

# MOLLIE NYE HOUSE

Official Newsletter of the Lynn Valley Services Society



## Back to Business

September often marks the return to the workings of everyday life. The school year begins, people return from those last days of summer vacations, and prim-and-proper folks move white clothing to the back of their closets after Labour Day. At the house, we are gearing up for a lively schedule of autumn programs and events. From Line Dancing to Cooking to a Fall Festival, we have something for everyone to explore. Check out more details on pages 4 and 5!

### In this Newsletter Issue:

- Event highlights
- Special message  
from LVSA Board
- Meet the Staff /  
Volunteer
- House notes - New  
Hours!
- Printable  
calendar for the  
fridge

## FAMILY FALL FESTIVAL

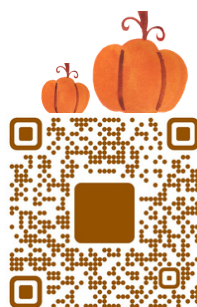
*Celebrate the Season With Us*

**SATURDAY, SEPTEMBER 26th**  
12 pm - 3 pm / Free entry

**Chili sampling tickets: \$6**

Chili Cook-off competition • Bridge Brewing craft beer garden  
• Children's area • Free kids' activities: face painting, balloon animals, crafts & fun! • A real firetruck to explore • Rainbow Ice Cream truck • Artisan fair with handmade goods • Live music by local artists • Line Dancing & Tai Chi demonstrations  
• Fall-themed family photo ops ...and much more!

Sponsors:



Musical Acts:

@scotterromptonmusic  
@mickeymagennis.music  
@mark\_hildebrand\_music

Location: Parking lot between Mollie Nye House (940 Lynn Valley Rd) and Hillside Baptist Church (870 Lynn Valley Rd).  
Limited parking — please walk, bike, carpool, or use transit.

Please note our new office hours: 10 am to 4 pm  
Monday through Friday. Closed on the weekend.

## Message from the Lynn Valley Senior Association Board

Last April, due to the difficulty in maintaining all the administrative tasks of running the Lynn Valley Senior Association, it was presented to the membership to merge with the Lynn Valley Services Society (the non-profit that operates the Mollie Nye House). After a special committee was formed and met four times to discuss the advantages and disadvantages thoroughly, it was recommended that it would be to the LVSA's advantage to dissolve the non-profit association and join the LVSS. Therefore, the LVSA Board is calling on their members to attend a special meeting to be held on **Wednesday, October 14th at 11 am** to vote to begin this process.

Unfortunately, the LVSA constitution does not allow members to vote by proxy (a recently discovered byline), so we are asking that you join us at this special meeting to exercise your right to vote on this very important decision for the association to move forward.

### Hollyburn Society Hidden Housing Program

Stay in the Home You Love! As housing costs continue to rise, many older adults are looking for new ways to remain independent and connected in the communities they call home. The Hollyburn Society's Hidden Housing Solutions program helps North Shore residents aged 55+ explore home sharing as a safe, affordable, and supported housing option. By carefully matching compatible home owners and home seekers, the program creates opportunities for meaningful connection while helping older adults reduce housing costs, increase security, and continue living in the neighbourhoods they know and love. Whether you have a spare room in your home or are looking for a more affordable place to live, home sharing could be an option worth exploring. The program is free to participate in and includes careful screening, matching, and ongoing support from The Hollyburn Society.

Ready to learn more?

Visit [hiddenhousingsolutions.ca](https://hiddenhousingsolutions.ca) Call our coordinator on 604-329-3351 for an obligation-free chat. Email [info@hiddenhousingsolutions.ca](mailto:info@hiddenhousingsolutions.ca)

## Upcoming Event Highlights for September - Mark your Calendars!



Friday, September 4<sup>th</sup> from 3-5 pm - The Annual 90<sup>th</sup> birthday party for all members of Lynn Valley Senior Association who are age 90+! Come soak up the wisdom, nosh on a piece of cake, and celebrate. Please RSVP at the house or by calling 604-987-5820. \$5 tickets include quiche, salads, beverages, and cake!



