

LVSA NEWS



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North Vancouver, BC
V7J 1Z7
604-987-5820
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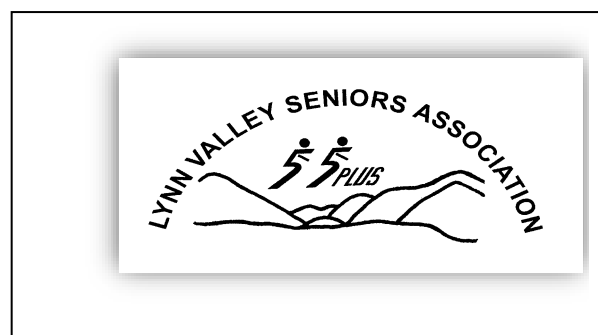
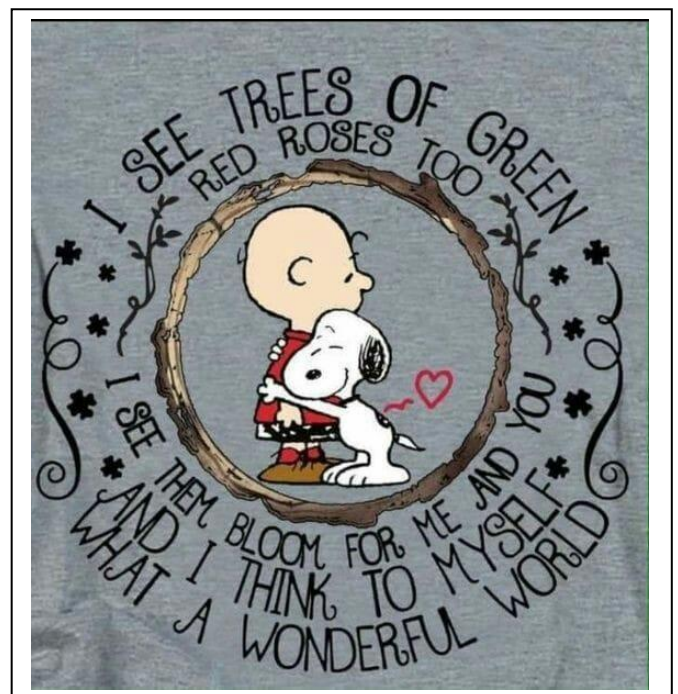


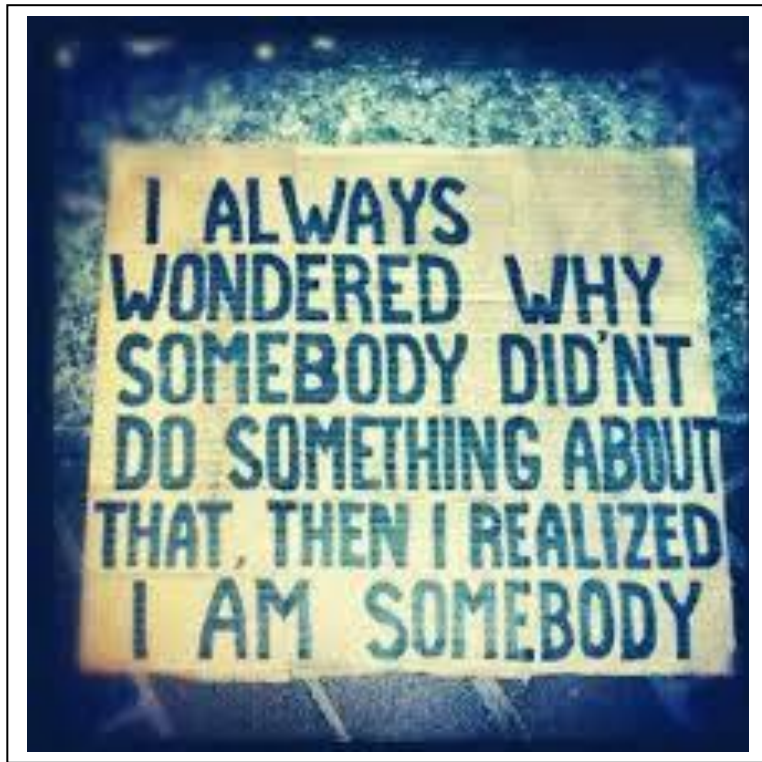
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Mollie Nye House will be closed
Monday, September 4, 2023
for Labour Day and
Monday, October 9, 2023
for Thanksgiving Day

