



Parkgate Society

Community Services

PROGRAMS & SERVICES

Spring & Summer 2025



Live Life Better • Connecting Community

General Information

LAND ACKNOWLEDGEMENT

We respectfully acknowledge that we live and work on the traditional and unceded territories of the x̱m̱əθkw̱áy̱əm (Musqueam), Skwxwú7mesh (Squamish), and səlilwətaʔ (Tsleil-Waututh) Nations.

EMPLOYMENT OPPORTUNITIES

People enjoy working at Parkgate Society because of the positive energy of our people, our commitment to our values, and the opportunity to serve our community in a meaningful way.

Consider joining our dedicated staff team that is focused on building strong relationships and delivering excellent programs and services. If our vision, mission, and values resonate with you, we encourage you to apply for positions that fit with your skills, interests, and experience. For current postings visit: parkgatesociety.ca/get-involved/employment/

VOLUNTEER OPPORTUNITIES

Are you looking for a way to connect with our community? We would love your help! We have many volunteers of all ages who share their passion and skills with us and help make our community a special place. To learn more about how you can volunteer with children, youth, seniors, or special events, contact us at info@parkgatesociety.ca or visit: parkgatesociety.ca/get-involved/volunteer/

BECOME A MEMBER

Join Parkgate Society and become a part of this vibrant community services agency. Benefits include: have your say to influence the direction of the services and activities that are offered in our community; vote at the Annual General Meeting; and receive email notification of upcoming events and news. Annual membership is \$5.

CONTACT

3625 Banff Court (inside Parkgate Community Centre)

North Vancouver, BC, V7H 2Z8

✉ info@parkgatesociety.ca

☎ 604.983.3650

📷 [@parkgatesociety](https://www.instagram.com/parkgatesociety)



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

Child & Family Centre

Philosophy

Parkgate's Society Child Care enhances children's lives, families, and the community by providing a caring, supportive, and vital community service.

New Parkgate Society Child Care Location

In April 2025, we opened a second child care location at Lynn Creek Community Centre.

Parkgate Society now operates two child care centres. One at the Parkgate Community Centre, which includes infant/toddler and 3-5 group care, school-age care, camps, and family programming. The other at Lynn Creek Community Centre, which includes infant/toddler and 3-5 group care.

Our child care centres are places of security, adventure, cooperation, and playfulness. Parkgate Society is committed to creating opportunities for people of all ages to experience life together, making our child care and family centres lively and innovative places that embody our motto to "live life better."



\$10-a-Day ChildCareBC Prototype

Our child care and camps at Parkgate Community Centre are currently an approved prototype for the \$10-a-Day ChildCareBC Initiative.

Our child care at Lynn Creek Community Centre participates in Child Care Operating Funding. Therefore, Lynn Creek Child Care (LCCC) receives funds (Child Care Fee Reduction Initiative—CCFRI) to reduce child care fees and to increase (Early Childhood Educator Wage Enhancement—ECEWE) the wages of early childhood educators.

BC Affordable Child Care Benefit

Parkgate Society Child Care and Family Services are inclusive spaces. Families are encouraged to apply for BC Affordable Child Care Benefits (formerly known as child care subsidy) to further reduce their child care costs. Please contact the Child Care Service Centre toll-free at 1.888.338.6622 to learn more about funding options.



Day Camps

A great experience for children ages 5–12!

We offer fun-filled day camps on school closure days, such as Pro-D days and winter, spring, and summer vacations. Our day camps are open to all children, regardless of whether they are enrolled in our School Age Care Program.



Pro-D Days

District 44 Pro-D Day:

Fri May 3

School-Based Pro-D Day:

Varies per school

Summer Break Camp

We only offer weekly sign-ups for camps, and there are no daily options available.

Register at nvr.ca

Mon–Fri June 30–July 4 (Closed July 1)

Mon–Fri July 7–11

Mon–Fri July 14–18

Mon–Fri July 21–25

Mon–Fri July 28–Aug 1

Tue–Fri Aug 4–8 (Closed August 4)

Mon–Fri Aug 11–15

Mon–Fri Aug 18–22





Child Care

Infant/Toddler Care (6 months–3 years)

Children are introduced to the program through a process of gradual entry, which allows parents to be with their children as they become comfortable with us. We strive to provide a loving and nurturing environment that is safe yet flexible enough to allow children to learn and grow at their own pace. At the same time, we promote emotional, social, physical, and cognitive development through play and exploration. We broaden the interests and abilities of the children while respecting and celebrating their diversity.

