



Mollie's News

January 2011



Coming to Mollie Nye House in January

Steady Feet



A balance and falls prevention programme helping older adults feel stronger and more confident about walking

Facilitated by certified Fallproof instructor Delia Palmer, classes will take place on Tuesdays and Thursdays January 11- March 10, 3:45-4:45pm. Participants must attend a FREE assessment day on January 6 at 4pm and should have their doctor's approval before starting the programme.

If you have a relative or friend who is anxious about losing their independence or being able to participate in their favourite activities due to a lack of mobility, please share this information with them and help them take the first steps back on the road to a more active and fulfilling life.

For cost, to register or for more information call Gillian: 604 987 5820 (ext 15)

Heritage Cream Tea

Saturday February 19th 2:30pm

Enjoy the elegance of by-gone days with a traditional afternoon tea, entertainment and heritage displays.

Tickets available late January

Reservations now being taken



Volunteers Recognized



Bob McCormack, Eric Miura, John Gilmour and Grant Botto of the Lynn Valley Community Association and dedicated Mollie Nye House volunteers were recently presented with an award by Mayor Richard Walton in recognition of their contribution towards the hugely successful "Valleyfest" Celebrations held in Lynn Valley during the Olympics.

Mollie's News is published monthly

Mollie Nye House, 940 Lynn Valley Road, North Vancouver, V7J 1Z7 604 987 5820

mollienye@gmail.com www.mollienye.com

This historic house is owned by the District of North Vancouver and operated by the Lynn Valley Seniors Association and the Lynn Valley Community Association. Following the tradition set by Miss Mollie Nye and her parents before her, the house is now a gathering place for the community right in the heart of Lynn Valley. Offering a wide variety of programmes and special events, the house is also available to rent for any occasion.

We are open Monday- Friday 10am-4pm Drop in and check us out.

To receive this newsletter via email, send a note to mollienye@gmail.com

New Year, New programmes!

Make the most of your memories with Life Story Scrapbooking

In this unique scrapbooking course you will reminisce and reflect on your life while creating a lasting memento for you and your family. Taught by Mary Stanwood who began scrapbooking herself at age 9 and who developed the course as part of her thesis "Therapeutic Scrapbooking". Mary is an art therapist and educator who has worked with all ages, from preschool to seniors.

Fridays Jan 14 – Mar 4 12-2pm

Barcode # 265171 Cost \$85/76.50 (LVSA members)

Supplies (extra) to be discussed at first class



In this workshop, participants will learn how to knit a sock from the toe up. You should have intermediate knitting skills - experience knitting socks is helpful but not necessary.

Materials will be provided for a sample sock to take home.

Saturday Jan 29 10-12:30 Barcode # 252822 Cost: \$20

Materials provided, but please bring a set of 5 double points in any size under 3mm.

Knitting a toe-up-sock

Painting and Drawing

For adults: Experiment with and explore the wonderful medium of watercolour with Riette Gordon. Small class size means lots of individual guidance. This is an intermediate class.

Mondays Jan 24-Mar 7 7:15-9:15pm Barcode #252842 Cost:\$137.20

For ages 8-12: Produce great looking artwork from day one under the guidance of talented artist and experienced instructor, Riette Gordon.

Mondays Jan24-Mar 7 4-5:15pm Barcode # 252900 Cost: \$75



For more information call Gillian 604 987 5820

Register through www.northvanrec.com or call 604 983 6388.

Looking for a space for a meeting or party? We offer the perfect location. Drop by and check out the rooms and rates at the Mollie Nye House. Call Gillian for more information: 604 987 5820

New Fitness classes for Seniors... Try a FREE sample class

We are excited to introduce to you 'Chair Dance!'

Are you tired of just chair aerobics? Are you ready for something new? This class is both fun and energizing – we will incorporate dance moves while sitting in a chair. This low impact course is appropriate for beginners and all others who are interested. Come and join us!

Fri, Jan 14th 10:15am-11:15am

'Dance Fitness' is a slower paced, fun, dance fitness class. We may move a little slower, but that does not mean we will not get fit and have fun too! This class allows you to move to great classic music and is geared towards healthy active 55+ adults.

Thurs, Jan 13th 11:10am-11:55am

Please register for these free classes by calling 604 987 5820



Pause for thought

Kind Words can be short and easy to speak, but their echoes are truly endless

Mother Teresa