

MOLLIE NYE HOUSE

Official Newsletter of the Lynn Valley Services Society



Turkeys & Pumpkins

The season of food is upon us. From turkeys, pumpkins, hams, Halloween candy, latkes, and Yule logs; the holidays provide lots of opportunities to share a meal, see loved ones, and stuff our faces. We love food at the Mollie Nye House. Explore our International cooking classes, Oktoberfest grub, or Munch & Mingle weekly luncheons. Or check out page 7 for our new Recipe of the Month feature! We wish everyone a wonderful and scrumptious Thanksgiving.

In this Newsletter Issue:

- Event highlights
- Special message
from LVSA Board
- Meet the Staff /
Volunteer
- House notes
- October Recipe
- Printable fridge
calendar

September Recap

The music rocked, the beer was cold, and the bunnies were adorable at our Fall Family Festival on September 26th. Congrats to our Chili Cook-off Winners, John and Don! It was our inaugural year and we can't wait for 2027!



1st Place
Winners John
and Don pose
with judges
Susie Chant
and Trey Bell



Vivek, Sasha, & Blake -
AKA Team "Friday
Running Club"



Volunteer Anna is ready
at the LVSS booth



The perfect Fall day
brought everyone
outside



Fall Festival Photo
Memories



Our petting zoo friends
ate all their veggies!



Peggy visits the DNV
Fire tent



Farm Friends brought the extra
fluffy bunnies for us!

September Recap



Line Dancing Instructor
Charlotte showing how
it's done



Serving Chili to the hungry crowd

DNV Fire teaching how
to use a fire
extinguisher



Mickey
Magennis
singing for the Line
Dancing!



Olive Grove Childcare did
facepainting!



Volunteers Samantha and Holly selling
tickets and enjoying the sunshine



The huge Firetruck!

Message from the Lynn Valley Senior Association Board

Bringing attention to LVSA membership the importance of attending the Special Meeting on Wednesday, October 14th at 11 am in the activity room at Mollie Nye House.

You will be receiving a report two weeks prior to the meeting, in which this report responds to the concerns of our members. Your Board requests that you take the time to read it before coming to the meeting. It is also important to sign up in the office or phone the office 604.987.5820 to register. A light lunch will be served.

LVSA Annual Birthday Party for 90+ year old Members

Cheers to 90+ wonderful years
of a life well-lived and a heart
well-loved!



(L-R) Jeanette, Frances, Jackie, Shirley, Georgina, and Mary pose in the kitchen after the light quiche and salad dinner - leaving more room for cake and punch!



Birthday gals (L-R) Del, Dorothy, Marianne, Maureen, Janine, Doreen, and Minna with their cake!

Upcoming Event Highlights for October - Mark your Calendars!



Saturday and Sunday, October 3rd and 4th 10 am- 5 pm -
The North Shore Art Crawl will be passing through the Mollie Nye House with several artists displaying their works upstairs.



Sundays, October 4th, 11th, 18th, 25th from 3:30-4:30 pm -
Bring your boots and dancing shoes for the next session of Beginning Line Dancing! [Register here](#)



Wednesday, October 7th from 1-4 pm - Ink and Watercolour Urban Sketching Workshop I. Learn to sketch landscapes and buildings in ink, then add colour. Fee includes use of all needed supplies. There are two sessions. Explore one or both! [Register here](#)



Wednesday, October 7th from 7-8 pm - Health Rhythms with Abby in an upbeat & playful rhythmic experience! Both experts and beginners are welcome. Buckets and percussion provided, OBYO drum. [Register here](#)

Upcoming Event Highlights for October - Mark your Calendars!



Friday, October 9th from 3-6 pm - Ink and Watercolour Urban Sketching Workshop II. Learn to sketch landscapes and buildings in ink, then add colour. Fee includes use of all needed supplies. There are two sessions. Explore one or both! [Register here](#)



Monday, October 12th - The Mollie Nye House will be closed in observance of Thanksgiving. No classes or programs.



Wednesday, October 14th at 11 am- 12:30 pm Lynn Valley Senior Association members please come for a special meeting to vote to officially dissolve the LVSA non-profit status and merge with the Lynn Valley Services Society. Register at house or call 604-987-5820.



