

MOLLIE NYE HOUSE

Official Newsletter of the Lynn Valley Services Society



Canadian History Stops Here

This July, Canada celebrates turning 159 years old by revelling in flags, parades, fireworks, and BBQs! The Constitution Act, signed in 1867, created a united Canada with a multitude of rich histories. We invite you to stop by the house and check out some hyper-local history told in photos, architecture, and art pieces. The Mollie Nye House represents a small piece of North Shore lore in a heritage family home. As a July summer treat, we are offering free ice cream sundaes on the 17th (more details on page 4)!

In this Newsletter

Issue:

- June recap
- Event highlights
- Meet the Staff / Volunteer
- House notes
- Printable calendar for the fridge

June Recap

Bruce Coughlan Rocks the House

On the evening of June 5th, the whole crowd at Mollie Nye sang gleefully along to a Gordon Lightfoot song. The following Log Driver's Waltz made many chuckle and remember the [NFB vignette](#). Our amazing musician, Bruce Coughlan, led us through Canadiana classics and his own catalogue of music with his entertaining impressions and antics. The room was full, the drinks were flowing, and all were affected by the musical gusto!



Bruce Coughlan strikes a pose with his guitar



Cool & Collected Workshop Breezes Through

On June 4th UBC grad student, Ali Jourghanian, in conjunction with VCH, led participants through the factors, issues, and solutions for extreme heat in BC. His presentation assisted in forming “heat buddies” to check in with others, provided heat sensors to figure out when you need to leave for a cooling station, and tons of helpful tips and advice for heat management. Everyone took home a gift bag of convenient props to stay cool!

Message from the Lynn Valley Senior Association Board

Tribute to Dorothy Zowty (1941-2026) by Jeanette Franklin & Lorraine Campbell

"When Dorothy retired she was adamant to learn new things. She joined the Monday afternoon Lynn Valley Seniors Association craft group at MNH and learned to knit and crochet. Her main ambition was to make Izzy comfort dolls for ICROSS (International Community for the Relief of Suffering and Starvation) which is based in Kenya, East Africa. ICROSS is an international organization, charity, and private voluntary organization founded by Dr. Michael Elmore and Dr. Joseph Barnes. Billy Willbond, a former Canadian Peacekeeper from Vancouver Island, founded ICROSS Canada and Dorothy became friends with him. The Izzy dolls were distributed by Canadian Peacekeepers providing comfort to children in crisis. Over the years Dorothy had a team making Izzy dolls, baby hats and blankets and delivered over 10,000 dolls to ICROSS on Vancouver Island. A few years ago many of the Monday afternoon crafters at MNH



took the bus from MNH with Dorothy to Vancouver Island taking a load of Izzy dolls in order to see where they were delivered. We discovered that it was the Compassionate Warehouse in Victoria and when a container was full it was shipped to Africa. Dorothy also loved her sewing time at MNH where she learned to quilt and made several quilts for her family. Dorothy was a gracious hostess and the Monday afternoon craft group had many great summer BBQ parties at her home on Floralynn Crescent. All great memories! Dorothy was a lovely, generous person and we will miss her a lot."

Upcoming Event Highlights for July - Mark your Calendars!



Wednesday, July 1st from 4:30-7 pm - LVSA members and their families are invited to a Canada Day Celebration Picnic. Please sign up at the reception desk at the house or call 604-987-5820.



Wednesday, July 1st the Mollie Nye House office will be closed for the statutory holiday.



Saturday, July 4th from 3:30-4:30 pm - Bring your boots and dancing shoes for Beginning Line Dancing! [Register here](#)



Saturday, July 11th from 4-7:30 pm - Immerse yourself into a new cuisine, study new cooking methods, and feast at our Persian International cooking class. Hurry, these classes sell out! [Register here](#)



Wednesday, July 15th 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](#)



Friday, July 17th from 2:30-4 pm - Come to the Mollie Nye house for a two-scoop sundae and a scrumdiddlyumptious time! **Free**, but please [RSVP here](#) or at the house so we have enough toppings. Sponsored by Trey Bell of the Lower Lynn Community Association.

Meet our New Executive Director!



Beginning July 1st, the LVSS has a new Executive Director, Adele Wilson. Adele comes with decades of experience from several local non-profits. She has served as ED of Parkgate Society, Development Manager at Terra Consultants (social housing planning), and, most recently, as a non-profit consultant (including for the new LVSS Youth Centre). Her personal connection to the Mollie Nye house dates back to having Mollie Nye as a teacher at Sutherland Secondary and serving on the board of LVSS from 2015-2017. She adores the almond croissants from the [Thomas Haas Patisserie](#). Please join us in welcoming her and say hello to her if you see her around the house!

