



Parkgate Society

Community
Newsletter

Community Services



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Seniors

Seniors' Week is back, thanks to the support of PARC Retirement Living and our always amazing Parkgate Seniors team. We have a week of fun and free activities lined up so don't forget to mark it on your calendar!

Seniors' Week 2024

Monday June 3
 Coffee & Donuts from Cream Pony
 • Lobby Kiosk
 • 10am-12pm
 Food for Thought Cooking Demo with Chef Daniel from Cedar Springs
 • SMPR 07/08
 • 3:15pm-4:15pm
Free!

Tuesday June 4
 Ice Cream Social with Parkgate
 • Lobby Kiosk
 • 1pm-3pm
Free!

Wednesday June 5
 PARC Balance Class with Active Wellness Coach Jen from Cedar Springs
 • Mary Hunter Hall
 • 9:30am-10:30am
Free!

Thursday June 6
 Line Dancing Class with Marianne from Parkgate
 • Studio R63
 • 1pm-2pm
Free!

Friday June 7
 Mindfulness Journaling with Active Living Manager Moira from Cedar Springs
 • SMPR 07/08
 • 10:30am-11:30am
Free!

parc retirement living | Parkgate Society Community Services

Youth Summer Camps

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This Co-ed camp for youth and focuses on getting outside AND exploring what Deep Cove has to offer.

CAMP EXTREME

Week 1 July 8th-July 12th : Gr 5-7 280017
 Week 2 July 22nd-July 26th : Gr 6-8 280016
 ALL LEVELS AND ABILITIES WELCOME

TIMES: 9:00AM-3:00PM
 LOCATION: PARKGATE/DEEP COVE AREA
 COST \$375

REGISTRATION OPENS MAY 23RD@7AM- VISIT NVRC.CA

This Co-ed camp is intended for older youth and focuses on getting outside: exploring what Deep Cove has to offer! Activities include kayaking, paddle boarding, and local hikes. This camp is led by the Parkgate Youth Services team. We WILL NOT be

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EXTREME CAMP OUT

This Co-ed overnight camp is intended for youth between the ages of 12-14yrs old at Alouette Lake in Golden Ears Park. The youth will be involved in helping prepare meals and doing various camp skills. Activities will include swimming, games, and nature hikes.

Cost: \$425 | Location: Alouette Lake
 Pick up and drop of at Parkgate Community Centre | All levels and abilities are welcome.
 Week 3 Aug 12-15 Gr. 7-8 Event ID : 279667

REGISTRATION OPENS MAY 23RD@7AM- VISIT NVRC.CA

This **NEW** Co-ed overnight camp is intended for youth between the ages of 12-14yrs old and focuses on getting outside and away from technology! Youth workers will lead this camp through activities and icebreakers to build peer connections. The youth will spend four days and three nights at Alouette Lake

transporting participants, so each day will involve some walking.

Week 1 Jul 8-12 Gr. 5-7 280017

Week 2 Jul 22-26 Gr. 7-9 280016

9:00AM – 3:00PM

Location: Parkgate/Deep Cove Area

\$375 All levels and abilities are welcome.

For more information, contact the Parkgate Society Youth Services Manager, Dale Cheyne, at 604-783-8053.

Registration opens at 7:00 am on Thurs May 23.

in Golden Ears Park. The youth will be involved in helping prepare meals and doing various camp chores. Activities will include swimming, games, and nature hikes.

Week 3 Aug 12-15 Gr. 7-8 279661

August 12 at 9:00AM drop-off: Parkgate Community Centre

August 15 3:00PM pick-up: Parkgate Community Centre

Location: Alouette Lake

\$425 All levels and abilities are welcome.

For more information, contact the Parkgate Society Youth Services Manager, Dale Cheyne, at 604-783-8053.

Registration opens at 7:00 am on Thurs May 23.

Kudos to Our Youth Team!



🏆 Winners of the District Youth Award for Outstanding Support of Youth 🏆

Congratulations to our youth team: Ella, Ethan, Griffin, Isabella, Shaun, Taylor, and Tim. Whose passion and compassion unite as one to create a fellowship of people who value the strengths of their teammates to create a space youth can walk into feeling seen, heard, and appreciated in a world that can often underestimate and push aside the needs and abilities of young people.



