

CCS NEWSLETTER



There's something about August that brings people together

August is one of our favourite months at Cap Services. Across the North Shore, residents are out and about, enjoying the longer summer days - and our staff are busy offering lots of fun activities to bring everyone together. And there's one activity that we are currently planning, and you won't want to miss it!

We are getting ready for **one of the biggest neighbourhood gatherings** of the year: **Party on the Plaza**, on **Thursday, August 6**. There will be live music, activities, games, food, and prize draws. There will also be community booths where you can discover all the amazing programs and services offered at Lions Gate Community Recreation Centre.



In this edition, we want to extend a special thanks to our 3 Canada Summer Job employees: Anaya, Johanna and Natasha, who worked on this newsletter! Also, catch up on what has been happening in our Seniors' Program, and discover more August activities to fill your days with fun and friends!

August Giveaway 🎁

Riba seems to be everywhere this month, even in this giveaway contest! Here's how to compete:

- Follow Cap Services on **Instagram** or **Facebook**
- Find all 10 photos of our wonderful Riba throughout this issue
- Leave a comment on our post telling us you've found all 10 pics
- The first to find all 10 photos will be crowned a World Cup champion



PARTY ON

For one evening, the plaza becomes our neighbourhood's living room

Every summer, the plaza transforms into something special. Families reconnect. Neighbours meet. Live music fills the space. Kids run from activity to activity while friends catch up over a hotdog meal and a cold drink. For a few hours, the entire neighbourhood gathers in one place. That's exactly why Party on the Plaza has become one of our favourite traditions.

Hosted by **Capilano Community Services**, **North Vancouver Recreation & Culture**, and the **North Vancouver District Public Library**, this free annual event brings together people of all ages for an evening of fun, connection, and community spirit.

Last year, more than 500 people joined us. Join us this year, so you can be part of the party!



THE PLAZA!

What to Expect!

 Thursday, August 6
 5:00 pm – 7:00 pm
 Lions Gate Community
Recreation Centre

Here's a small preview of what you'll find:

- Live music & entertainment
- Family-friendly activities
- Community booths and features of local resources
- Raffle prizes
- Giveaways

Food & Refreshments

- Hot dog meal combo: \$5
- Snacks: \$2
- Food is available while supplies last!
- Bring a reusable cup for water



**DROP-IN EVENT
EVERYONE WELCOME!**

**FREE
ADMISSION!**

**PARTY
ON THE PLAZA**

Thursday, August 6th, 5 PM – 7 PM

→ info@capsservices.ca

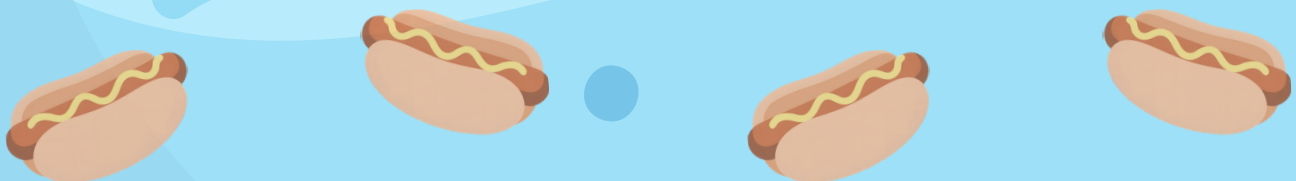
Join us for an evening of live music, dance, fun activities, raffle prizes & more!
Where: Lions Gate Community Recreation Centre - 1733 Lions Gate Lane
Enjoy a hotdog meal combo for \$5 & snacks for \$2 (Cap Services fundraiser)

 NORTH VANCOUVER
Recreation
& Culture

 CAPILANO
COMMUNITY
SERVICES

 **nvdp** NORTH VANCOUVER DISTRICT
Public Library

Most importantly, Party on the Plaza is a chance to spend time with the people who make this neighbourhood such a wonderful place to live. Bring a friend. Bring a neighbour. Bring the whole family. We can't wait to fill the plaza with music, laughter, and community spirit.



Seniors' Program

Some of the best summer memories begin with a conversation

Summer is off to a wonderful start for our seniors' community. More than 50 people joined us for **Bratwursts and Bingo**, enjoying good food, great company, and spectacular mountain views. Events like these are a reminder that sometimes the simplest afternoons create the strongest connections.



