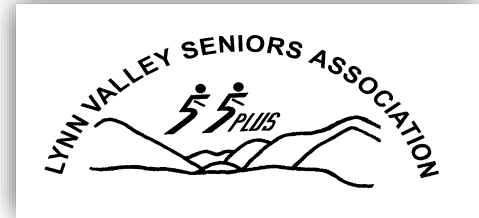


LVSA NEWS



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



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Mollie Nye House will be closed for Remembrance Day, Monday, November 11, 2024

For Christmas and New Year's Holidays, Mollie Nye House will be closed after Friday, December 22, 2024 and open on Monday, January 6, 2025

November - December 2024

Traditional Christmas Turkey Dinner with all the trimmings!



SAVE THE DATE

Friday, December 6, 2024

3 – 5 pm

**Mollie Nye Activity Room
(see inside for details)**



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

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

To honour our veterans, the LVSA has donated a wreath to be placed on our behalf at the memorial service.



REMEMBER: Business Hours for Seniors at the House are Mondays (Peggy) and Wednesdays (Jackie) from 11:30 – 1:00 both days. We hope that these hours will facilitate our LVSA members in receiving service at the reception desk.

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.

LYNN VALLEY SENIORS PRESENTS

A TRADITIONAL CHRISTMAS DINNER



Friday, December 6, 2024 from 3-5 pm

Mollie Nye Activity Room

Menu includes: Punch, Turkey, Stuffing, Gravy, Potatoes,

Vegetable, Cranberry Sauce, Dessert, Coffee/Tea

50/50 draw, door prizes, LVSS drop-in card draw

All For \$15

SIGN UP ON MONDAYS/WEDNESDAYS FROM 11:30 – 1:00

By Mon. Dec. 2, 2024



Mollie's
Merry Christmas
Craft Fair

**Saturday Nov 9th and Saturday Nov 16th
12-3pm**

**Mollie Nye House, 940 Lynn Valley Road
North Vancouver, (604) 987-5820**

Cash Only

Variety of local crafters with beautiful stocking stuffers, handbags & accessories, children's books, paintings, crystals, quilts, gnomes, jewellery, knit wear, handmade cards, baked goods, jams & charcuterie additions, plus more!



Thanks to all the folks who donated crafts for our table at this Craft Fair!

News About the Birthday Party for 90+



Once again, the LVSA honoured the most senior members of the LVSA. We like to refer to them as the SUPER SENIORS. On Friday, September 13, eleven of the thirteen members were able to attend. All 45 attendees celebrated with pizza, along with the traditional cake and ice cream. The winner of the 50/50 draw was Joyce Hoey and Reta Dixon won the MNH Drop-in Card provided by the LVSS both of whom happen to be SUPER SENIORS.





Our 90+ SUPER SENIORS

Ann, Del, Doreen

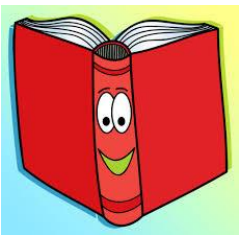
Joyce, Margaret, Marian

Marianne, Maureen, Peg

Shirley, Wally



A Book Report by Lorraine Campbell



Walk to Beautiful

**by Jimmy Wayne with Ken Abraham
published 2014**

It's incredible that Jimmy Wayne was able to overcome horrendous obstacles in his childhood to become a leading country singer in Nashville. He is an author, public speaker, and spokesperson for children aging-out in the foster system. Suffering abuse, neglect, poverty, abandonment and violence from a series of his mother's boyfriends and husbands, Jimmy and his sister Patricia often found themselves staying with friends, couch-surfing, living on the streets or in foster care while their mother was in prison. After an elderly couple offers him a chance at 16 to live with them. Jimmy's life completely turns around. Jimmy's troubled young life and the power of one is a remarkable story of survival and overcoming adversity.