Child Care

🌻 Get Ready for Summer Fun at Parkgate Society's Camp! 🌻

📅 Mark your calendars! Our summer camps are just around the corner, and we can't wait to welcome everyone back for another summer of adventure.

🌿 From July 2nd to August 23rd, children aged 6-12 will embark on a journey of fun and creativity right here at Parkgate. With a focus on fostering teamwork, curiosity, and respect, our camp is designed to provide a safe and supportive environment for every child to thrive.

🎨 From arts and crafts to outdoor games, sports, and themed days, there's something for every interest. Our team is committed to ensuring each camper has a memorable and enriching experience.

🌿 Plus, rest assured, we prioritize safety above all else. Our camp follows strict health and safety guidelines to ensure peace of mind for parents and guardians.

📅 Don't miss out on the chance to give your child a summer they'll never forget.

- All Parkgate Society Summer Day Camps are now available for viewing [via this link](#). Registration for these Camps begins on May 23 at 7:00AM.
- **Camp Discoverers** is for children who have finished Kindergarten and are entering into Grade 1 in September.
- **Camp Explorers** are for those children entering into grades 2&3 in September.
- **Camp Adventurers** is for children entering into Grades 4,5,6 &7 in September.

*** Please note – patrons are no longer able to create their own accounts online. We highly recommend that you double-check your accounts ahead of time so as not to be disappointed when registration for camps opens. The first step would be to try logging in online; the second step would be to call or come in to a centre to ask a customer service representative to check all possible phone numbers associated with the account. If those are not coming up with an account, the third step is creating a new account by submitting the online form found here: Create a New Account | North Vancouver Recreation and Culture Commission (nvrc.ca).

Let's make this summer one to remember at Parkgate Society's Camp! 🌳 🥕 🌻

May Is Child Care Month



Parkgate Society prides itself on providing high-quality, affordable child care to our community. Our child care team strives to create a welcoming environment that is inclusive of children from all backgrounds and abilities and helps to stimulate children's social, emotional, physical, and intellectual growth. May is Child Care Month, a time when we celebrate the dedicated efforts of child care providers and the positive impact they have on our children.

Children need models rather than critics.

- Joseph Joubert

SUMMER DAYCAMP VOLUNTEERS

Submit your Summer Daycamp Availability! QR Code below for any **CURRENT** volunteers interested in returning for Summer Daycamps!



Submit an application to become a Summer Daycamp Volunteer! QR Code below for **NEW** Applicants!



Contact: Christina @ cthai@parkgatesociety.ca

Do you enjoy being a tourist in your own city? Do you love getting outside during the beautiful summer months? If so, look no further than Parkgate Summer Camps. We are still looking for volunteers for this amazing opportunity, so if you or someone you know matches this description, contact Christina Thai

cth@parkgatesociety.ca or click the links below to submit an application for our 2024 Summer Camps.

Returning Volunteer

New Volunteer

Scholarships



Parkgate Society
Community Services

We invite you to apply for our

**PARKGATE
VOLUNTEER &
COMMUNITY
SCHOLARSHIPS**



**APPLY
NOW!**

For more information visit:
parkgatesociety.ca/scholarships
The deadline for submitting applications is
Saturday, June 1, 2024.

Parkgate is pleased to offer two scholarships to members of our community. Read more below or by clicking on the *Apply Now* button.

A reminder that the **June 1st deadline** is fast approaching so submit your letter of application soon.

Student Volunteer Award: Available for secondary students graduating in 2024. Criteria:

- have provided outstanding commitment and non-remunerated service to Parkgate programs and activities
- have shown strong scholastic (though not necessarily academic) achievement within their schools
- have demonstrated qualities of strong character, citizenship, and leadership.

Scholarship Value: \$1000.00 Application Deadline: Saturday, June 1, 2024.

Community Student Award: For residents of the District of North Vancouver. Criteria:

- has provided outstanding commitment and non-remunerated service to programs and/or activities in their community that help people to “live life better”
- is undertaking further post-secondary studies
- has demonstrated qualities of strong character, citizenship, and leadership

Scholarship Value: \$500.00 Application Deadline: Saturday, June 1, 2024.