September – October 2023





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

**Board Members
Peggy Ament
Marina Bailey
Georgina Duplissie
Shirley Gregor
Jackie Hay
Wanda Lloyd
Barbara Murphy**

In this issue, we honour the current volunteers who keep the Lynn Valley Seniors Association operating. It may seem as though all the positions are filled, but we welcome anyone who would like to help us in any way. Even a small task is appreciated. Please email the President, Peggy Ament at peggyament10@gmail.com or leave a message with Sophia at the House, if you have some time to offer. For instance, we are planning an event for Friday, October 20, from 4-6 if you want to help, and a Craft Fair on Saturday, November 4, if you want to contribute. Thanks.

We have been fortunate to receive 20 copies of a very comprehensive pamphlet distributed by the Jewish Seniors Alliance of Greater Vancouver entitled "Accessing Health Services Not Covered By MSP". The booklet is extremely well written and very comprehensive. Please pick up your free copy at the Mollie Nye reception desk. It just might be the info you need to access some additional health benefits.

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

Leo Smith

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.

Spring Into Summer Party

On Friday afternoon, June 16, the LVSA hosted our second Special Event of 2023 called the Spring Into Summer Party. Twenty-five people in attendance were served sodas, chicken burgers with all the condiments, potato salad, and ice cream bars for dessert. In addition to the picnic-style supper, the participants enjoyed Walter's pineapple ring toss, and an Hawaiian/Summer trivia. Jeanette Franklin was the winner of an LVSS drop-in card. The winners of the raffle prizes donated by Lynn Valley Mall and Blanche Boyce were Blanche Boyce and Jan Lockmuller. Congratulations!



First prize winner-Blanche with Sophia



Second prize winner was Jan Lockmuller.
Both baskets donated by Lynn Valley Mall.

And then the REAL FUN began with photos behind a Hawaiian setting. With some encouragement, nearly half of the attendees offered to pose for the appreciative crowd. Can you guess who they are?



#1



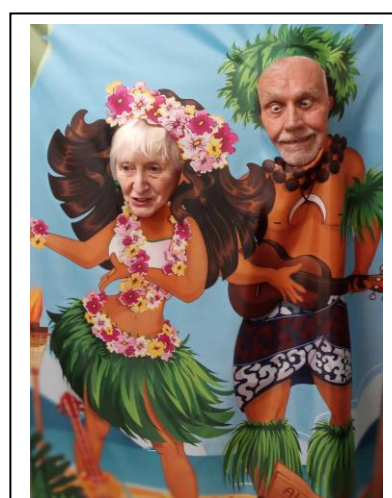
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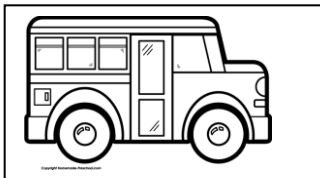
#6

Answers: #1 Joanne/Jeanette
#4 Wanda/Barb

#2 Del/Peg
#5 Peggy/Walter

#3 Lois/Mariane
#6 Dorothy/Don

LVSA BUS TRIPS FOR September and October 2023



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. If bringing a walker, please advise when registering. Tickets are available Mondays from 11:30 am to 2 pm at Mollie Nye House except on a holiday.

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

BARD ON THE BEACH with Enjoy Tours (12 seats available)
Sun. Sept. 10th 11:45 am – 5:45 pm
Cost: Member \$149.00 Non-member \$159.00

Celebrating its 34th season in 2023, Bard on the Beach is Western Canada's largest not-for-profit, professional Shakespeare festival. It is Shakespeare meets the Beatles, with "As You Like It", set in Vancouver with a Beatlemania twist. Package includes theatre admission to the 2 pm show and picnic table lunch by Emelie's.
Walkability: easy, some stairs and gravel paths Register by Aug. 28th

MAPLEWOOD FLATS WALK AND LUNCH Wed. Sept. 13th 10:00 am - 2:15 pm
Cost: Member \$20 Non-member \$30.