Sunday, October 18th from 12:30 - 2 pm - Learn to carve a soapstone pendant, choosing from a variety of designs from this non-toxic stone. No sharp tools are used—just files, sandpaper, and imagination! A leather cord and polishing supplies are also included. Register [here](#)



Wednesday, October 21st from 7-8 pm - Health Rhythms with Abby in an upbeat & playful rhythmic experience! Both experts and beginners are welcome. Buckets and percussion provided, OBYO drum. [Register here](#)

Upcoming Event Highlights for October - Mark your Calendars!



Friday, October 23rd from 7-9 pm - Oktoberfest Celebration with live oompa music by Peter Paulus! German sausages, pretzels, and beer for sale. Buy \$10 tickets at the house, by phone, or online [here](#). New! We now take credit card payments!



Sunday, October 25th from 10:30 am - 12:30 pm - Fused Glass Beginner Workshop I. Learn to make suncatchers and coasters with colourful pieces of glass! Register [here](#).



Sunday, October 25th from 1-3 pm - Fused Glass Beginner Workshop II. Learn to make a beautiful serving plate with colourful pieces of glass! Register [here](#)



Saturday, October 31st - Halloween. Programs and classes run as normal.

Meet the Staff- Olga M.

Olga is our website, social media, and marketing guru behind the scenes. She makes our wonderful event posters and also handles rentals. Her favourite restaurant on the North Shore is [Il Corvo](#) in Deep Cove. Please say hello to her if 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

Website lvss.ca



Del demonstrates a stretch pose
from class

Program Highlight - Chair Stretch

One of our most popular programs is Chair Stretch, held every Monday morning from 11:45 am - 12:45 pm with tea, coffee, and cookie social time afterwards. This low-impact exercise class is led by Del, the fearless program-leader volunteer, and proud member of the 90+ club! Come see if you can keep up with her.

Recipe of the Month

Looking for another way to use pumpkin that is not pie? Try this delicious soup that freezes well and goes great with a grilled cheese for a meal. It can easily be transformed into a vegetarian/vegan dish if you substitute veggie broth for the chicken broth. Enjoy!

SPICED PUMPKIN SOUP

2 tp olive oil
2 medium carrots, peeled and chopped
1 small onion, chopped
1 celery stalk, chopped
1/4 cup (~60ml) water
2 TB brown sugar
2 tp ground coriander
1 tp ground cumin
1/2 tp ground allspice
2 1/2 cups (~590 ml) chicken broth
1 can (16 oz or ~473 ml) pumpkin
1 medium potato, peeled, and cut into 1/2 inch cubes

Heat oil in a large saucepan over medium heat. Add carrots, onion, celery, and water. Cook for 6-8 minutes, or till veggies are tender. Stir in spices; cook for 2 mins. Stir in broth, pumpkin, and potato. Bring to a boil and reduce heat to low. Cover and simmer for 20 minutes. Place soup in a blender or use an immersion blender and carefully process till smooth (soup will be very hot!). Return to saucepan and bring to a simmer over medium-low heat. Makes 6 servings.

