NOVEMBER 2026 | ISSUE NO. 11

MOLLIE NYE HOUSE

Official Newsletter of the Lynn Valley Services Society

Sweater Weather has Arrived!

It's time to pull those cozy sweaters from the back of your closet and snuggle up in a blanket. The autumn colours have fallen, the rains have arrived, and the mountains have been dusted with snow. At the house, we are gearing up for the holidays with Christmas craft fairs, holiday art classes, and a request for decoration donations (see pages 3, 4, 5). Before you hunker down to hibernate, make sure to stop by the house to grab some gifts and see some friends!

In this Newsletter Issue:

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

October Recap

Traditional garb includes lederhosen for men and dirndls for women. Ursula's specialized winter dirndl (r) is 62 years old!

Oktoberfest is full of raising your glass in toasts - Prost!

Guten Tag! Our Oktoberfest Celebration was full of bratwurst, singing, Schunkeln (locking arms and swaying to the music), and beer! Peter Paulus came back to entertain us with his wonderful oompah music and energy.

Attendees showing their stuff for the chicken dance!

Irma and Victoria are ready to party!

Peter and his accordian sing to the crowd

Message from the Lynn Valley Senior Association Board

Thank you to all Lynn Valley Seniors Association members who attended the Special Meeting on October 14th, where your board was given the mandate to dissolve the Society. It was an impressive turnout, and the Board is very appreciative of your participation. During the next couple of months, the Board will be in discussions with Lynn Valley Services Society to become part of this organization and will initiate the process of dissolving our Society. Your programs will remain as they are today; please continue to support them.

SAVE THE DATE: LVSA Christmas party is being planned for Monday, December 14th from 11 am to 1 pm.

Sign-ups will begin December 1st at the reception desk.

Christmas Decor Donation Request

Do you have any unwanted or unused Christmas decorations?
We want them for the Mollie Nye House!

Including:

- Artificial Christmas trees (especially larger 5'-8')
- Tree stands, ornaments, toppers
- Lights or centerpieces

Email events@lvss.ca or drop them by the house!

Upcoming Event Highlights for November - Mark your Calendars!

Sundays, November 1st, 8th, 22nd from 3:30-4:30 pm - Bring your boots and dancing shoes for the next session of Beginning Line Dancing! Register here

Wednesday, November 4th from 7-8 pm - Health Rhythms Drumming with Abby in an upbeat & playful rhythmic experience! Both experts and beginners are welcome. Buckets and percussion provided, OBYO drum. Register here

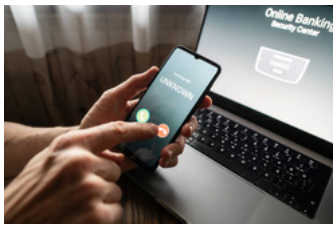
Thursdays, November 5th, 12th, 19th, 26th from 10:30 am- 12 pm - Memory & Connection Circle is our newest program. Each 90-minute session includes gentle exercise, familiar songs, memory-sharing and themed discussions, brain games, and a simple creative activity. Register here

Saturday, November 7th from 12:30- 4 pm - Mollie's Holiday Craft Fair brings artisans and crafters in one place for unique holiday shopping! Free entry. More info here

Sunday, November 8th from 10 am-1:45 pm - Women's Day Retreat. Relax with yoga, percussion therapy, laughter, and meditation. Register here

Upcoming Event Highlights for November - Mark your Calendars!

Sunday, November 15th from 11 am-3 pm - Artisan Holiday Craft Fair brings another group of homemade vendors and goodies to shop for! Free Entry. More info here



Wednesday, November 18th from 2-3 pm - The Hollyburn Society will present a workshop on how to avoid fraud, resources if you do fall prey, and overall financial literacy. Free Entry. RSVPs are appreciated at events@lvss.ca or by calling 604-987-5820

Wednesday, November 18th from 7-8 pm - Health Rhythms Drumming with Abby in an upbeat & playful rhythmic experience! Both experts and beginners are welcome. Buckets and percussion provided, OBYO drum. Register here

Sunday, November 29th from 2 pm-4 pm - Fused Glass Beginner Workshop. Learn to make ornaments with colourful pieces of glass! Each participant can make two, and the pieces will be ready one week later. Register here.