Join in on a nature walk around Maplewood Flats which overlooks Burrard Inlet followed by lunch at Northlands's Bar & Grill (not included in price). Maplewood Flats is a 126-hectare conservation area in North Vancouver for bird watching, managed by Wild Bird Trust of BC.
Walkability: trails are flat and well maintained. Register by Sept. 1st

A VISIT TO STEVESTON Fri. Sept. 21st 10:00 am – 3:15 pm
Cost: Member \$20 Non-member \$30

Spend 3 hours of free time in Steveston, a lovely fishing village on the Fraser River. You can walk along the waterfront, explore the village's quaint shops, and enjoy lunch (not included in price)
Walkability: lots of walking if you desire, walker friendly. Register by Sept 15th

GRANVILLE ISLAND TRIP Wed. Oct. 4th 10:00 am – 3:00 pm
Cost: Member \$23 Non-member \$33

A trip to Granville Island to stroll the public indoor market as well as an array of other outlets. The market offers food, produce, gifts and other products with a beautiful view of the water. You will have time for lunch at one of the many restaurants or in the market (not included in price).
Walkability: lots of walking if you desire, walker friendly. Register by Sep 26th

MANNING PARK FALL COLOURS with Enjoy Tours

Wed. Oct. 11th 8:15 am – 5:45pm

(only 6 seats available)

Cost: Member \$109 Non-member \$119

The bus is heading to Manning Park where we will drive through the scenic fall colours of the Cascade Mountains. We will have lunch (included in price) at the Manning Park Resort before heading to Lightning Lake for a walk along its shores. On the way home we will stop at the Hope Slide.

Walkability: some walking

Register by Sept. 27th

STANLEY PARK ECOLOGY TOUR

Tues. Oct. 24th

9:am – 2:15 pm

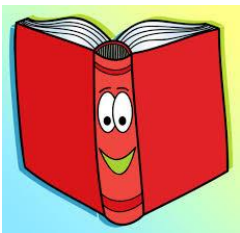
Cost: Member \$26.75 Non-member \$36.75

The bus will take us across the Lions Gate Bridge to Stanley Park Nature House where we will have a guided tour of Lost Lagoon. We will learn about the history, ecology, and conservation projects coordinated at Lost Lagoon and see a large variety of birds. If we are lucky, maybe we will see beaver or otter. Following our tour, we will go to Stanley Park Brewing for lunch (not included in price).

Walkability: lots of walking some on unpaved paths, sorry not suitable for those with walkers.

Register by Oct. 10th

A Book Report by Lorraine Campbell



Here is a short report of the book:

Rabbit Foot Bill
Helen Humphreys
Published 2020

Twelve-year-old Leonard Flint, living in Canwood, Saskatchewan in 1947, is a lonely boy bullied at school and terribly abused by his father. He befriends a local outcast known as Rabbit Foot Bill. It is an odd friendship that ends horribly when Bill is sent to prison on a murder charge that Leonard witnesses. Years later, Leonard accidentally locates Bill at the Weyburn Mental Hospital. Once again, the friendship ends in disaster. Although this is a work of fiction, it is based on a murder in Canwood in 1947 and on the LSD drug trials at the Weyburn Mental Hospital through the 1950's. An interesting read based on facts and research.

LVSA Plant Sale



On Saturday, June 10th, one of the only wet days this season, LVSA members gathered to sell plants which had been donated. We had individual donations as well as some cuttings from Mollie's garden, and some plants from the Lynn Valley Gardening Club after their sale. Thanks to everyone for the great selection which was offered. It was quite surprising how the great prices put smiles on the faces of both sellers and buyers since everybody was in a good mood which even the rain could not dampen.



Marina, Jeanette, Peggy, Daisy, Gail



Daisy, Ken. Missing from photo is Peg who was advertising the sale with banner on Lynn Valley Road!!!

We Appreciate All Our LVSA Volunteers!

