

## Community Newsletter September 2023

Parkgate Community Day is celebrated each year on the second Saturday of September in recognition of the opening of Parkgate Community Centre and Parkgate Library.

Hosted by Parkgate Society, NVRC, and Parkgate Library, this free community event highlights the programs, services and community at Parkgate and the surrounding area. It also includes the North Vancouver Public Library's Summer Reading Club Medal Ceremony.

# **Parkgate Community Day!**

#### Saturday, September 9th, 2023

10 AM - 2 PM

**ALL AGES - No Admission Fee** 



#### **Schedule:**

10:00 - 10:20 am	The Squares Quartet Group	
10:30 - 10:50 am	Puppet Show by: <i>The Ta Daa Lady</i>	
11:00 - 11:25 am	Opening Ceremony and Speeches	
11:00 - 11:25 am	The Squares Quartet Group	
11:30 - 11:50 am	Line Dancing	
11:30 - 12:30 pm	Library Medal Ceremony	
12:00 - 12:20 pm	The Squares Quartet Group	
12:30 - 12:50 pm	Puppet Show by: The Ta Daa Lady	
1:00 - 2:00 pm	Deep Cove Big Band	

#### **Activities:**

- Puppet Show By The Ta Daa Lady
- Summer Reading
- Club Medal Ceremony Art Sale
- Live Music
- Cotton Candy
- Airbrush Tattoos
- Community Tables
- BBQ
- Fire Truck

- Bike Decorating
- Dunk Tank
- Craft Sale
- Big Games
- Pottery Sale
- Pottery Demo
- 50/50 Raffle
- And more!

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ANCOUVER Recreation & Culture





# **Event Schedule:**

#### 10:00 AM

**Community Day Begins!** The Squares - Quartet Group Fire Truck Arrives - DNV Firehall #4

#### 10:30 AM

Puppet Show #1 by: The Ta Daa Lady

#### 11:00 AM

Opening Ceremony and Speeches by Delegates The Squares - Quartet Group

#### 11:30 AM

Library Medal Ceremony begins Line Dancing Dunk Tank opens

**12:00 PM** The Squares - Quartet Group

**12:30 PM** Puppet Show #2 by: The Ta Daa Lady

1:00 PM Deep Cove Big Band

#### 2:00 PM

50/50 Draw Prize Winner Announced Raffle Winner - Family Season Pass for Mt. Seymour Community Day Ends!



# **Food & Activities**

#### **FOOD & TREATS**

BBQ hosted by the **Mt. Seymour Lions Club** Freezies and Pop by **Safeway** Coffee & Cookies by **Bean Around the World** Nutritional Juice or Smoothie by **PARC Cedar Springs** Cotton Candy by **Parkgate Society** 

#### **ACTIVITIES & ENTERTAINMENT**

Puppet Show Live Music Cotton Candy Airbrush Tattoos (11:00 -1:00 PM) Bike Decorating Toddler Zone Fire Truck (10:00 - 11:00 AM) Dunk Tank (11:30 - 2:00 PM) Big Games Pottery Demo 50/50 Raffle Passport Activity Raffle to win a family season's pass for Mt. Seymour

#### SALES

Pottery Sales Craft Sales Art Sales Used Books Artwork, Jewelry, Soap By Seymours Heights Elementary Students *Please note: most vendors at this event require cash.* 

#### **COMMUNITY TABLES**

**BC** United **Blueridge Community Association** Canadian Mental Health Association Cedar Springs Deep Cove Heritage Society Deep Cove Lions **DNV** - Water Conservation Kelly Muirhead KidSport North Shore MLA Susie Chant MONOVA: Museum & Archives of North Vancouver Mount Seymour Little League Mount Seymour United Church Mt Seymour Resorts North Shore Black Bear Society North Shore Community Resources North Shore Mountain Bike Association North Shore Pride Alliance **NSEM: North Shore Emergency Management** NVRC: North Vancouver Recreation and Culture Commission Parkgate Society Parkgate Animal & Bird Hospital My Parkgate BREAK Safeway Seymour Community Association Seymour Conservative Association