Mon–Fri 8:00 AM–5:00 PM (closed on statutory holidays)

3–5 Care (3–5 years of age)

We believe that children learn best through active, hands-on play. By offering inspiring and fun activities related to art, math, science, and early literacy, children naturally learn problem-solving and self-regulation skills that prepare them for entry into kindergarten. Children develop confidence while being encouraged to ask questions, be self-reliant, and respect each other's differences. Our child-centred guidance is always positive, supportive, and nurturing.

Mon–Fri 7:30 AM–5:30 PM (closed on statutory holidays)

School Age Care (5–12 years of age)

This program is specifically for children ages 5–12 attending Seymour Heights, Dorothy Lynas, St. Pius X, and Sherwood Park Elementary Schools. Children attend either our Parkgate or Seymour centres, where we provide opportunities for post-school downtime, child-led creative play, arts, crafts, and games, as well as time to run, jump, and just be a little silly. Our trained staff build relationships with the children by learning who they are, what they're interested in, and what they have in common with each other.

We develop programs that consider each child's unique abilities and needs, creating environments that are safe, inviting, and inclusive.

Before School Care: Mon–Fri 7:30 AM–9:00 AM

After School Care: Mon–Fri 3:00 PM–6:00 PM



Family Programs



Family

Family Services

Our Family Programs are friendly places where parents, caregivers, and young children can connect, grow, and learn together in a creative, play-based environment. We offer free and low-cost drop-in playgroups, family events, community resources, and educational opportunities to meet the needs of today's families. Here you will find activities that encourage positive child-caregiver interaction and healthy child development.

Our program facilitators are experienced in providing family support and are connected to resources and other support services in our community. Come play, learn new songs and rhymes, listen to stories, and enjoy creative activities.

Our programs typically run from September to June, with the exception of long weekends and holidays. During July and August, our only program is Summer in the Park.

For more information, contact our Family Services Supervisor at 604.983.6444 Ext. 849



Mother Goose

This program is for parents and their babies or young children and focuses on using rhymes, songs, and stories to encourage language development and parent-child bonding. Parents and children experience the delight and magic that come from enjoying a favourite rhyme or song together while developing a network of friends. Our 10-week Parent-Child Mother Goose-inspired sessions run seasonally and are designed for both infants and toddlers. A small snack is provided.

Upstairs Multi-Purpose Room at Parkgate Community Centre
Spring Session: March 31–June 16
* Closed on April 21 and May 19.

Mon 10:00 AM–11:00 AM (except on statutory holidays)
FREE, but pre-registration is required.

Please contact Alicia if you would like to register
atodhunter@parkgatesociety.ca

Family Programs



Family

Playgroups

Playgroups are drop-in programs for children ages 0–6 and their parents or caregivers (siblings are welcome). Come out for a morning of fun! Meet other families with children under 6 and enjoy art, activities, games, circle time, and more. We provide a small snack at all of our playgroups.

Parkgate Playgroups

These playgroups are held inside the Family Resource Room at Parkgate Community Centre. Registration is not required (but space is limited). Please bring a piece of fruit to share with the group.

Spring Session: March 31–June 19.

* Closed on playgroups on April 19, 21, and May 17, 19.

Mon/Tue/Wed/Thu/Sat
9:30 AM–11:15 AM
\$2 per family per session



On statutory holiday long weekends, Saturday playgroups (and Monday, if applicable) are cancelled. They will resume as usual the following week.

Lynnmour/Seylynn Playgroups

Indoors in Jaycee House at 1251 Lillooet Rd. (Inter River Park)

Spring Session: April 2–June 18
Wed 9:30AM–11:15AM
\$2 per family per session

Baby & Me

Join Parkgate parent community developers for this free, drop-in program. Baby & Me is an opportunity to connect with other parents and caregivers in the community and socialize with babies aged 0 to 18 months. Siblings are welcome. Light lunch provided.

Spring Session: March 31–June 16
Mon 12:30 PM–2:00 PM
Parkgate Family Resource Room
FREE

* Closed on April 21 and May 19



Family Programs



Family

Summer in the Park

In July and August, our regular drop-in playgroups are closed. Instead, our parent community developers host outdoor playgroups in Little Cates Park. We'll be there, rain or shine.

