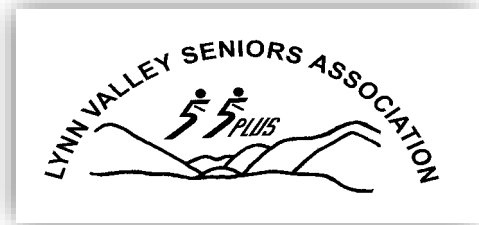


LVSA NEWS



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

May - June 2025



Inside this issue:

- Page 2 – Message from the Board
- Page 3 – Photos of St. Patrick's Day Lunch
- Page 4 – 3rd Annual Plant Sale
- Page 6 – LVSS News
- Page 9 – LVSS Drop-ins

Mollie Nye House will be closed on
Monday, May 19, 2025 for Victoria Day.

LVSA PLANT SALE



SAVE THE DATE

Saturday, May 24, 2025

From 10 - 1

Outside

Mollie Nye Activity Room



Message from the Board
by Peggy Ament, Editor

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

We have been very fortunate with the lovely spring weather that has been bestowed upon us here in Lynn Valley and on the North Shore. Trees are in full bloom and flowers have been poking up in all the gardens. The LVSA also wants to share in this spring production as we host our Third Annual Garden Sale on Saturday, May 24, 2025 from 10 – 1 outside the Mollie Nye Activity Room. We look forward to seeing members and the public to support the Seniors by stopping by to pick up garden offerings.

Just a reminder that the LVSA has two more events coming up this weekend just as you receive this newsletter. The first is our AGM on Friday, May 2, 2025 starting at 10:30 am with a complimentary continental breakfast. Then on Saturday, May 3, 2025, we have secured a table at the Mollie Nye Spring Craft Fair stocked with our homemade Canadian goods. It's a particularly busy weekend for our volunteers. Hope to see you there!

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

Ann Erlebach



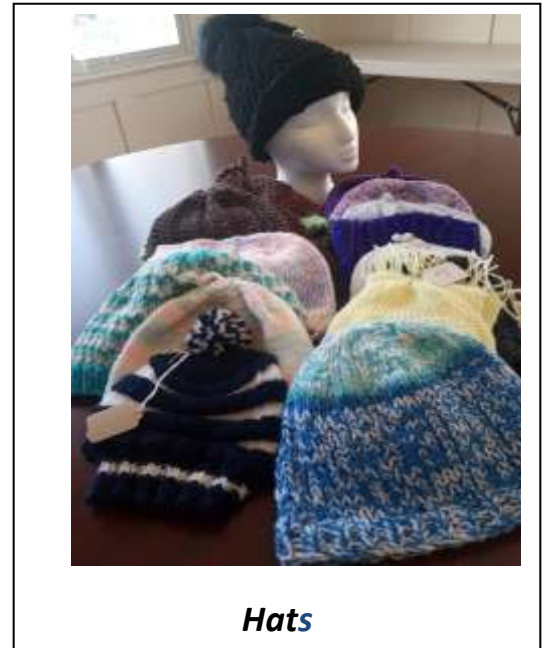
If you are aware of an LVSA member who is ill or hospitalized or who has lost a loved one, please let us know. One of our volunteers is willing to write and send cards of cheer or condolences. However, cards cannot be sent out unless we hear from you. Please email info@lvsa.ca or call 604-987-5820 and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

On Tuesday, March 18, 2025 from 11:00 – 1:00, 45 attendees celebrated at our St. Patrick's Day Lunch with Punch, Soup, Sandwiches, Veggies, Dessert, Coffee/Tea. The Activity Room was decorated in "Green", and much fun was had with games, door prizes, draws, including the 50/50. Alan Giolma, a new member, provided us with some fiddle music. Thank you again, Alan, for the entertainment!



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



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!

LYNN VALLEY SENIORS ASSOCIATION
COME AND SEE OUR HOMEGROWN COLLECTION



PLANT SALE

SATURDAY, MAY 24, 2025

10:00 – 1:00

OUTSIDE

MOLLIE NYE HOUSE ACTIVITY ROOM

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

Munch & Mingle (Operated by Vancouver Coastal Health)

This service runs every Wednesday

11:30 am – 12:30 pm

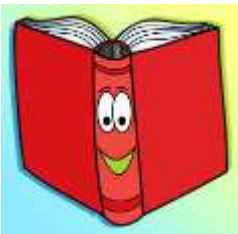
In the Mollie Nye House Activity Room

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



Don't Sweat the Small Stuff.....and It's All Small Stuff

By Dr. Richard Carlson

published 2017

The book entitled "Don't Sweat the Small Stuff.....and It's All Small Stuff" spent over 100 weeks on the New York Times Best Seller List. Its content is similar to the Chicken Soup for the Soul Books and it is all about becoming more peaceful rather than focusing on the negatives and the "what ifs" in life. The chapters are really short and hit home. Titles hit home like "Spend a Moment Every Day Thinking of Someone to Thank"; "Practise Random Acts of Kindness"; "Choose Being Kind over Being Right"; "Tell Three People Today How Much You Love Them" and "Imagine Yourself At Your Own Funeral" These chapters were particularly meaningful. Lots of food for thought in this wee little book.

LVSA

ANNUAL GENERAL MEETING

Friday, May 2, 2025

10:30 am

**Activity Room
at Mollie Nye House**

Please join us for a celebratory meeting describing what the LVSA has accomplished this past year 2024. It will be a time to recognize all the work of the Board of Directors, the Special Events Committee, and all the other volunteers who contribute to the success of the LVSA. You will learn about the LVSA activities and the meeting presents another chance for you to find out what lies ahead for the organization. See you there!

LVSS Programs

May-June 2025

Mother's Day Tea



*Saturday, May 10
1- 3 pm*

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

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

Cost: \$10

*Tea served with mini sandwiches,
scones with cream and lemon bars.*

Plus, a surprise guest entertainer!!

*Reserve your spot through our
website: LVSSlvss.ca or call 604-987-
5820*

The Fixations

in concert,

Friday, May 16th

7 - 9 pm



*The Fixations are a local group of
seven talented musicians who love to
entertain audiences throughout the
Lower Mainland. Their performances
consist of vocal and instrumental
renditions of music from the 20th
century featuring jazz, blues & Latin
tunes.*

Tickets: \$10 each

*Please contact Sophia at 604-987-5820
to get your tickets or purchase online
at" lvsslvss.ca*

Supporting Mental Health

Wednesday, May 7

7-8:30 pm

This free workshop, designed for parents and teens, explores key aspects of mental health, including statistics, risk factors, and protective strategies. Participants will gain practical tools to enhance well-being and develop a personalized action plan.

Reserve your spot through our website: lvss.ca or call 604-987-5820

May Craft Fair



Saturday, May 3rd. 12-3 pm

Explore fabulous gift ideas and unique crafts at the Craft Fair perfectly timed a week before Mother's Day!

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



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

Practise on your family and friends!

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: 1-2pm 2:30 pm

DRUMMING WITH ABBY

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 Thursday of the Month,

7:30 -9 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*



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>	