Coming Up: Music & Cheesecake on the Plaza

 **Thursday, August 13**

 **2:00 pm to 3:00 pm**

Join us for an afternoon of music, conversation, and cheesecake. Special thanks to **Amica Edgemont Village** for sponsoring the live music.

To register, please email austin@capservices.ca.

We would like to extend our sincere gratitude to our Seniors' Social Events Coordinator, Johanna, whose hard work and commitment helped foster meaningful programs, activities, and connections for participants all summer long.

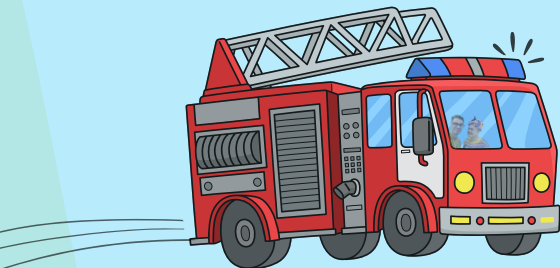
capservices.ca | austin@capservices.ca

Family & Children's Program

The days are longer, the kids are busy, and the memories are waiting to be made

We want to thank Anaya, who joined our Family & Children's team for the summer. Anaya enjoys working with children and families, loves reading and dancing, and can often be found on the playroom floor helping children explore, play, and connect.

Read about the special activities we've planned this month below:



Fire Truck Visit 🚒

-  Monday, August 10
- From 11:00 am to 12:00 pm
- Meet local firefighters, learn important fire safety tips, and explore a real fire truck up close.

Registration is required for both activities as space is limited. Scan the QR code above or send an email to xi@capservices.ca. We look forward to spending another month of fun, learning, and connection with our wonderful families.

CAPILANO COMMUNITY SERVICES

FAMILY & CHILDREN'S SUMMER POTLUCK PICNIC

PICNIC IN THE PARK

REGISTRATION REQUIRED

Date: Friday, August 28
Time: 10:30AM - 12:00PM
Location: Bell Isle Park- 1846 Belle Isle Pl, North Vancouver
Age Group: 0-5 years

Parent must be with children at all times

Please bring:

- A reusable cup.
- A dish / snack to share.
- A blanket / lawn chair.
- Water, sunscreen, and weather-appropriate clothing, including a hat.
- **Remember! No peanuts and/or other allergens**

Let's Picnic!

Family Outdoor Potluck Picnic 🍴

-  Friday, August 28
- From 10:30 am to 12:00 pm
- Join us at Bell Isle Park for games, activities, food, and a chance to celebrate summer together.

THE CAPILANO

SUPPER CLUB

\$45/ PERSON



**Cook, connect, and enjoy gourmet
meals from around the world**

The Capilano Supper Club offers a small-group culinary experience where participants explore international cuisine, prepare gourmet meals, and dine together in a relaxed social setting. Discover the stories, traditions, and health benefits behind food from around the world. Reignite your love of cooking with global flavours, health-conscious recipes, and practical skills for confident everyday cooking.

- **Who:** Adults 18+ - No cooking experience required
- **When:** Thursdays, Sept. 10 – Dec. 10, 4:30 pm - 7:30 pm
- **Where:** Kitchen at the Lions Gate Community Rec. Centre
- **Cost:** \$45/person, per class, or get a 10% discount when you book 7 consecutive classes (either Sept 10 - Oct 22, or Oct 29 to Dec 10)
- **Payment** is by e-transfer only. The payment deadline is September 4th. Sorry, no refunds or credits for missed classes.
- **To register,** email Maralyn at maralyn@capservices.ca



1733 Lions Gate Lane,
North Vancouver, BC

The Capilano Supper Club

You asked, and we listened!

In the past year, we've received lots of requests from the community asking our organization to offer an evening cooking program.

We thought it was a great idea, so beginning **this September** we're launching The Capilano Supper Club. Led by **Tanya Vipond**, the culinary force behind our hugely popular Community Lunches, this new, unique program, combines hands-on learning, cultural exploration, and shared meals in a welcoming social setting. Tanya's knowledge of food, years of culinary experience, and passion for teaching will make this a one-of-a-kind experience.

To keep the experience interactive and engaging, participation is limited to 12 people per class. This format allows everyone to learn at their own pace, ask questions, and gain practical skills they can confidently use at home.

Whether you're looking to expand your culinary repertoire, discover new flavours from around the world, or simply enjoy a great meal in good company, The Capilano Supper Club offers a welcoming space to learn, connect, and be inspired.

For more information or to register, email Maralyn Wild at: maralyn@capservices.ca