

LVSA NEWS



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November - December 2021 Issue



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**Mollie Nye House closed from
Monday, December 20, 2021
until Monday, January 3, 2022
for Christmas and New Year holidays.**

**House will reopen on
Tuesday, January 4, 2022.**





Message from the Board
by Peggy Ament, President

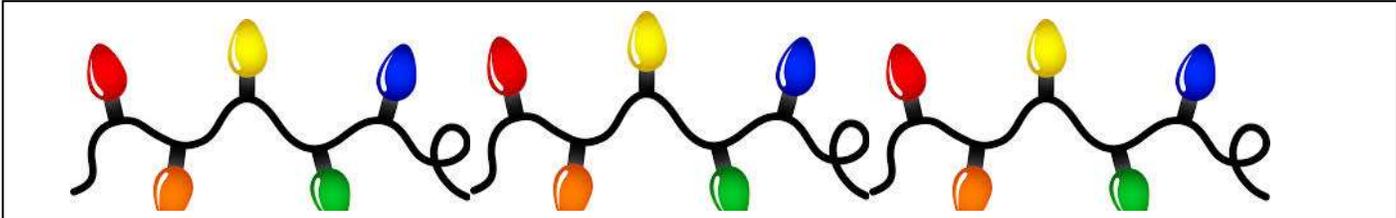
Board Members

Peggy Ament
Margaret Ballantine
Janet Dysart
Georgina Duplissie
Jackie Hay
Carol Thompson
Dee Walker

Since August 2021, the Board of Directors of the Lynn Valley Seniors Association (LVSA) has met three times. The Directors have been working diligently with the Lynn Valley Services Society (LVSS) who operate Mollie Nye House on behalf of the District of North Vancouver. Without a doubt, the 20-month shut-down of the House due to the Covid-19 pandemic has definitely affected both organizations financially and socially. So, the LVSS and LVSA are co-operatively planning a “WARM WINTER TEA” for Friday, December 3, 2021 from 1 – 3 pm. We are hoping to welcome back all the House participants to a festive, social event!

At the present time, the LVSA and the LVSS are trying to reopen the House with visitor safety at the forefront. All people entering the House must show proof of full vaccination, as well as attest to their daily health when signing in. The House is now offering 6 programs for Seniors which is a welcome return. In addition, the Mollie Nye volunteer gardeners, who never cease to tend Mollie’s Garden year-round, are busy with fall clean-up. On your behalf, the LVSA has purchased a wreath for Remembrance Day.

As you will read in this current issue of the LVSA Newsletter, Bus Trips are now “on the go”, the Mollie’s Little LIBRARY is in full swing with FREE books for distribution and CREDITS at a local bookstore, and Mollie’s NOOK, full of handmade articles, is stocked in time for Christmas shopping. Certainly, when more members decide to return to the House, we are READY to welcome you back!



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.

LVSA 4th Annual Christmas RED STOCKING COLLECTION



WE ARE COLLECTING:

- New socks for male/female**
- New underwear for male/female**
- New pajamas for male/female**
- Hoodies for teens**
- Gift cards, e.g. Walmart, Subway**
- Non-perishable food items**
- Tea for seniors**
- Knitted items for seniors**
- Gently used blankets**
- Games**
- Art supplies**

Once again, during the Christmas Season, the Lynn Valley Seniors Association will be collecting items for those in need through the Hollyburn Family Services. The Director advised the above items are those most in need.

If you wish to participate in this event, please drop off your donations at the Mollie Nye House Activity Room on Monday afternoons during November from 1 – 3 pm. Someone will be there to accept your gifts.

We will deliver the collection to the Hollyburn Family Services during December. Thank you for your participation!



Mollie Has Her Very Own “Little Free Library”

By Teresa James, Librarian

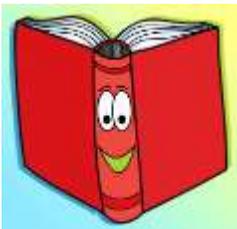
Next time you are at Mollie Nye House, be sure to check out the Library’s new look! The books which have been languishing on the shelves before the COVID closure, have been removed and replaced by fresh new donations. There is no longer a charge for them. If you want a book, it is free! Right now, there is a good supply of Fiction and Mysteries as well as some Classics and recent Non-Fiction.