Perhaps you were wondering just who is responsible for operating the Lynn Valley Seniors Association. First of all, there is a Board of Directors elected each year. At the present time, there are 7 Directors who meet every second Tuesday of the month from 10:00 am to 12 noon. We are responsible for the overall functioning of the non-profit society, a registered charitable association with the BC and Federal governments. We oversee the submission of documents such as income tax filing and raffle/liquor licensing, etc. Bi-monthly newsletters are published, twice monthly bus trips are arranged with Silver Harbour, fees and tickets are banked as well as cheques issued. According to the LVSA constitution, we are required to keep minutes of minutes and answer any correspondence.

Board of Directors 2023-2024

Peggy Ament, President, Newsletter

Marina Bailey, Director

Georgina Duplessie, Treasurer

Shirley Gregor, Director

Jackie Hay, Past President/Bus Coordinator

Wanda Lloyd, Secretary

Barb Murphy, Director

Then, there is very the crucial work fulfilled by others as follows:

Lorraine Campbell, Outreach

Doreen Cottrell, 50/50 Draw

Audrey Dewan, Proofreader

Del Dimock, 50/50 Draw

Teresa James, Librarian

Michelle Kasmierski, Website

Dee Walker, Membership

And finally, we have a core of very hard-working volunteers who host the popular seasonal events throughout the year:

Special Events Committee 2023-2024

Wanda Lloyd, Chair

Peggy Ament

Marina Bailey

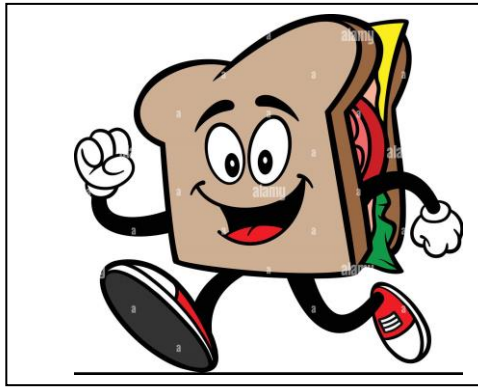
Jean Deane

Georgina Duplessie

Jeanette Franklin

Dorothy Zowty

Also, Walter Ament, Ken Grahame, Wayne Lloyd



Munch & Mingle

(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 are welcome!

You are welcome to reserve your spots by RSVPing to Shawn Chessell

shawn.chessell@vch.ca 604-761-1474

Tai Chi Classes at Mollie Nye House

Join us this fall at Mollie Nye House for Tai Chi classes!

Discover the joy of gentle, flowing movements that enhance balance, flexibility, and energy. Experience the soothing benefits of "meditation in motion" as Tai Chi promotes mental clarity, reduces stress, and fosters inner peace.

Tai Chi is suitable for all ages. It offers a low-impact form of exercise and is an inclusive activity that fosters social connections through the group classes.

Instructor, Blanche Boyce, has been teaching Tai Chi to beginner and intermediate students for years. She has advanced knowledge in other aspects of Chinese medicine and brings a wealth of information into her classes.

Embrace a fulfilling, active life with improved well-being, both physically and mentally. Join us for a journey of rejuvenation and vitality through Tai Chi.

Sign up for the beginner class through the North Vancouver Recreation Center

[Beginner Tai Chi with Blanche Boyce](#)

Mondays 9:55-10:45

Barcode: 00219883

CALENDAR OF DROP-IN ACTIVITIES FOR MOLLIE NYE HOUSE

**Fee for Walking Group, Chair Stretch, Arts/Crafts, Mahjong, Sewing, Book Club,
Painting, 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>Painting 11:00am – 1:00 pm Location: Dining Room</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>Arts & Crafts - Jeanette 1 :00 pm – 3:30pm Location : Activity Room</p> <p>Mahjong - 1:00 pm – 3:30pm Location : Activity Room</p>	<p>Sewing Group – Jeanette 12:00pm – 3:30pm Location: Activity Room</p> <p>Book Club – Dee Every 1st Tuesday 1:00pm – 2:30pm Location: Living Room</p>	<p>Stamp Club -Margaret 2nd and 4th Wednesdays 1:30pm – 3:30pm Location: Activity Room</p>	

Come Join Us!