

# LVSA NEWS



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604-987-5820

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September - October 2022 Issue



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Mollie Nye House will be closed  
Monday, September 5, 2022  
for Labour Day and  
Monday, October 10, 2022 for  
Thanksgiving Day



Let the memories continue  
with the Seniors  
at Mollie Nye House!



*see the good*

we live in a world  
where it is easy  
to be offended.  
but what happens if  
we decide to  
see the good first?  
to give the benefit of the  
doubt?  
to respond in love?  
life happens in a second.  
live it seeing the good.  
first.

words by rachel marie martin  
findingjoy.net

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

**Board Members**

**Peggy Ament**

**Marina Bailey**

**Margaret Ballantine**

**Georgina Duplissie**

**Jackie Hay**

**Wanda Lloyd**

**Our numbers have grown to well over 100 members who participate in over 9 LVSS drop-in programs. Now's the time to join one of these programs or hop on our LVSA bus for a road trip. If you haven't already done so, now's the time to join us at THE HOUSE! With a busy summer behind us, many are looking to find a new routine which includes socializing and participating in activities at Mollie Nye House.**

**One drop-in program which has recently been revitalized is the FRIENDLY FRIDAY Social Group which will meet for an initial gathering on Friday, September 9, 2022 from 10 am to 12 noon. For more information, please contact Janice at 604-986-8733 or [janlockmuller@shaw.ca](mailto:janlockmuller@shaw.ca)**

**In Memoriam: We acknowledge the passing of two of our LVSA members.**

**Winn Main and Dorothy Porter**



**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.**



**Get ready to flex your knowledge, have some fun & make new friends!**

Mollie Nye House Activity Room

Friday, September 16, 2022

From 6pm - 8pm

*\$20 includes pizza, snacks*

*Cash Bar for beer and wine!*

Sign up by calling the House at 604-987-5820

by Friday, September 9, 2022

*This is a collaborative event sponsored by*

*the LVSS and the LVSA*

## LVSA BUS TRIPS FOR SEPT 8<sup>TH</sup>, 20<sup>TH</sup>, & 28<sup>TH</sup> 2022

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.

### **YEW LAKE WALK & PICNIC**

Thurs. Sept 8<sup>th</sup> 9:45 am – 2:15 pm

Costs: Member \$30. Non-member \$40

Register by Aug. 31st

Join us for a scenic 2.3 km walk on a flat, easy, gravel trail around Yew Lake in Cypress Provincial Park, West Vancouver. We will stop at picnic tables along the way to enjoy a picnic lunch. (Lunch will be provided.) Please wear appropriate footwear and bring water. \*\*\*pick up at K. Magnussen @ 10am (arrive 15 mins earlier)

### **LUNCH AT SYLVIA HOTEL & PARK DRIVE**

Tues. Sept 20<sup>th</sup> 10:45 am – 2:45pm

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

Register by Sept 13<sup>th</sup>

We will take a short drive to English Bay where we will have lunch (not incl in price, a 18% gratuity for groups will be added to your bill) at the Sylvia Hotel which is a Vancouver heritage landmark. After a leisurely lunch, the bus will take us on a scenic drive around Stanley Park before crossing the bridge back to the North Shore. \*\*\* pick up at K. Magnussen at 11am (arrive 15 minutes earlier)

### **ELEMENTS CASINO**

Wed. Sept. 28<sup>th</sup> 9:30 am – 3:30 pm

Costs: Member \$23 Non-member \$33

Register by Sept 21<sup>st</sup>

We are off to Elements Casino in Surrey. You can try your luck at the slot machines, blackjack, roulette, baccarat and more, then have lunch (not incl in price) at Foodies. Encore members will receive \$5 free slot play. Please leave your Encore number when registering.