Events



SHRED IT FUNDRAISER!

In support of Parkgate Society's Dementia Services

Saturday, May 18
10 AM till Truck Full
Parkgate

+ Eye Glass Drop Off!

Bring your old glasses & give new sight to another pair of eyes!



Organized by:
The Deep Cove Lions Club &
The Mt. Seymour Lions Club

3rd Annual All Ages Drag Brunch

[Tickets are now available:](#) Youth \$20, Adults \$30. This event will sell out and be so much fun as we celebrate pride, diversity, and inclusion in our Community

Plaza space. Brought to you by our Parkgate Youth Services team. Tickets include breakfast and performances by three professional drag artists.

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SUNDAY, JUNE 2ND

PARKGATE YOUTH SERVICES INVITES YOUTH AND FAMILIES TO OUR COMMUNITY

ALL AGES DRAG BRUNCH

ISABELLA
CARRIE OKIE DOKIE
BLISS

JOIN US FOR PRIDE IN THE PLAZA
PERFORMANCES BY
Isabella | Bliss | Carrie Okie Dokie | AND MORE

SUN, JUNE 2ND | 11:00AM-2:00PM | PARKGATE PLAZA
\$30 PER PERSON - \$20 FOR 18YRS AND UNDER | ALL FOOD AND BEVERAGES INCLUDED

VISIT NVRC.CA MAY 2ND TO REGISTER - EVENT ID 00257245 TO PURCHASE YOUR TICKETS.

Summer BBQs in the Plaza

Join us for BBQ in the Parkgate Plaza and enjoy a hamburger or hot dog, chips and a drink in-lieu of our usual Wednesday Dine-in Meals for 3 spectacular days in the summer. All ages are welcome!

Wednesdays 11:30AM-1:00PM

July 17, 31, and August 14

Weather Permitting

Meet Your Mayor

Join us for Meet Your Mayor in the Parkgate Seniors Lounge. Here you'll be able to chat with Mike Little, the Mayor of the District of North Vancouver, regarding local concerns that matter to you. Seize the opportunity to learn, share your opinions, and contribute your feedback.



Meet Your Mayor



Mike Little




Parkgate Community Centre:
Seniors' Lounge

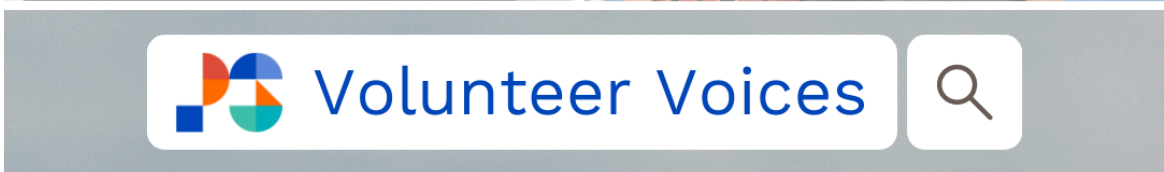
- Thursday, May 23rd at 10:00 a.m.
- Thursday, June 20th at 4:30 p.m.



Live Life Better • Connecting Community

Community

In 2023, our volunteers contributed a staggering 12,682 hours to Parkgate Society. During Volunteer Appreciation Week, we had the honour of sitting down with some of the incredible folks who dedicate their time and energy to making a difference in our community. Learn about their stories, passions, and the impact they're making through their volunteer work by clicking the image below. 



North Vancouver District Public Library

BC Summer Reading Club

Join us for the 2024 BC Summer Reading Club: World of Curiosities/Monde de Curiosités!



Pick-up your SRC reading record at all NVDPL locations beginning June 10th. Stay tuned for fun activities at the library throughout July and August. Get curious and discover at your local public library this summer!

Babytime: Best for infants, 0 months – pre-walkers. Come learn songs and rhymes to sing to your baby: Date: June 6 from 10:30 am – 11 am.

Family Storytime: All ages. Stories, rhymes, and songs for the whole family! Dates: Sundays, June 2 & 9 from 11 am – 11:30 am. Fireplace Lounge.

