to Swartz Bay on Vancouver Island (a 45 minute car ride from Victoria) to visit this beautiful historical Butchart Gardens located at Brentwood Bay. It has over 1000 varieties of plants. Browse the different gardens at your leisure and then enjoy afternoon High Tea lunch (included in price). Don't forget to save time for the gift shop.

Note\*\*\*Persons aged 64 and under will pay additional ferry fare of \$36.00

Walkability: Easy, walker friendly

Register by May 8th

**A VISIT TO STEVESTON**

10 am -3 pm

Wed. June 5<sup>th</sup>

Costs: member \$22.00 non-member \$32.00

Drive and dine in Steveston, a lovely fishing village on the Fraser River. This is a working village so you can buy fresh seafood down on the docks for lunch or purchase some to take home. You have 3 hours to wander the quaint village, walk the waterfront and enjoy your lunch in one of the many restaurants (lunch not included in price).

Walkability, lots of walking, but walker friendly

Register by May 20<sup>th</sup>

**A VISIT TO WHISTLER VILLAGE**

9 am – 4 pm

Fri. June 14<sup>th</sup>

Costs: member \$30.00 non-member \$40.00

Enjoy a scenic drive to Whistler Village and spend 3 hours of free time exploring the area. Stop for lunch (not included in price) do some shopping or just relax taking in the sights.

Walkability: lots of walking if you wish, walker friendly Register by June 4<sup>th</sup>

**MALAHAT SKYWALK with Enjoy Tours** 7 am – 8pm

Tues. June 25<sup>th</sup>

Costs: member \$159.00 non-member \$169.00

Experience the ultimate natural high at Vancouver Island's newest attraction!

The Malahat Skywalk is an accessible 600 metre TreeWalk through a beautiful arbutus forest leading to a spectacular sightseeing lookout. Price includes admission to the skywalk and the Adventure Net and lunch at Jack's Place at Bear Mountain. Note there will be an additional ferry fare of \$36.00 for those aged 64 or under.

Walkability- lots of walking on an ascending low gradient walkway

Register by June 14th

## LVSA Raffle

The quilt which we are now offering as a raffle prize cannot truly be appreciated through the photos below. We are very appreciative to Judy Stringer, one of our members, who has donated this work of art. We are naming it “Spring” which describes the beautiful array of colours used in Judy’s handiwork.

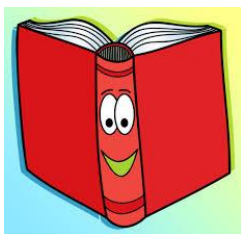
Please support this fundraising initiative by buying your \$5 ticket during Senior Business Hours at the House—Mondays and Wednesdays from 11:30 – 1:00.



Quilt Measures 54”x 63”



## A Book Report by Lorraine Campbell



**The Kitchen House**  
**Kathleen Grissom**  
**published 2010**

In 1791 Lavina, age 7, her brother, Cardigan, along with their parents, are on a ship emigrating from Ireland to America. The parents die on the ship and Lavina is taken by Captain Pyke as an indentured servant to work in the Kitchen House at "Tall Oaks" in Virginia with Belle, his illegitimate daughter as one of his slaves. Lavina bonds with the black slaves innocently unaware of their differences. Many years later, she becomes the mistress living at Tall Oaks and her life, plus her friendship with the slaves, takes an unfortunate turn. If you enjoyed "The Help" written by Kathryn Stockett published in 2009, this book is similar.

\*\*\*\*\*

### LVSA Mollie's Nook



This photo does not do JUSTICE to the amazing hand-crafted goods which are displayed at Mollie's Nook. All the items are Canadian-made by the LVSA Seniors.

You will have to come and see the shelves behind the reception desk. The inventory is all individually priced and sorted according to category. There are DEALS to be had, for sure!

\*\*\*\*\*

**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**



ECO FRIENDLY SHOPPING EVENT

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# SECOND TIME AROUND

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SATURDAY MAY 25TH

MOLLIE NYE HOUSE

12PM – 3PM

Mollie Nye House  
940 Lynn Valley Road  
North Vancouver

**You'll have the opportunity to explore a wide selection of gently used Clothing items, Cd's, Books, Jewelry, Macramé, Indigenous crafts and Accessories... and more, all at incredibly affordable prices. Whether you're searching for trendy pieces, timeless classics, or one-of-a-kind gems, you won't be disappointed. Indulge in delicious snacks and beverages available for purchase. Mark your calendars, remember your support benefits Mollie Nye House and the Community! Cash only please.**

# Felting Workshop



**Learn the ancient art of wet felting. Helen will guide you through each step, from selecting the perfect wool fibres to shaping and felting your creation.**

**Fun and engaging every step of the way!  
No experience necessary**

<b>Location</b>	<b>Mollie Nye House</b>
<b>Date</b>	<b>Saturday June 1<sup>st</sup></b>
<b>Time</b>	<b>1 – 3pm</b>
<b>Cost</b>	<b>\$50 – All materials supplied</b>
<b>Phone</b>	<b>Sophia at 604-987-5820 to register</b>
	<b>Tea, coffee and snacks provided</b>

**CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE**  
**Fee for Walking Group, Chair Stretch, Arts/Crafts, 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><b>Walking Group</b> – Audrey 10:00am Location: Various</p> <p><b>Chair Stretch</b> – Del 11:45am – 12:45pm Location: Activity Room</p>			<p><b>Friendly Friday</b> - Jan 10:30am – 12:30 pm Location: Dining Room</p>
		<p><b>Munch &amp; Mingle</b> Vancouver Coastal Health 11:30am– 12:30pm Location: Activity Room</p>	
<p><b>Arts &amp; Crafts</b> - Jeanette 1:00 pm – 3:30pm Location : Activity Room</p> <p><b>Mahjong</b> - Dee 1:00 pm – 3:30pm Location : Activity Room</p>	<p><b>Sewing Group</b> – Mona/Marg 12:00pm – 3:30pm Location: Activity Room</p>	<p><b>Stamp Club</b> -Margaret 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 1:30pm – 3:30pm Location: Activity Room</p>	



**MUSIC NIGHT AT MOLLIE NYE HOUSE RETURNS  
WITH THE EVER-POPULAR JOHN CRONIC  
ON FRIDAY, JUNE 14<sup>th</sup> from 7 – 9 pm**