Monday, September 7<sup>th</sup> - Labour Day Statutory Holiday. The Mollie Nye House will be closed, and no programs will be operating.



Wednesday, September 16<sup>th</sup> from 7-8:30 pm - Drumming with Abby in an upbeat & playful rhythmic experience! Both experts and beginners are welcome. Buckets and percussion provided, OBYO drum. [Register here](#)



Saturday, September 19<sup>th</sup> from 4-7:30 pm - Immerse yourself into a new cuisine, study new cooking methods, and feast at our Pasta-making, Fillings, and Sauces International cooking class. Hurry, these classes sell out! [Register here](#)

## Upcoming Event Highlights for September - Mark your Calendars!



Sunday, September 20<sup>th</sup> from 12:30-2 pm - Learn to craft an enchanting fairy house and wee garden area using natural materials and imaginative design techniques. All materials, fun facts, fairy snacks, and face painting included. [Register here](#)



Saturday, September 26<sup>th</sup> from 12-3 pm - Family Fall Festival and Chili Cook-off. Artisan fair, children's area, live music, chili tasting, beer garden, & much more! Free admission. \$6 chili tasting. More info [here](#)  
(We are looking for volunteers for the festival too! Sign up [here](#))



Sundays, beginning September 27th from 3:30-4:30 pm - Bring your boots and dancing shoes for the next session of Beginning Line Dancing! [Register here](#)



Tuesdays, beginning September 29th from 1-2 pm - Create beautiful flowers, clovers, and learn the historical and fascinating art of making intricate designs out of strips of paper. [Register here](#) for the 5-week workshop.

## Meet the Staff Member - Sophia H.

Sophia H., our Administration Coordinator, is the heart and soul of the Mollie Nye House. She has worked here in different capacities for 12+ years, but actually began as a volunteer. She loves having a special meal at [Joey Shipyards](#). Please say hello to her when you see her around the house!



## House Notes -

The Mollie Nye House Hours:  
Monday - Friday 10 am - 4 pm

Closed on all statutory holidays and the last two weeks of December.

Address is

940 Lynn Valley Rd  
North Vancouver, BC  
V7J 1Z7

Phone: 604-987-5820

Email: [manager@lvss.ca](mailto:manager@lvss.ca)

Website [lvss.ca](http://lvss.ca)

## Program Highlight - Friendly Fridays



Tea, cookies, and social connection are the glue that holds the Friendly Fridays social support group together. They meet every Friday from 10:30 am to 12:30 pm to share a cuppa, chat, possibly work on a craft, and make those all-important human bonds that enrich life. Drop-ins welcome!

More info [here](#).