Seymour District Girl Guides Seymour Heights Elementary Youth Entrepreneurs The Constituency Office of MP Terry Beech Timeless Windows/Renewal by Andersen Vancouver Coastal Health Wilderness Committee Zen Marker Lab

### Thank you to our Community Day sponsors!











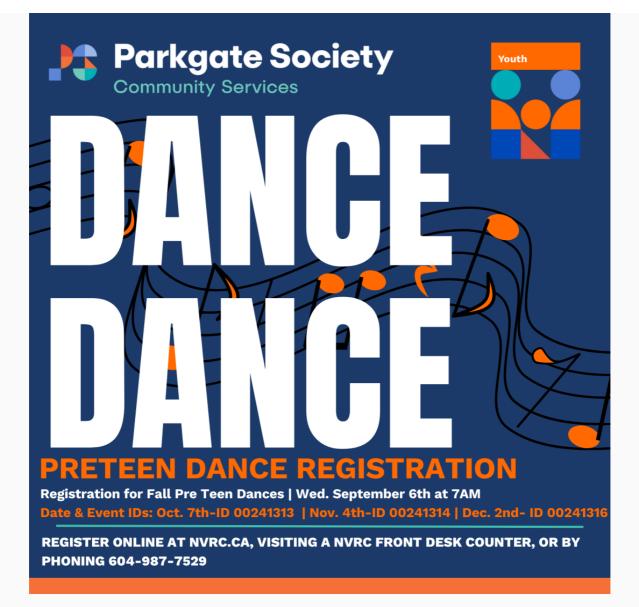












The Parkgate Society Youth Services Dance Crew is excited to offer five Preteen Dances in the new year for youth in Grades 6 & 7. The dances are fun, safe, and engaging environment where youth can socialize and showcase their dance moves while be supported by trained youth workers. These Preteen Dances are very popular, so we recommend purchasing your tickets early to avoid disappointment.

You can register online by creating a PerfectMind account, visiting an NVRC front desk, or by phoning 604-987-PLAY (7529)

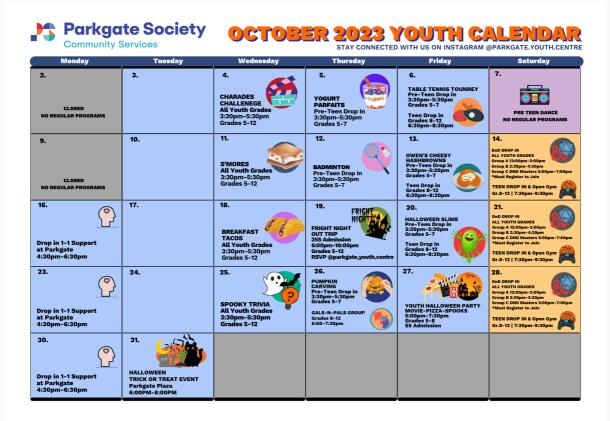
Registration will be available starting Wednesday, September 6th starting at 7am. When: Saturday, October 7th, 2023, 7-10 PM Event ID: 00241313