Meet the Volunteer- Sandy P.

Our volunteer, Sandy, is a water baby! You will often find her in a pool when not washing up dishes here at the house. She claims the kitchen is the best place to be because "everybody always ends up there". Please say hello if you see her around the house!

Sandy "living the dream" at our Tiki Music night.

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

Volunteer Opportunities this Month

Have a few hours to help out a local non-profit? We would love to have your assistance in the following areas this November:

- Setting up for Christmas Craft Fair - Saturday, November 7th from 10:30 am-12:30 pm
- Fairy House Workshop & set up - Sunday, November 22nd from 11 am-2 pm

Email **events@lvss.ca** if you have questions or are available to help out!

*A special thanks to Samantha, Silvia, Heather, Taylor, and Vivek for helping in October at the Oktoberfest Celebration!

Recipe of the Month

Craving Chinese takeout, but trying to save some pennies and eat at home? This recipe tastes just like the restaurant staple, and you'll have plenty of leftovers! Yummy and filling!

CROCKPOT TAKE-OUT, FAKE-OUT: BEEF & BROCCOLI

1 lb. (~454 g) boneless beef chuck roast, sliced into thin strips
1 cup beef broth
1/2 cup (~120 ml) low-sodium soy sauce
1/3 cup (~78 ml) dark brown sugar
1 Tbsp. sesame oil
3 garlic cloves, minced
2 Tbsp. cornstarch
4 Tbsp. sauce (from the crockpot after dish is cooked to mix with cornstarch)
2 cups frozen broccoli florets
White rice, cooked

In the crockpot, whisk together beef broth, soy sauce, dark brown sugar, sesame oil, and garlic. Gently place your beef slices in the liquid and toss to coat. Turn the crockpot on low and cook for 4-6 hours*. When done, in a small bowl, whisk together cornstarch and extracted cooking liquid to create a thickening slurry, pour back into the crockpot, and stir to mix well. Toss in your broccoli florets. Cook on low for an additional 30-45 minutes to thicken up the sauce and cook the broccoli. Serve over hot white rice.

*Note about cooking time: Your crockpot may differ in temperature; so begin with 4 hours and add on time as needed. Makes 4 servings.

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Line Dancing 3:30-4:30 pm	2 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	3 Sewing 1-4 pm	4 Munch&Mingle 11:30 -12:30 pm Drumming 7-8 pm	5 Memory & Connection Circle 10:30-12 pm	6 Friendly Fridays 10:30-12:30 pm	7 Gather Club 10-12 pm Christmas Craft Fair 12:30-4 pm
8 Women's Retreat 10-1:45 pm Line Dancing 3:30-4:30 pm	9 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	10 EmPWR 10-11 am Parkinson's 11:30-12:30 pm Sewing 1-4 pm	11 Remembrance Day-Closed	12 Memory & Connection Circle 10:30-12 pm	13 Friendly Fridays 10:30-12:30 pm EmPWR Fitness 1-2 pm	14 Gather Club 10-12 pm
15 Artisan Holiday Craft Fair 11-3 pm	16 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	17 EmPWR 10-11 am Parkinson's 11:30-12:30 pm Sewing 1-4 pm	18 Munch&Mingle 11:30 -12:30 pm Fraud Wrkshp 2-3 pm Drumming 7-8 pm	19 Memory & Connection Circle 10:30-12 pm	20 Friendly Fridays 10:30-12:30 pm EmPWR Fitness 1-2 pm	21 Gather Club 10-12 pm
22 Fairy House Workshop 12:30-2pm Line Dancing Make-up 3:30-4:30 pm	23 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	24 EmPWR 10-11 am Parkinson's 11:30-12:30 pm Sewing 1-4 pm	25 Munch&Mingle 11:30 -12:30 pm Stamp Club 1:30-4:30 pm	26 Memory & Connection Circle 10:30-12 pm	27 Friendly Fridays 10:30-12:30 pm EmPWR Fitness 1-2 pm	28 Gather Club 10-12 pm
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*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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