July 7, 14, 21, and 28, with August dates TBA.

Little Cates Park: 4000 Dollarton
Highway (Off Seashell Lane).

Mon 9:30AM–11:00AM
FREE



Dad & Tot Sports Night

This playgroup is for fathers (or any other important male in the child's life) with younger children, but older siblings are also welcome. Enjoy playing and story time just before going to bed. Held at the Seymour Youth Centre, a stand-alone building in the second parking lot behind Ron Andrews Recreation Centre. A light dinner is provided.

Spring Sessions: April 2, May 7, and June 4
Wed 6:15 PM–7:30 PM (first Wednesday of the month)
FREE



Special Events for Families

Throughout the year, Family Services hosts seasonal parties and workshops at Parkgate Community Centre.

For more information and dates for spring and summer events, please check our website or email: children@parkgatesociety.ca

Our Mother Goose, Dad and Tots Sport Night, Summer Playgroup, and Baby & Me programs are all made available through funding from Community Action Program for Children (CAPC).



Philosophy

The Parkgate Society Youth Services Team strives to create and empower positive change among youth between the ages of 10 and 24 living in the Deep Cove/East Seymour area. We aim to strengthen the community, advocate for the rights of youth, and promote personal growth and development by providing opportunities, knowledge, and resources for youth.

Parkgate Youth Centre

We host free and low-cost weekly programs for youth in grades 5–12. Our centre is an engaging and inclusive place with themes and activities to encourage youth to try new things while enjoying a positive environment with peers their age.

Our youth programs are facilitated by welcoming staff who are trained to work with youth from diverse backgrounds and abilities. Our weekly drop-in programs vary based on age and interest; however, we aim to have something for everyone, whether it's ping pong, board games, or arts and crafts. We also play sports at open gym sessions, along with video games and, of course, snacks! Our weekly drop-ins are listed by type below:

- All Youth (Grades 5–12)
- Preteen Drop-Ins (Grades 5–7)
- Teen Drop-Ins (Grades 8–12)





Parkgate Youth Centre

Parkgate youth programs also offer various specialized groups and events for youth, along with peer support groups. These groups often require registration or a fee to join and are not offered year-round, so please refer to our website and monthly calendar for more information.

- Dungeons & Dragons Club (Grades 5–12) is a high fantasy tabletop game that builds on a storyline through collaboration and problem-solving.
- Gals N Pals (Grades 6–12) is a peer support group for 2SLGBTQIA+ youth and allies.
- All-Youth Drag Event in celebration of Pride on July 29. This is a ticketed event for youth and supporters that will feature renowned local drag performers.

For more information on drop-in schedules and activities, visit our website: www.parkgatesociety.ca/youth-centre or follow us on Instagram: [Parkgate.Youth.Centre](https://www.instagram.com/Parkgate.Youth.Centre). Contact our Youth Centre Coordinator at: 604.783.5754.



Youth Outreach Services

Our free youth outreach services provide non-judgmental support to youth in the community. Our trained Youth Outreach Workers, who are in their early adulthood, have experience with common youth issues such as anxiety, isolation, employment, suicidal thoughts, and peer relationships. They can meet with youth one-on-one in the community to listen and help them constructively express themselves. Referrals can be made by youth themselves, a peer, parent/guardian, or concerned community member through our website at parkgatesociety.ca/youth/youth-services-referral-form or by phone to the Youth Services Manager at 604.783.8053.



Preteen Dances

The Youth Services team takes pride in organizing highly popular preteen dances, which are fee-based events for students in Grades 6 and 7, typically held monthly during the school year. These dances allow preteens to explore social interactions in a safe, supervised environment while having a lot of fun. The dances also create a shared community experience prior to moving on to high school. All dances are on Saturdays from 7 to 10 p.m. There are 550 tickets to each dance, and they typically sell out very quickly.