# September 2026

| SUNDAY                                          | MONDAY                                                                                                                                                                          | TUESDAY                                                                                                                                                  | WEDNESDAY                                                                                   | THURSDAY                                         | FRIDAY                                                                                  | SATURDAY                                                                            |
|-------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 30                                              | 31                                                                                                                                                                              | 1                                                                                                                                                        | 2                                                                                           | 3                                                | 4                                                                                       | 5                                                                                   |
|                                                 |                                                                                                                                                                                 | <a href="#">Sewing 1-4 pm</a>                                                                                                                            | <a href="#">Munch&amp;Mingle 11:30 -12:30 pm</a>                                            |                                                  | <a href="#">Friendly Fridays 10:30-12:30 pm</a><br>LVSA 90+ Birthday Party 3-5 pm       | <a href="#">Gather Club 10-12pm</a>                                                 |
| 6                                               | 7                                                                                                                                                                               | 8                                                                                                                                                        | 9                                                                                           | 10                                               | 11                                                                                      | 12                                                                                  |
|                                                 | Labour Day<br>Holiday- MNH<br>Closed                                                                                                                                            | <a href="#">EmPWR Fitness 10-11 am</a><br><a href="#">Parkinson's 11:30-12:30 pm</a><br><a href="#">Sewing 1-4 pm</a>                                    | <a href="#">Munch&amp;Mingle 11:30 -12:30 pm</a><br><a href="#">Stamp Club 1:30-4:30 pm</a> | <a href="#">Parkinson's Fitness 1:30-2:30 pm</a> | <a href="#">Friendly Fridays 10:30-12:30 pm</a><br><a href="#">EmPWR Fitness 1-2 pm</a> | <a href="#">Gather Club 10-12pm</a>                                                 |
| 13                                              | 14                                                                                                                                                                              | 15                                                                                                                                                       | 16                                                                                          | 17                                               | 18                                                                                      | 19                                                                                  |
|                                                 | <a href="#">Beginner Tai Chi 9:50-10:40</a><br><a href="#">Walking Group 10-11:30am</a><br><a href="#">Chair stretch 11:45-12:45 pm</a><br><a href="#">Mahjong 1:15-3:15 pm</a> | <a href="#">EmPWR Fitness 10-11 am</a><br><a href="#">Parkinson's 11:30-12:30 pm</a><br><a href="#">Sewing 1-4 pm</a>                                    | <a href="#">Munch&amp;Mingle 11:30 -12:30 pm</a><br><a href="#">Drumming 7-8:30 pm</a>      | <a href="#">Parkinson's Fitness 1:30-2:30 pm</a> | <a href="#">Friendly Fridays 10:30-12:30 pm</a><br><a href="#">EmPWR Fitness 1-2 pm</a> | <a href="#">Gather Club 10-12pm</a><br><a href="#">Cooking Class 4-7 pm</a>         |
| 20                                              | 21                                                                                                                                                                              | 22                                                                                                                                                       | 23                                                                                          | 24                                               | 25                                                                                      | 26                                                                                  |
| <a href="#">Fairy House Workshop 12:30-2 pm</a> | <a href="#">Beginner Tai Chi 9:50-10:40</a><br><a href="#">Walking Group 10-11:30am</a><br><a href="#">Chair stretch 11:45-12:45 pm</a><br><a href="#">Mahjong 1:15-3:15 pm</a> | <a href="#">EmPWR Fitness 10-11 am</a><br><a href="#">Parkinson's 11:30-12:30 pm</a><br><a href="#">Sewing 1-4 pm</a>                                    | <a href="#">Munch&amp;Mingle 11:30 -12:30 pm</a><br><a href="#">Stamp Club 1:30-4:30 pm</a> | <a href="#">Parkinson's Fitness 1:30-2:30 pm</a> | <a href="#">Friendly Fridays 10:30-12:30 pm</a><br><a href="#">EmPWR Fitness 1-2 pm</a> | <a href="#">Gather Club 10-12pm</a><br><a href="#">Family Fall Festival 12-3 pm</a> |
| 27                                              | 28                                                                                                                                                                              | 29                                                                                                                                                       | 30                                                                                          | 1                                                | 2                                                                                       | 3                                                                                   |
| <a href="#">Line Dancing 3:30-4:30 pm</a>       | <a href="#">Beginner Tai Chi 9:50-10:40</a><br><a href="#">Walking Group 10-11:30am</a><br><a href="#">Chair stretch 11:45-12:45 pm</a><br><a href="#">Mahjong 1:15-3:15 pm</a> | <a href="#">EmPWR Fitness 10-11 am</a><br><a href="#">Parkinson's 11:30-12:30 pm</a><br><a href="#">Sewing 1-4 pm</a><br><a href="#">Quilling 1-2 pm</a> | Truth &<br>Reconciliation Day-<br>MNH Closed                                                |                                                  |                                                                                         |                                                                                     |

\*Click on each event to find more info on registration and prices. Some programs are drop-in, and others require pre-registration.

