



Mollie's News

March 2011



Spring Fling & Plant Sale

A celebration of spring for the whole family in the beautiful Mollie Nye House garden

Saturday April 16 10am-1pm

Plant Sale & Master Gardener * Floral design tips
Gardening demo*** Edible Garden Project ***BBQ**

For kids:

Make a pot and plant some seeds

Watch a spectacular "Mad Science" show

www.mollienye.com 604 987 5820



EDIBLE GARDEN PROJECT

We accept donations of homegrown produce for the Harvest Project on a year round basis. If you have any spare winter veggies please drop them off at the house between 10am and 4pm, Monday –Friday.

And if you are starting veggie seedlings at home, consider sharing a few with us for our community garden; you will be helping those most in need in your community... this year all the produce donated to the EGP will be used in the community in which it was grown!

THANK YOU



See overleaf for new programmes starting in the Spring

LEND A HELPING HAND

Volunteer opportunities this month

- * Garden Clean up and plant division
- *Help with "Steady Feet" a balance and falls prevention programme

Please call Gillian for more details 604 987 5820

You can make a difference in your community

Mollie's News is published monthly

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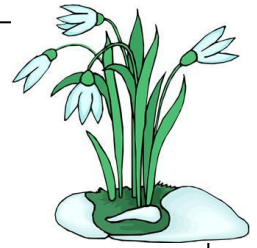
mollienyehouse@gmail.com www.mollienye.com

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 mollienyehouse@gmail.com

Spring Programme Schedule



Watercolour Painting

Feel your artistic confidence soar! Experiment and develop your style using different watercolour techniques and applications, along with individual guidance and demonstrations from Riette Gordon, a talented artist and experienced instructor.
Mondays 7-9pm starting March 28 Barcode# 263018

I can Dance: Chinese ribbon dancing

This lively and captivating dance form uses rhythm and long ribbons. Students will quickly become adept at this wonderful traditional dance and the session will culminate in a grand performance for family and friends. (Miss Lily speaks English, Taiwanese and Mandarin)

Saturdays starting May 7

1:15-2:00pm 4-5yrs Barcode #263029

2.00-3.00pm 6-9 yrs Barcode # 263031

“Making the most of your memories” Scrapbooking

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 people of all ages.

Fridays 12-2pm starting Apr 1 Barcode # 263038

Registration starts March 9th Register through www.northvanrec.com 604 983 6388
Or call Gillian for more details: 604 987 5820

Steady Feet

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

This programme is for those who are anxious about losing their independence or not being able to enjoy their favourite activities due to a lack of mobility or fear of falling.

Our certified “Fallproof” instructors will help you take the first steps back on the road to leading an active and fulfilling life

Participant should attend a 20 minute assessment on March 16th between 4 and 5:30pm.

Please register for the assessment by calling Gillian 604 987 5820.

Classes start the week of March 21st in the Mollie Nye Activity Room



Pause for thought

Remember... Volunteers don't get paid, not because they're worthless, but because they're priceless. Sherry Anderson