The older books have been bundled up and sent off to Booklovers, a wonderful second-hand bookstore located in the Twin Towers at 175 East 3rd Street. The Lynn Valley Seniors Association now has a credit of over \$100 at Booklovers from which you can draw if you want to buy a book. The credit is derived from what Dalyce, the owner of Booklovers, can sell the books for. Say the book you want is priced at \$10. If you mention to Dalyce that you belong to the LVSA, you will only need to pay half the price, \$5, as long as we have a credit. The clearance books that are \$1 would cost you only 50 cents! Hardcover that are regularly \$2 and \$3 for small paperbacks would also be half price when you draw from our credit. Large paperbacks and non-fiction hardcovers have various prices, and again you would only pay half of her price.

If you wish to donate books to the LVSA, they should be in good condition and not older than five years. Please check with the receptionist at the desk in the lobby at Mollie Nye House before you leave them there. If they are on our shelves for more than a few months and they are not taken, they will be sent down to Booklovers to add to our credit. Happy Reading!



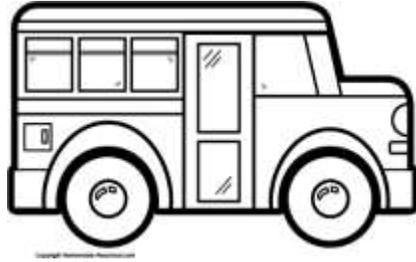
A Book Report by Lorraine Campbell



Here is a short report of the book "A Street Cat Named Bob" by James Bowen, published in 2021.

James Bowen, a struggling street musician in London, was fighting a heroin/methadone addiction when he found an injured ginger cat in his subsidized apartment building. Taking in the ginger cat, having his wounds treated, and neutered by a vet, was the best decision James ever made. With "Bob" draped around his neck, the duo was often seen on the London streets while James sang and played his guitar for any loose change from passers by. This codependence and wonderful friendship, with daily challenges and struggles, encouraged James to try to get clean from his addictions. With "Bob" at his side, this is the story of his journey to freedom. Through YouTube, "Bob" became known globally and a movie was later made of this intelligent street cat and his side kick, James. Angels come to us in various forms. A joyful read.

LVSA Bus Trips November – December 2021



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.

Sales for these bus trips will be on sale on **Monday, November 1, 2021.**

THANK YOU FOR NOT USING SCENTED PRODUCTS WHEN GOING ON A BUS TRIP.

According to Provincial Health Regulations, and for the health of all, passengers must wear masks and have proof of full vaccination. For all trips, pick up and drop off is at Karen Magnussen. Arrive 15 mins. early. Must show "proof of vaccine" when registering and to bus driver. Masks must be worn on bus.

Make cheques payable to Lynn Valley Seniors Association

LVSA Refund Policy:

Full refunds are only given if LVSA cancels a trip or if the ticket can be sold to someone on our waiting list for that same trip.

Tsawassen Mills

Tuesday, Nov. 9th

10:45am – 2:45pm

Costs: Member \$23.00 non-member \$33.00
(seats still available)

Register by Nov. 2nd

Potters Christmas Store

Thurs. Nov. 25th

9:30 am – 2:45pm

Costs: Member \$25.00 non-member \$35.00
(seats still available)

Register by Nov. 18th

Christmas Light Tour

Sunday, Dec. 5th

6pm – 7:45pm

Costs: Member \$10.00 non-member \$20.00

Register by Nov. 29th

View Vancouver's Christmas lights from the comfort and warmth of our bus. We will tour the best of local lights and then continue the tour through downtown and beyond. Please bring toonies as some places may request a donation. ***Note return time may vary depending on traffic and the route chosen for the tour. Have an early dinner before the bus trip; there will be NO stop for a meal and there is NO eating or drinking on the bus. LIMITED WALKING



Pandemic Pocket

Stuck at home during the height of the pandemic, what did you do? Did you read a ton of books, or start a new hobby, or try a new recipe, or phone a friend every day?