# September 2026

| SUNDAY                                                 | MONDAY                                                                                                                                            | TUESDAY                                                                                                                              | WEDNESDAY                                                                                           | THURSDAY                                                | FRIDAY                                                                                       | SATURDAY                                                                          |
|--------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 30                                                     | 31                                                                                                                                                | 1<br><u>Sewing 1-4 pm</u>                                                                                                            | 2<br><u>Munch&amp;Mingle</u><br><u>11:30 -12:30 pm</u>                                              | 3                                                       | <u>Friendly Fridays</u> 4<br><u>10:30-12:30 pm</u><br>LVSA 90+ Birthday<br>Party 3-5 pm      | <u>Gather Club 10-12pm</u>                                                        |
| 6                                                      | 7<br>Labour Day<br>Holiday- MNH<br>Closed                                                                                                         | 8<br><u>EmPWR Fitness</u><br><u>10-11 am</u><br><u>Parkinson's 11:30-12:30 pm</u><br><u>Sewing 1-4 pm</u>                            | 9<br><u>Munch&amp;Mingle</u><br><u>11:30 -12:30 pm</u><br><u>Stamp Club</u><br><u>1:30-4:30 pm</u>  | 10<br><u>Parkinson's Fitness</u><br><u>1:30-2:30 pm</u> | <u>Friendly Fridays</u> 11<br><u>10:30-12:30 pm</u><br><u>EmPWR Fitness</u><br><u>1-2 pm</u> | 12<br><u>Gather Club 10-12pm</u>                                                  |
| 13                                                     | 14<br><u>Beginner Tai Chi 9:50-10:40</u><br><u>Walking Group 10-11:30am</u><br><u>Chair stretch 11:45-12:45 pm</u><br><u>Mahjong 1:15-3:15 pm</u> | 15<br><u>EmPWR Fitness</u><br><u>10-11 am</u><br><u>Parkinson's 11:30-12:30 pm</u><br><u>Sewing 1-4 pm</u>                           | 16<br><u>Munch&amp;Mingle</u><br><u>11:30 -12:30 pm</u><br><u>Drumming</u><br><u>7-8:30 pm</u>      | 17<br><u>Parkinson's Fitness</u><br><u>1:30-2:30 pm</u> | <u>Friendly Fridays</u> 18<br><u>10:30-12:30 pm</u><br><u>EmPWR Fitness</u><br><u>1-2 pm</u> | 19<br><u>Gather Club 10-12pm</u><br><u>Cooking Class 4-7 pm</u>                   |
| 20<br><u>Fairy House</u><br><u>Workshop 12:30-2 pm</u> | 21<br><u>Beginner Tai Chi 9:50-10:40</u><br><u>Walking Group 10-11:30am</u><br><u>Chair stretch 11:45-12:45 pm</u><br><u>Mahjong 1:15-3:15 pm</u> | 22<br><u>EmPWR Fitness</u><br><u>10-11 am</u><br><u>Parkinson's 11:30-12:30 pm</u><br><u>Sewing 1-4 pm</u>                           | 23<br><u>Munch&amp;Mingle</u><br><u>11:30 -12:30 pm</u><br><u>Stamp Club</u><br><u>1:30-4:30 pm</u> | 24<br><u>Parkinson's Fitness</u><br><u>1:30-2:30 pm</u> | <u>Friendly Fridays</u> 25<br><u>10:30-12:30 pm</u><br><u>EmPWR Fitness</u><br><u>1-2 pm</u> | 26<br><u>Gather Club 10-12pm</u><br><u>Family Fall Festival</u><br><u>12-3 pm</u> |
| 27<br><u>Line Dancing 3:30-4:30 pm</u>                 | 28<br><u>Beginner Tai Chi 9:50-10:40</u><br><u>Walking Group 10-11:30am</u><br><u>Chair stretch 11:45-12:45 pm</u><br><u>Mahjong 1:15-3:15 pm</u> | 29<br><u>EmPWR Fitness</u><br><u>10-11 am</u><br><u>Parkinson's 11:30-12:30 pm</u><br><u>Sewing 1-4 pm</u><br><u>Quilling 1-2 pm</u> | 30<br>Truth &<br>Reconciliation Day-<br>MNH Closed                                                  | 1                                                       | 2                                                                                            | 3                                                                                 |