\*\*\*pick up at K. Magnussen @ 9:45 am (arrive 15 minutes earlier)

## LVSA BUS TRIPS FOR Oct. 3<sup>rd</sup>, 8<sup>th</sup> and 18<sup>th</sup> 2022

### SAS SHOES & LUNCH

Mon. Oct. 3<sup>rd</sup> 11 am – 3:15 pm

Costs: Member \$21 Non-member \$31.

Register by Sept. 23<sup>rd</sup>

Our trip will begin with lunch (not incl in price). 18% gratuity will be added for groups at the White Spot near Metrotown. After lunch the bus will bring us to SAS Comfort Shoes in Burnaby. SAS specializes in footwear that fits all shapes and sizes of feet with orthopedic, diabetic and specialty styles. There will be a discount of \$20 per pair for every pair of shoes purchased at the store.

### CRANBERRY FESTIVAL IN FT. LANGLEY

Sat. Oct 8<sup>th</sup> 9:30 am -3:30 pm

Costs: Member \$23 Non-member \$33

Register by Sept. 28<sup>th</sup>

A trip to the historic town of Ft. Langley for its Annual Cranberry Festival. There are numerous booths of local items including crafts, food items, Farmers Market and more. There are also an array of shops and food trucks and live music throughout the town. Come along, explore, shop and enjoy lunch (not incl. in price).

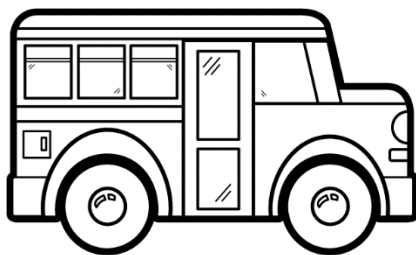
### REIFEL BIRD SANCTUARY

Tues. Oct. 18<sup>th</sup> 8:30 am – 2:45 pm

Costs: Member \$27 Non-member \$37

Register by Oct. 7<sup>th</sup>

The George Reifel Bird Sanctuary consists of nearly 300 hectares of managed wetlands, natural marshes. and low dykes in the heart of the Fraser River Estuary. It is a protected area for the millions of migrating birds which stop there to rest and feed each year and is one of the top 10 bird watching sites in Canada. We will have a 1 hr. guided tour of the sanctuary then the bus will take us to Ricky's Restaurant in Ladner for lunch (not incl. in price).



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**With Mollie Nye House opening up more and more, and attendance at Seniors Drop-in Activities becoming greater and greater in number, we are currently looking for donations of yarn to continue making items for Mollie's Nook located at the reception at the House. Sales from these handmade goods support all LVSA programs. We will also be able to use the yarn to make ICROSS comfort dolls hats, blankets, dresses, misc. items, sweater sets for local and global charities.**

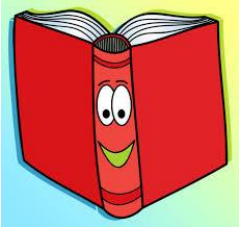
**In addition to yarn, we are also looking for donations of any size of 100% cotton fabric to make quilts which are always in demand.**

**YOUR DONATIONS WOULD BE MUCH APPRECIATED.**

**WE CAN EVEN OFFER PICKUP IF NECESSARY!**



## A Book Report by Lorraine Campbell



Here is a short report of the book:

**They Left Us Everything: A Memoir by Plum Johnson  
Published in 2014**

On the shores of Lake Ontario near Oakville stands a 23-room house that had not been decluttered since the Johnson family moved in during the 1950's. After the death of her 93-year-old mother, Plum Johnson was left with the onerous task of clearing out the house for resale. The house filled with antiques, history, and memories was a task far more rewarding and challenging than she anticipated. It also took much longer than the estimated 6-week project she had envisioned. Winner of the 2015 RBC Taylor Prize and 2016 Forest of Reading Evergreen Award and #1 National Bestseller, this is a good read and gives thought to the need for downsizing and decluttering.