For the LVSA Newsletter, we thought it would be interesting to see what our seniors actually did to occupy their time. Please submit your story to Janet Dysart: mervynd23@gmail.com and, with your permission, we will print it in future LVSA newsletters! Here is my pandemic pocket:

Writing had been a favourite pastime of mine. My “collection” of short stories was a great way to keep in touch with friends. Thirty pandemic Mondays later, the stories stopped. I sent the chosen story every Monday. It was important that the stories be a little part of my life stories. I talked about names, trains, snakes, famous historical people, and how I learned about them, and added a little bit of fantasy. It was fun to do. The stories went to the US, to the UK, all over Canada and one to Spain by email. No sad or horror stories (unless you call the snake story horror). They were just tales to spur the imagination.

Please send me YOUR favourite pastimes during the Pandemic.

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 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.

The Arts & Crafts and Sewing Groups also donate to various charities where their finished goods are always welcome. At the present time, they have enough yarn, but are short on KNITTERS and CROCHETERS. If you are interested in helping out by knitting or crocheting at home, please drop by on Monday afternoons from 1-3 or call to leave a message for Peggy at 604-987-5820. Thanks.





From the desk of Andrea Winterbottom, LVSS President:

Lisa Wolfe is no longer with LVSS and we wish her well in the future.
The position for a new Executive Director has been posted on our website and various other job sites.
We look forward to interviewing a number of candidates!
We have another job vacancy which will also be on our website very soon.
Thanks to Sophia for "holding the fort" yet again.

The Lynn Valley Legion is offering Remembrance Day wreaths and LVSS has ordered one.

The "House" will be decorated again this year - with a focus on the outside light-up.
The volunteer committee will be meeting soon. If you wish to assist, please let Sophia know.

Along with your Board, we hope to organize a small seasonal celebration to take place in December.
SAVE THE DATE: Friday, December 3, 2021 from 1 – 3 pm. Please stay tuned for more information.

Thanks to everyone for committing to mask wearing and adhering to our vaccination policy while we continue to open up various activities at Mollie Nye House.

Stay safe, be kind, stay healthy.



LVSS is looking for a volunteer for a couple of hours per month to come to Mollie Nye House to dust the furniture on the main floor as well as the banister to the second floor and the windowsills in the activity room. If interested, please call Mollie Nye House at 604-987-5820. Thank you for your interest. Looking forward to hearing from you and to welcoming you as a volunteer with Lynn Valley Services Society at Mollie Nye House.

CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE

**Fee for Walking Group, Chair Stretch, Arts and Crafts, Mahjong, Sewing and Stamp Club
\$3 per session for members/\$5 for non-members**

**Munch & Mingle is operated by Vancouver Coastal Health
Fee and Start Date to be determined**

Monday	Tuesday	Wednesday
<p>Walking Group – Audrey 10:00 Location: Mollie Nye House</p> <p>Chair Stretch – Del 11:45am – 12:45pm Location: Activity Room</p>		
		<p>Munch & Mingle TBA 12pm – 2pm Location: Activity Room</p>
<p>Arts & Crafts - Peggy 1 :00pm – 3:30pm Location : Activity Room</p> <p>Mahjong - Janet 1 :00 pm – 3 :30pm Location : Activity Room</p>	<p>Sewing Group – Jeanette 1:00pm – 3:30pm Location: Activity Room</p>	<p>Stamp Club -Margaret Starting Sept 22 Every 2nd Wednesday 1:30pm – 3:30pm Location: Activity Room</p>

All Mollie Nye House programs, under the auspices of the Lynn Valley Services Society (LVSS), will be adhering to all Provincial Health Orders and guidelines, and will communicate specific protocols and procedures.

Thank you for your continued patience and cooperation.

**Please note the new times of Chair Stretch and Stamp Club,
as well as the addition of the Monday Walking Group!**