To stay up to date and view our Dance FAQ, visit:

www.parkgatesociety.ca/youth/preteen-dances/

Spring Dance Dates: Register at nvrc.ca

Grade 6–7: May 10, 7:00 PM–10:00 PM, Event ID: 330377

Grade 6–7: May 31, 7:00 PM–10:00 PM, Event ID: 330380

Camp Extreme

This co-ed camp is intended for older youth looking to make connections and get outside! Exploring what Deep Cove has to offer, the selected activities are fun yet challenging enough to encourage reflection and team building. Activities include kayaking, paddleboarding, and local hikes. This camp is led by the Parkgate Youth Services team, and each day we will walk to our planned activity. We offer three different weeks throughout the summer. Visit our website for more information:

www.parkgatesociety.ca/youth/youth-camps or contact the Youth Services Manager, who can answer any additional questions at 604.783.8053.

Summer Youth Camps: Register at nvrc.ca

Camp Extreme, Grade 6-7: July 21-25, Event ID: 351854

Camp Extreme, Grade 5-7: Aug 11-15, Event ID: 351994

Camp Extreme, Grade 7-9: Aug 25-29, Event ID: 351997

All camps run Monday–Friday, 9:00 AM–3:00 PM





Philosophy

As we age, our lives inevitably change. We may leave the workforce, lose friends or loved ones, and experience shifts in our social lives. It can be daunting to stay connected or create new connections. That's where Parkgate Society's Seniors Team comes in. We strive to create and sustain a variety of programs for seniors of all ages and interests. Our outreach team also runs Social Prescribing for North Vancouver, connecting local seniors to programs that can help them "live life better." At Parkgate, we are committed to supporting seniors and helping them stay connected to their community.

Drop-In Programs

Parkgate Pacers

Join your friends for walks around the community, with occasional trips to other locations of interest. Return to Parkgate for tea and coffee. Call Janet at 604.983.9976 for more information. Meet in the Parkgate Plaza.

Mon/Thu 1:00 PM–3:00 PM (until April) FREE (Mon: \$2 for coffee)

Mon/Thu 10:30 AM–12:00 PM (May–Aug)

* Closed April 21, May 19, & Aug 4

Men's Walking Group

Join a group of men for a casual walk through the local terrain followed by coffee and tea inside. Meet in the Parkgate Lobby.

Tue 10:30 AM–12:30 PM FREE (coffee, tea \$2)

Keep Well

An exercise and wellness program for seniors. The program includes one hour of mild exercise followed by blood pressure checks, health coaching, massages, and fellowship. Guest speakers on the 3rd Tuesday of the month. Fellowship in the refreshment room after class.

Tue 9:30 AM–10:30 AM \$2 donation

Cardiac Coffee

Enjoy coffee with friends following the Cardiac Conditioning program.

Mon/Fri 9:00 AM–9:30 AM \$2 for coffee

* Closed on April 21, May 19, and Aug 4.

Caregivers Connect

Group for caregivers of seniors with dementia, facilitated by Family Services.

Alternating Tuesdays, 11:00 AM–12:30 PM FREE



Drop-In Programs

Drop-In Games

Weekly drop-ins for Scrabble, Cribbage, and Chess. Call to get introduced to a group.

Mon (incl. Scrabble) 10:00 AM–12:00 PM \$5 (tea, coffee, treats included)

Mon 1:00 PM–3:00 PM

Tue (incl. Cribbage) 10:00 AM–12:00 PM

Fri 10:00 AM–12:00 PM

* Closed on April 21, May 19, and Aug 4.

Mah Jong

Come and enjoy coffee and a game of Mah Jong with friends, or join other new and experienced players in a welcoming environment.

Tue 10:00 AM–12:00 PM

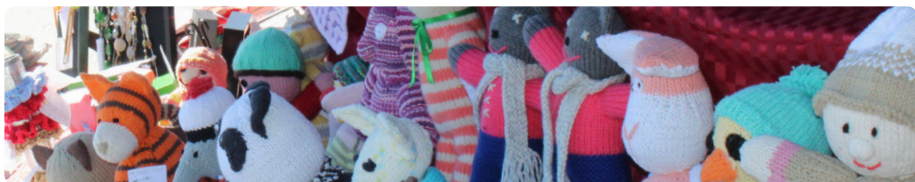
Wed 1:00 PM–3:00 PM \$5 (tea, coffee, treats included)

Parkgate Crafters

Join us to make crafts, knit, quilt, crochet, paint, make cards, and more. Drop in for support or to share ideas over coffee. Items are sold to support the Parkgate Seniors' Centre.