When: Saturday, November 4th, 2023, 7-10 PM Event ID: 00241314

When: Saturday, December 2nd, 2023, 7-10 PM Event ID: 00241316

Where: Parkgate Community Centre Cost: \$25

Parkga Community	I <b>te Society</b> Services	SEPTEM	BER 2023 STAY CONNECTED	YOUTH C	ALENDA @PARKGATE.YOUTH.CENT
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2.
				CLOSED NO REGULAR PROGRAMS	CLOSED NO REGULAR PROGRAMS
4. CLOSED NO REGULAR PROGRAMS	5.	6. GYOZA SNACK DOWN All Youth Grades 3:30pm-5:30pm Grades 5-12	7. TRIVIA NIGHT Pre-Teen Drop In 3:30pm-5:30pm Grades 5-7	8. BACK TO SCHOOL BBO Pro-Teen Drop in Grades 5-7 Teen Drop in Grades 5-30pm 6:30pm-8:30pm	9. COMMUNITY DAY EVENT 10:00am-2:00pm OPEN TO ALL PRIZES-ACTIVITIES-FOOD
11. Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	12.	13. GAGA BALL TOUNREY All Youth Grades 3:30pm-5:30pm Grades 5-12	14. JOHNNY'S MOZZARELLA STICKS Pro-Teen Drop in 3:30pm-5:30pm Grades 5-7	15. MINUTE TO WIN IT Pre-Teen Drog in Grades 5-7 Teen Drop in Grades 8-12 6:30pm-8:30pm	16. DoD DROP IN ALL YOUTH GRADES Group & 12:00pm-2:00pm Group B 2:30pm-2:00pm Group C DND Masters 5:00pm-7:00p *Must Register to Join Teen Open Gym Gr.8-12   7:30pm-9:30pm
18. Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	19.	20. WAFFLE DAY All Youth Grades 3:30pm-5:30pm Grades 5-12	21. 3V3 BBALL TOUNREY Pro-Teen Drop in 3:30pm-5:30pm Grades 5-7	22. FACE PAINT TATTOOS Pre-Teen Drop in 3:30pm-5:30pm Grades 5-7 Teen Drop in Grades 8-12 6:30pm-8:30pm	23. DnD DROP IN ALL YOUTH GRADES Group A 12:00pm-2:00pm Group B 2:30pm-4:30pm Group C DND Masters 5:00pm-7:00p *Must Register to Join Teen Open Gym Gr.8-12   7:30pm-9:30pm
25. Drop in 1-1 Support at Parkgate 4:30pm-6:30pm	26.	27. CLOSED   STAFF TRAINING NO REGULAR PROGRAMS	28. JUST DANCE SHOWDOWN Pro-Teen Drop in 3:30pm-5:30pm Grades 5-7	29. YOUTH MOVIE NIGHT 4:30pm-7:30pm Grades 5-12 \$5 admission	30. CLOSED NO REGULAR PROGRAMS



\*Please note that the October youth calendar is subject to change.



# Seniors Health & Wellness Fair

presented by

parc retirement living







### Saturday, October 21, 2023 11:00 am - 2:00 pm at Parkgate Community Centre

The core of independent living stems from eating well, exercising regularly, building strong social connections, and engaging in mental and emotional wellness practices. Come chat with a variety of industry experts who specialize in a range of products and services to help you optimize your independence and live your best life.

### **New Seniors' Programs**

We're pleased to introduce two new seniors' programs this fall and winter.

#### **Balance and Mobility Registered Exercise Class**

Thursday, 9:30 -10:30am

Stay active and independent! Have fun while learning strategies to

prevent falls and injuries. This class includes balance, mobility and strength exercises.

#### **Friday Movies**

2:00 - 4:00pm

With our new big screen TV, you can enjoy a wide variety of movies. Whether you like comedy, drama, action, or romance, we have something for everyone.

### **Community Events**

#### SEPTEMBER

### World Café

A World Café is a conversational process to facilitate open and meaningful discussions. By rotating between tables and sharing insights, participants engage in collaborative dialogue to generate collective insights and knowledge. Parkgate will use these discussions to help generate future programming and services. This event will be located in Mary Hunter Hall and takes place from 1:00 - 3:00 PM

### Shred It

Hosted by the Deep Cove Lions Club & Mt. Seymour Lions Club, this semi-annual "Shred It" event supports Parkgate Society's dementia services. By donation. Bring all your unwanted paper for shredding!



If you are looking for an opportunity to get connected and give back to your community, we love our volunteers. Parkgate Society Volunteers are the heart of our programs and services! Click the button below to see how you can get involved.

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3625 Banff Court				
North Vancouver				
BC				
Canada				
V7H 2Z8				

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