**Munch & Mingle starts again on  
September 7, 2022**

**(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 welcome!**

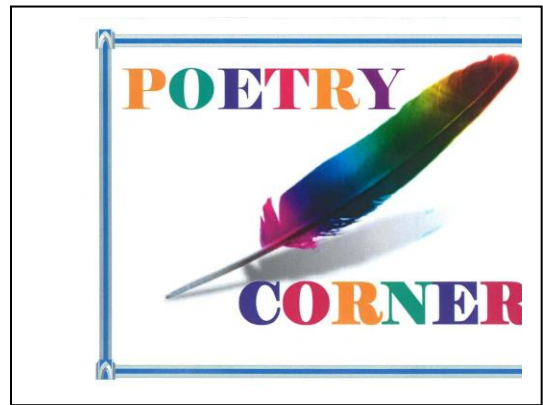
***You are welcome to reserve your spot RSVP Shawn Chessell***  
**[shawn.chessell@vch.ca](mailto:shawn.chessell@vch.ca) 604-761-1474**

## **Floradora Doe** by Jack Prelutsky

Consider the calamity of Floradora Doe  
who talked to all her plants because  
she thought it helped them grow.  
She recited to her ivy,  
to her fennel, ferns and phlox,  
she chatted with her cacti  
in their little window box.

She murmured to her mosses,  
and she yammered to her yew,  
she babbled to her basil,  
to her borage and bamboo,  
she lectured to her laurels,  
to her lilac and her lime  
she whispered to her willows,  
and she tittered to her thyme.

She gossiped with a poppy,  
and she prattled to a rose,  
she regaled her rhododendrons  
with a constant stream of prose,  
then suddenly, one morning,  
every plant keeled over, dead.  
Alas!" moaned Floradora  
"Was it something that I said?"



### **Weekly Painting Drop-in – Wednesdays 11:00 am -1:00 pm**

**Dining Room \$3 members, \$5 non-members**

Are you looking for a fun and supportive space to get creative with others? Join our new, weekly Wednesday drop-in @ Mollie Nye House. You'll receive inspiration & guidance each week!

### **Friendly Friday Social Drop-in – Fridays 10:00 – 12 noon**

**Dining room \$3 members, \$5 non-members**

For more information, please contact Janice at 604-986-8733 or [janlockmuller@shaw.ca](mailto:janlockmuller@shaw.ca)

## Music @ Mollie Nye House

### “24 Strings”

September 23, 2022

*Activity Room, 7pm*

*\$15*

*\$5 wine*



**24 Strings** is the Vancouver-based trio of Deb Carter, Steph Jackson and Tim Charman. With three singers and several different instruments between them (guitar, bass, keyboard, mandolin, ukulele, percussion) the group can make unique arrangements that bring out the best in each song. From country to R&B and everything in between, the band wins over audiences everywhere with superb musicianship and engaging performances.

*Registration coming soon!*

# CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE

Fee for Walking Group, Chair Stretch, Arts/Crafts, Mahjong, Sewing, Book Club, Stamp Club

**\$3 per session for LVSA members/\$5 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
<p><b>Walking Group</b> – Audrey 10:00am Location: Various</p> <p><b>Chair Stretch</b> – Del 11:30am – 12:30pm Activity 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> - Peggy 1:00pm – 3:30pm Location : Activity Room</p> <p><b>Mahjong</b> - Janet 1:00 pm – 3:30pm Location : Activity Room</p>	<p><b>Sewing Group</b> – Jeanette 12:00pm – 3:30pm Location: Activity Room</p> <p><b>Book Club</b> – Dee Every 1<sup>st</sup> Tuesday 1:00pm – 2:30pm Location: Living Room</p>	<p><b>Stamp Club</b> -Margaret Every 2<sup>nd</sup> Wednesday 1:30pm – 3:30pm Location: Activity Room</p>

**Note: There are two new drop-in programs which are explained on page 8 of this newsletter.  
One is on Wednesday morning 11 am and another is on Friday morning at 10 am.**