Tue 1:00 PM–3:00 PM

FREE (tea, coffee, treats included)



iPad Club

For those with a basic understanding of how to use an iPad. This drop-in focuses on sharing tips and tricks and brainstorming solutions to issues.

Thu 10:00 AM–12:00 PM

\$10 (tea, coffee, treats included)

Movies

Enjoy a wide variety of movies. Whether you like comedy, drama, action, adventure, or romance, we have something for everyone.

Fri 2:00 PM–4:30 PM

\$3 (popcorn included)

French Club

A conversation group for all ages and all levels of French.

Tue 1:00 PM–2:00 PM

FREE

Seniors Services



Seniors

Drop-In Programs

Contract Bridge

Pre-arranged groups of four play bridge. Contact us to be added to sub list.

Wed 1:30 PM–4:00 PM

\$5 (tea, coffee, treats included)

Drop-in Duplicate Bridge

For more information, email Hylton at swaleshd@gmail.com.

Mon 12:30 PM–4:00 PM

* Closed on April 21, May 19, and Aug 4.

\$5 (tea, coffee, treats included)

Drop-In Bridge

Bring your friends or drop in to meet new players. Tables will rotate regularly for added excitement, challenge, and new connections.

Fri 1:00 PM–4:30 PM

\$5 (tea, coffee, treats included)

Registered Programs

My Parkgate Break

Our registered day program supports individuals aging at home with a dementia diagnosis. Participants must complete an intake meeting. Contact Pam Havens at phavens@parkgatesociety.ca

Group 1: Tue/Thu 11:00 AM–3:00 PM

Group 2: Fri 11:00 AM–3:00 PM



Chair Yoga

Increase core strength and balance through gentle stretches using the chair for mobility and balance.

Mon 9:30 AM–10:30 AM Mar 31–May 5: \$50 May 12–June 16: \$50

* Closed on April 21 and May 19.

Line Dancing Lessons

This fun and upbeat class welcomes all levels. Improve your coordination, balance, and memory!

Mon 1:00 PM–2:00 PM April 7–May 12: \$35 May 26–June 30: \$42

* Closed on May 19 and Aug 4 July 7–Aug 18: \$42

Variety Dance Lessons

Explore different styles and methods of dance. All levels welcome.

Thu 11:00 AM–12:00 PM April 3–May 8: \$42 May 15–June 19: \$42

July 10–Aug 14: \$42



Registered Programs

Balance and Mobility Exercises

Stay active and independent! Have fun while learning strategies to prevent falls and injuries. Classes include balance, mobility, and strength exercises.

Tue 9:00 AM–10:00 AM April 1–May 6: \$60 May 13–June 17: \$60

Thu 9:00 AM–10:00 AM April 3–May 8: \$60 May 15–June 19: \$60

What's News

Join this group for spirited discussion of local and global news topics. Each week features new topics presented for group discussion.

Mon 10:30 AM–12:00 PM Mar 31–June 30: \$66

* Closed on April 21 and May 19

Parkgate Singers

Parkgate Singers is a group of lively individuals who meet to share in the joy of song under director Ruth Townsend. The Parkgate Singers have been spreading joy through music at our facility since 2008. This group is currently full. Email us to join the waitlist.

Mon 11:00 AM–12:00 PM Mar 31–May 5: \$42 May 26–June 30: \$42

* Closed on April 21 and May 19

Special Events

Cookie Decorating Class

Learn fun spring-themed designs for your cookies.

Tue 4:00 PM–5:00 PM Tue, April 15



Speaker Series

Join us for guest speakers on the second Wednesday of each month.

April 9: Dying with Dignity presents MAID

May 7: BMO presents The Four Biggest Retirement Concerns

Topics to be determined for June 11, July 9, and Aug 6.



Summer Solstice Dinner

Enjoy a wonderful meal, live music, and a special evening.

Raising funds for Parkgate Society.

Tue, June 24, 4:00 PM–8:00 PM

Seniors Services



Seniors

Meal Programs

Wednesday Community Meal: \$9

Enjoy a delicious home-cooked meal in great company with a rotating menu cooked by volunteers. The meal on the last Wednesday of the month is by donation. Meals sell out quickly, so come early to avoid disappointment!