Teen Tech Tutor: Wish you were better at using your phone? Want to practice setting up your iPad, downloading apps, or using Zoom? Tech tutors pair people who would like to become more comfortable with everyday technology with a teen volunteer who can help them get there. Sign up for a 30-minute one-on-one session with a teen volunteer at the library. Registration required: Register in-person or by calling 604-929-3727 ext. 8166. Dates: May 14, 21, 28, and June 4 from 4 pm – 5:30 pm.

Tech Café: Looking for help with computers or email? Got a new device and don't know how to use it? Want to learn a new tech skill? Join NVDPL staff for personalized guidance and answers to all your technology questions at our Tech Café. Bring your device to the 2nd floor Meeting Room at Parkgate Library for 20 minutes of in-person assistance. Registration required. Register in-person or by calling 604-929-3727 ext. 8166. Date: June 5

Coffee with a Cop: Drop in for an informal chat with an RCMP member; police will connect with residents on issues of local importance and answer questions from the community. Date: Sunday, June 2, from 2:30 pm – 3 pm.

Safety Sessions: Stay after Coffee with a Cop or come for a presentation by RCMP on a topic of concern in the community. There will be lots of time for questions. Date: Sunday, June 2, from 3 pm – 4 pm. Enid Dearing Meeting Room

Pathways to Elder Safety: This speaker series focuses on elder safety in an age of advancing modern technology. In partnership with Metro Vancouver Crime Stoppers and Vitality Seniors BC, this presentation will focus on the current situation many seniors may find themselves in. Fraudulent activities target seniors and may compromise their finances and emotional well-being. This event is presented in partnership with Metro Vancouver Crime Stoppers and Vitality Seniors BC. Dates: Thursday June 6 from 1 pm – 2:30 pm & Saturday, June 8 from 1 pm – 2:30 pm

Discussion Lounge: Have you read, watched, listened to or thought about anything recently that inspires you enough to share and discuss with others? Local issue you'd like to chew over with other locals? Every Wednesday from 2:30 pm – 4 pm in the Enid Dearing Meeting Room.

Pins and Needles: Looking for company while your hands are busy with yarn or textiles? Gather at in the fireplace area on Wednesday evenings for a friendly evening of knitting, crocheting, sewing, needlepoint, felting, tatting, embroidery, hand quilting or other fibre arts. Share your projects and passions with kindred spirits. No registration required.

Open Door Community HUB: The Open Door Community Hub is a welcoming, drop-in space for people to gather and connect with other members of the community. Join us for refreshments, games and an opportunity to socialize with others every week. Free hot drinks, snacks and care packages with essentials will be available. Community Hub takes place on Thursday mornings on the 2nd floor from 10:00am-12:00pm.

Wills and Estates: Estate Planning 101: learn how to properly plan your estate to minimize taxes, disputes and confusion. Presented by estate lawyers from the law firm Westcoast Wills & Estates. NO registration required. Date: Monday, June 17 from 10 am – 11:30 am. Enid Dearing Meeting Room.

NVDPL Teen Programs

Teen Summer Reading Challenge at NVDPL (including Parkgate library)

Teens can choose from among 15 challenges related to the theme Déjà vu! Some of the challenges are book challenges (example: read a book from the year you were born) and some are book-related (example: create a playlist of ten songs to capture the vibe of a book). You can win prizes for challenges and be entered into raffles for gift cards. And if you complete at least 9 of the 15 challenges, you win a free book!

Begins: June 10

Claim prizes: Starting July 2

Ends: September 3

More info on the nvdpl.ca website or at your library or at tag@nvdpl.ca

Teen Summer Writing Contest (open to all teens going into grades 7–12 who live or go to school on the North Shore)

Teens are invited to write an original short story around the theme “Echoes from the Past”. Submissions will be judged by local authors, Teen Advisory Club members, and library staff. The top five winners will receive prizes and have their stories printed professionally and added to the library collection for checkout.

Begins: June 10

More info on the nvdpl.ca website or at your library or at tag@nvdpl.ca

Teen Summer Book Boxes (July/August)

Tell us what you like to read, and library staff will prepare a box with five library books to borrow – and the box will also have a craft, a snack and some swag.

Registration will likely occur late June or early July.

Check the nvdpl.ca events calendar starting in late June or email tag@nvdpl.ca for more info



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Our mailing address is:

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North Vancouver
BC
Canada