House Notes -

The Mollie Nye House Hours:
Monday - Friday 10 am - 5 pm
(closed for lunch 12:30-1 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

Website lvss.ca

Program Highlight - Munch & Mingle

Every Wednesday morning, the lovely smell of a delicious soup wafts up from the activity room. Then people start arriving, greeting friends, and taking their seats for a wonderful soup and sandwich luncheon for only \$7! The LVSS and VCH work together to bring this program to North Shore seniors. There are often special speakers and presentations. Please contact Yvonne at (604) 761-1474 to place your sandwich order. More info and dates on our website [here](#).

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 LVSA Canada Day Picnic 4-7 pm Canada Day Holiday- MNH Closed	2	3 <u>Friendly Fridays</u> <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	4 <u>Gather 10-12 pm</u> <u>Line Dancing</u> <u>3:30-4:30</u>
5	6 <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u>	7 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	8 <u>Munch&Mingle</u> <u>11:30 -1 pm</u> <u>Stamp Club</u> <u>1:30-3:30 pm</u>	9	10 <u>Friendly Fridays</u> <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	11 <u>Gather Club</u> <u>10-12pm</u> <u>Cooking 4-7:30 pm</u>
12	13 <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u>	14 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	15 <u>Munch & Mingle</u> <u>Lunch 11:30-1 pm</u> <u>Drumming</u> <u>7-8:30pm</u>	16	17 <u>Friendly Fridays</u> <u>10:30-12:30 pm</u> <u>Sr Fitness 1-2 pm</u> <u>Ice Cream Social</u> <u>2:30-4pm</u>	18 <u>Gather Club 10-12pm</u>
19	20 <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u>	21 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	22 <u>Munch&Mingle</u> <u>11:30 -1 pm</u> <u>Stamp Club</u> <u>1:30-3:30 pm</u>	23	24 <u>Friendly Fridays</u> <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	25 <u>Gather Club 10-12pm</u>
26	27 <u>Walking Group 10-11:30am</u> <u>Chair stretch 11:45-12:45 pm</u> <u>Mahjong 1:15-3:15 pm</u>	28 <u>Sr Movement 10-11 am</u> <u>Parkinson's 11:30-12:30</u> <u>Sewing 1-4 pm</u>	29 <u>Munch&Mingle</u> <u>11:30 -1 pm</u>	30	31 <u>Friendly Fridays</u> <u>10:30-12:30 pm</u> <u>Sr Movement</u> <u>Fitness 1-2 pm</u>	1

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

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28	29	30	1 LVSA Canada Day Picnic 4-7 pm Canada Day Holiday- MNH Closed	2	Friendly Fridays 3 10:30-12:30 pm Sr Movement Fitness 1-2 pm	Gather 10-12 pm Line Dancing 3:30-4:30
5	6 Walking Group 10- 11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm	7 Sr Movement 10-11 am Parkinson's 11:30- 12:30 Sewing 1-4 pm	8 Munch&Mingle 11:30 -1 pm Stamp Club 1:30-3:30 pm	9	Friendly Fridays 10 10:30-12:30 pm Sr Movement Fitness 1-2 pm	Gather Club 10-12pm Cooking 4-7:30 pm
12	13 Walking Group 10- 11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm	14 Sr Movement 10-11 am Parkinson's 11:30- 12:30 Sewing 1-4 pm	15 Munch & Mingle Lunch 11:30-1 pm Drumming 7-8:30pm	16	Friendly Fridays 17 10:30-12:30 pm Sr Fitness 1-2 pm Ice Cream Social 2:30-4pm	Gather Club 10- 12pm
19	20 Walking Group 10- 11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm	21 Sr Movement 10-11 am Parkinson's 11:30- 12:30 Sewing 1-4 pm	22 Munch&Mingle 11:30 -1 pm Stamp Club 1:30-3:30 pm	23	Friendly Fridays 24 10:30-12:30 pm Sr Movement Fitness 1-2 pm	Gather Club 10- 12pm
26	27 Walking Group 10- 11:30am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm	28 Sr Movement 10-11 am Parkinson's 11:30- 12:30 Sewing 1-4 pm	29 Munch&Mingle 11:30 -1 pm	30	Friendly Fridays 31 10:30-12:30 pm Sr Movement Fitness 1-2 pm	1