Wed 11:30 AM–1:00 PM

April 2, 9, 16, 23, 30

May 7, 14, 21, 28

June 4, 11, 18, 25

July 2, 16, 30

Aug 13

Enhanced Meal

On the last Wednesday of every month, Parkgate provides transportation and a hot lunch. Anyone living east of the Seymour River qualifies. To register, call Christina at 604.983.6359.

Wed 11:30 AM–1:00 PM

April 30, May 28, June 25, July 30



BBQ in the Plaza: \$7

Join us for a BBQ in the Parkgate Plaza, enjoy a hamburger or hot dog, chips, and a drink in place of our usual Wednesday meals on three special summer days. Weather permitting. All ages welcome!

Wed 11:30 AM–1:00 PM

July 9, 23, Aug 6



Access Bus

A free biweekly needs-based service for older adults who have difficulty navigating transportation and who need extra support to get out of the house. Socialize or run errands with a helping hand. A shuttle service for the Deep Cove and Blueridge areas. To register, call Christina at 604.983.6359.

Thu 10:30 AM–2:30 PM

April 10, 24

May 15, 29

June 11 (Wed), 26

July 10, 24

Aug 8

Bus trips

Monthly excursions to local attractions and exciting events. Registration opens one month prior to the trip date.

Cherry Blossom Tour

Tue April 1

Chilliwack Tulip Festival

Mon, April 28

Cirque Du Soleil Crystal

Sat June 7

Broadway Musical: Waitress

Sun, July 27

Milner Cheese + Krause Berry

July Date TBD

Picnic at Belcarra Park

Aug Date TBD



Additional trips and more information will be posted on the Seniors' Board.

Community Events

Volunteer Appreciation Week: April 27–May 3, 2025

Volunteers are the heart of our community! As we celebrate Volunteer Appreciation Week, we want to extend a heartfelt thank you to all of our volunteers who give their time, energy, and skills to make a difference in the lives of others.

Youth Week: May 1–7, 2025

Mark your calendars! Join us in celebrating the diverse facets, passions, and abilities of the young people in our community.

For the latest updates, visit parkgatesociety.ca/youth/ or follow us on Instagram: @parkgate.youth.centre

Shred It Fundraiser: May 24, 2025

On Saturday, May 24, the Deep Cove Lions Club and the Mt. Seymour Lions Club will once again be holding this popular fundraiser in support of Parkgate Society's My Parkgate BREAK, a program for people with mild to moderate dementia and their caregivers.

Seniors Week: June 2–6, 2025

Join us in celebrating the amazing contributions of our older community members. Seniors bring a wealth of talent and diversity to our community. Let's honour and appreciate them this week with assorted activities and giveaways.

Community BBQs

Gather with friends, neighbours, and Parkgate's amazing staff and volunteers. Enjoy delicious food and great company this summer!

Wednesdays: July 9, July 23, and August 6, 2025

Parkgate Plaza

11:30 AM start

Parkgate Community Day

Join us to celebrate the coming together of our community!

A free event for all ages.

Saturday, September 13, 2025

Parkgate Plaza and Parking Lot

10:00 AM–2:00 PM

Parkgate Winter Lights

A community celebration welcoming the holiday season. Featuring music, dance, food, and more!

Friday, December 5, 2025

Parkgate Community Centre

5:00 PM–7:00 PM





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- 604-929-7753
- Sutton Group-West Coast Realty
- North Vancouver, BC
- deepcovedarcy.com

Program Guide Advertising

Contact info@parkgatesociety.ca

- ✓ Reach Your Community
- ✓ High Retention Ad Space
- ✓ Support Local, Build Trust
- ✓ Targeted & Engaged Audience



OUR VISION

A vibrant, connected community

OUR MISSION

To create opportunities for people in our community to live life better.

OUR VALUES

- Belonging:** establishing and developing meaningful relationships creates an engaged, connected and resilient community.
- Listening:** active listening and positive interactions build a foundation of community connections, engagement and trust.
- Responding:** responding to the ever-changing needs of our community can be achieved by creating a unique blend of programs and services that appeal to a diverse population.
- Connecting:** connecting with individuals, groups, agencies and businesses, helps us accomplish more together than apart.
- Welcoming:** programs and services should be welcoming, inclusive and accessible to people of all generations, cultures, means and abilities.

Parkgate Society
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Front Desk: 604.983.6350
info@parkgatesociety.ca
parkgatesociety.ca



Live Life Better • Connecting Community