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30 Truth & Reconciliation Day- MNH Closed	1 <u>Parkinson's Fitness</u> 1:30-2:30 pm	2 <u>Friendly Fridays</u> 10:30-12:30 pm <u>EmPWR Fitness</u> 1-2 pm	3 <u>Gather Club</u> 10-12 pm NS Art Crawl 10-5 pm
4 NS Art Crawl 10 am-5 pm <u>Line Dancing 3:30-4:30 pm</u>	5 <u>Beginner Tai Chi</u> 9:50-10:40 <u>Walking Group</u> 10-11:30 am <u>Chair stretch</u> 11:45-12:45 pm <u>Mahjong</u> 1:15-3:15 pm	6 <u>EmPWR Fitness</u> 10-11 am <u>Parkinson's</u> 11:30-12:30 pm <u>Sewing</u> 1-4 pm	7 <u>Munch&Mingle</u> 11:30 -12:30 pm <u>Ink&Watercolour</u> 1-4 pm <u>Drumming</u> 7-8 pm	8 <u>Parkinson's Fitness</u> 1:30-2:30 pm	9 <u>Friendly Fridays</u> 10:30-12:30 pm <u>EmPWR Fitness</u> 1-2 pm <u>Ink&Watercolour</u> 3-6 pm	10 <u>Gather Club</u> 10-12 pm
11 <u>Line Dancing 3:30-4:30 pm</u>	12 Thanksgiving - Statutory Holiday MNH Closed	13 <u>EmPWR Fitness</u> 10-11 am <u>Parkinson's</u> 11:30-12:30 pm <u>Sewing</u> 1-4 pm	14 LVSA Voting 11-12:30 NO M&M Today <u>Stamp Club</u> 1:30-4:30 pm	15 <u>Parkinson's Fitness</u> 1:30-2:30 pm	16 <u>Friendly Fridays</u> 10:30-12:30 pm <u>EmPWR Fitness</u> 1-2 pm	17 <u>Gather Club</u> 10-12 pm
18 <u>Line Dancing 3:30-4:30 pm</u> <u>Soapstone Carving</u> 12:30-2 pm	19 <u>Beginner Tai Chi</u> 9:50-10:40 <u>Walking Group</u> 10-11:30 am <u>Chair stretch</u> 11:45-12:45 pm <u>Mahjong</u> 1:15-3:15 pm	20 <u>EmPWR Fitness</u> 10-11 am <u>Parkinson's</u> 11:30-12:30 pm <u>Sewing</u> 1-4 pm	21 <u>Munch&Mingle</u> 11:30 -12:30 pm <u>Drumming</u> 7-8 pm	22 <u>Parkinson's Fitness</u> 1:30-2:30 pm	23 <u>Friendly Fridays</u> 10:30-12:30 pm <u>EmPWR Fitness</u> 1-2 pm <u>Octoberfest</u> 7-9 pm	24 <u>Gather Club</u> 10-12 pm
25 <u>Fused Glass Wksp</u> 10:30-12:30 or 1-3 pm <u>Line Dancing 3:30-4:30 pm</u>	26 <u>Beginner Tai Chi</u> 9:50-10:40 <u>Walking Group</u> 10-11:30 am <u>Chair stretch</u> 11:45-12:45 pm <u>Mahjong</u> 1:15-3:15 pm	27 <u>EmPWR Fitness</u> 10-11 am <u>Parkinson's</u> 11:30-12:30 pm <u>Sewing</u> 1-4 pm	28 <u>Munch&Mingle</u> 11:30 -12:30 pm <u>Stamp Club</u> 1:30-4:30 pm	29 <u>Parkinson's Fitness</u> 1:30-2:30 pm	30 <u>Friendly Fridays</u> 10:30-12:30 pm <u>EmPWR Fitness</u> 1-2 pm	31 <u>Gather Club</u> 10-12 pm

*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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4	5	6	7	8	9	10
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11	12	13	14	15	16	17
Line Dancing 3:30-4:30 pm	Thanksgiving - Statutory Holiday MNH Closed	EmPWR Fitness 10-11 am Parkinson's 11:30-12:30 pm Sewing 1-4 pm	LVSA Voting 11-12:30 NO M&M Today Stamp Club 1:30-4:30 pm	Parkinson's Fitness 1:30-2:30 pm	Friendly Fridays 10:30-12:30 pm EmPWR Fitness 1-2 pm	Gather Club 10-12 pm
18	19	20	21	22	23	24
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25	26	27	28	29	30	31
Fused Glass Wksp 10:30-12:30 or 1-3 pm Line Dancing 3:30-4:30 pm	Beginner Tai Chi 9:50-10:40 Walking Group 10-11:30 am Chair stretch 11:45-12:45 pm Mahjong 1:15-3:15 pm	EmPWR Fitness 10-11 am Parkinson's 11:30-12:30 pm Sewing 1-4 pm	Munch&Mingle 11:30 -12:30 pm Stamp Club 1:30-4:30 pm	Parkinson's Fitness 1:30-2:30 pm	Friendly Fridays 10:30-12:30 pm EmPWR Fitness 1-2 pm	Gather Club 10-12 pm