News from the Community Garage Sale

The Activity Room at Mollie Nye House was abuzz with a crowd of savvy shoppers. It had taken over 100 volunteer hours to sort, price, store over 100 boxes of donations from the community. On Saturday, October 5, 2024, 20 volunteers gathered at the House to transfer all the goods from members' garages to the House. The Seniors had collected a wide assortment of items, definitely priced to sell such as Houseware, Dinnerware, Collectibles, Linens, Toys, Sports Equipment, Fashion, Jewelry, and Seasonal Decorations. Nobody was disappointed as the items were priced to sell. The stored leftover items will be delivered to the Good Connections Thrift Store on 3rd Street where funds are used to support Sage House,

Thanks to **Mary Pruner** for obtaining a great deal of merchandise and to **her daughter** who donated the large sign for advertising the sale.

To: **Jackie Hay, Mary and Ed Pruner, Dorothy Zowty** for storing the goods at their residences.

To: **Peggy Ament, Shirley Gregor, Wanda Lloyd, Mary Pruner** for their **40** hours of sorting and pricing the goods in approx. 100 boxes.

To: **Peggy Ament, Walter Ament, Barb Murphy, Wanda Lloyd, Mary Pruner (and family)** for delivering the goods to the House.

To: **Peggy Ament, Walter Ament** for delivering all the "other stuff" to recycling centres of Big Brothers, BC Children's Hospital, Legion, such as books, CD's, clothes.

To: **Wayne Lloyd** for soliciting a fair market value for the camera equipment on social media.

To: **John Charles** for his trailer, loaded by **Peg McIsaac's son and friends** for delivering the leftovers to **Jean Deane** who is storing them. To **Paul Nowak** for his help in cleaning up the Activity Room. **Peggy Ament, Walter Ament, Shirley Gregor** will be delivering 30 boxes to Good Stuff Connections Thrift Store on 3rd Street, where all funds are helping women and children fleeing domestic violence.

To: All the **20** volunteers who displayed and sold all our merchandise. That is calculated to **100** hours. They are: **Peggy Ament, Walter Ament, Doreen Cottrell, Don Cross, Jan Cross, Del Dimock, Georgina Duplissie, Jeanette Franklin, Isabella Gregor, Shirley Gregor, Jackie Hay, Wanda Lloyd, Wayne Lloyd, Jill Marchant, Peg McIsaac, Barb Murphy, Joanne Peterson, Mary Pruner, Frances Randall, Marie Smith.**

And finally, to all the members of our Lynn Valley Seniors Association and broader community who donated the items and supported our efforts by shopping at our **HUGE COMMUNITY GARAGE SALE!**

It was a real community effort!

LVSS Music



Originally from Mexico, Monik is a Latino jazz singer performing her songs in English and Spanish. She has had shows in Mexico, Canada and for Norwegian cruises in the Caribbean. Among other musical presentations, she has performed at events for La Jornada Canada, the Consulate of Mexico in Leamington, Canada, Art in the Park & Cowapalooza Festivals in Woodstock and Playa del Carmen, Mexico.

**Concert is November 14, 1-3 pm in the Activity Room.
Join us for a fun afternoon of upbeat Latin Jazz vibes!!**

Climate Café

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. October's's topic was Carbon Offsets – what are they and who uses them. Join us for a friendly discussion. Made possible with support from West Vancouver Foundation.

Thursdays

1:00pm – 2:30pm

Light refreshments will be served

Free of charge

but you must pre-register

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

LVSS Programs

November and December 2024

Gather



Register now!

*Come together with Helen Murphy,
Community Engagement Specialist*

Date: Wednesdays Nov.6 - Dec.11

Time: 1pm - 3pm

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

*This group focuses on establishing a
social outlet for community members
to connect, engage and build
relationships.*

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

*Cost: \$40 for 6 weeks. Tea, coffee and
delicious snacks served.*

DRUMMING WITH ABBY

Rhythm is Yoga for the Mind! Join Rhythm Facilitator, Abby, for an afternoon of connecting in rhythm! 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 Monday of the Month, 3-4 pm

Suggested donation at the door is \$20
(sliding scale)

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 – 3:30pm Location : Activity Room</p>	<p>Sewing/Quilting Mona/Marg 12:00pm – 3:30pm Location: Activity Room</p>	<p>Stamp Club -Margaret 2nd and 4th Wednesdays 1:30pm – 3:30pm Location: Activity Room</p>	



MUSIC AT MOLLIE NYE HOUSE RETURNS

MONIK

Thursday, November 14 from 1-3 pm

Mollie Nye Activity Room

Tickets \$15