

Monthly Newsletter



New connections, exciting opportunities, and all kinds of fun along the way

May is shaping up to be a busy month. People are coming together to learn, move, connect, and celebrate community in ways both big and small.

We are recruiting for 3 temporary, full-time roles, funded in part by the federal government’s *Canada Summer Jobs* program:

- Child & Youth Worker: <https://bit.ly/48q8KZk>
- Social Events Coordinator: <https://bit.ly/42cYznm>
- Communications & Marketing Specialist: <https://bit.ly/48z2fn0>



Who would like to **volunteer** their time by **joining our Board of Directors** or **become Society Members**? Here’s an exciting opportunity for those who want to play an active role in shaping community life on the North Shore. If you have ever been curious about getting involved, this is your time to shine!



We are hosting a **giveaway!** We have hidden 10 photos of Nick Avery, our Executive Director, in the next pages of the newsletter.

To win 2 tickets to Chor Leoni’s Big Roar concerts at the Chan Centre (tickets are available for both May 8 at 7:30 pm or May 9 at 1:00 pm), all you need to do is **follow us on Instagram and/or Facebook**, and comment saying you found all 10 “Nicks”. Tag a person you would take to the concert if you win!

The **winners will be sent vouchers** with instructions on how to pick up their tickets at the **Chan Centre box office**.



FOLLOW US



FOLLOW

This is Nick ->



(This Nick doesn’t count)

Seniors' Program Updates

Connection, nourishment, and shared moments

We are excited to share the launch of a brand new program:

THE CAPILANO COMMUNITY BREAKFAST



A promotional poster for the Capilano Community Breakfast Program. It features a central image of a plate with two sunny-side-up eggs, two sausages, and mushrooms. The text 'FREE' is written in a red banner at the top left. 'EVERY FRIDAY' and '9:00 AM TO 10:00 AM' are in green boxes at the top right. 'CAPILANO COMMUNITY' is written in a large, white, curved font across the top. 'BREAKFAST PROGRAM' is in a white box at the bottom center. The Capilano Community Services logo is at the bottom left. Text at the bottom right says 'FOR AGES 55+', 'LIONS GATE COMMUNITY RECREATION CENTRE', '1733 LIONS GATE LANE', 'EMAIL: AUSTIN@CAPSERVICES.CA', and 'TO RESERVE YOUR SPOT'. At the very bottom, it says 'Funded by the Government of Canada's New Horizons for Seniors Program' and the Canada logo.



A promotional poster for the Capilano Community Breakfast Program. It features an illustration of a kitchen scene with a chef, a woman, and a man. The text 'CAPILANO COMMUNITY BREAKFAST PROGRAM' is at the top. 'EVERY FRIDAY MORNING' is in the middle. 'WE NEED KITCHEN VOLUNTEERS!' is in large yellow letters. Below that, it says 'THIS WEEKLY GROUP WILL COME TOGETHER TO COOK A FREE & HEALTHY BREAKFAST FOR SENIORS'. At the bottom right, it says 'INTERESTED IN VOLUNTEERING?'. The Capilano Community Services logo is at the top right.



Starting May 1st, the program will run:

- Day: Every Friday
- Time: 9:00 am to 10:00 am
- Location: In the River Room
- Free or by donation
- Age: 55+



This program offers a hot breakfast and coffee or tea in a welcoming, social setting. Run by seniors for seniors, it creates space grounded in shared experience, care, and connection. Spaces are limited to 30 participants per week, so we recommend reserving a spot in advance and/or volunteering with the program. Drop-ins will be welcome when space allows.

For more info or to book a spot, email:

austin@capservices.ca



Youth Programs

Movement, food, and building confidence

May marked the launch of our **Wellness Kitchen**, a **drop-in 4-week program** led by Certified Nutritional Practitioner **Ashley Lougheed**. Through hands-on cooking sessions, youth program participants build confidence and practical life skills while exploring simple, nourishing, budget-friendly meals. Each week focuses on a different theme, from breakfasts to sweets, and everything in between. Space is limited, so we recommend reserving a spot in advance.

"I'm excited to learn skills so that I can help my mum in the kitchen"
- Youth program participant



Mondays in Motion!

- Free drop-in program
- Ages 10 to 24 welcome
- Mondays, 5:30 pm to 7:00 pm

The program creates space for movement, teamwork, and loads of fun across a variety of sports.

Everyone is welcome! Skill level does not matter.

For the latest youth updates, events, and stories, follow us online or reach out to capyouth@capservices.ca, and one of our fabulous staff members will get right back to you. Check out our April newsletter to meet the Youth team.

www.capservices.ca | capyouth@capservices.ca | [Instagram.com/ccssyouth](https://www.instagram.com/ccssyouth)

Family & Children's Program

Meet the people behind our Family Programs

We are very excited to introduce the Family and Children's team: **Xi**, our Program Supervisor (Xi was previously our Family Worker), and **Fatemeh**, our new programmer. Both Xi and Fatemeh have been certified in early childhood development.



Their skills and knowledge shape all our program activities, with the goal of assisting families in exploring, learning and growing together. Programs run Monday through Friday! Our regular drop-in playgroups continue to be lively spaces for learning and connection.

This Spring, watch out for the return of Move With Me, our parent-and-child movement program filled with stretching, laughter, and lots of joyful wiggles.

One of the things we pride ourselves on is our ability to connect young families with health professionals, helping parents fact-check information and get guidance around early childhood development. Join one of our drop-in sessions to hear from guest speakers with various health backgrounds.



We want to hear from you.

Scan this QR code to learn more about our programs, register, and share your feedback! Your input **helps us shape programs** that reflect the needs and hopes of the families we serve.

For more info, visit www.capservices.ca | Any questions? Email xi@capservices.ca

Celebrating Community

We love celebrating the people who help keep our community connected

Last month, we were proud to **nominate JOHN PEIRSON** for the **Community Volunteer Spirit Award**, sponsored by **North Shore Community Resources**, in recognition of his **30 years of volunteering** with Cap Services Seniors' Bus Program, and singing in our very own band, **The Londoners**. John's dedication has made a big difference for seniors across the North Shore, and we are thrilled to share that he was recently selected as **one of this year's award recipients**.

Congratulations John on a truly well-deserved honour!



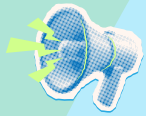
Read all about it in the North Shore News article: <https://bit.ly/4vZv7Py>

PS. Did you spot **all 10 photos of Nick** hidden throughout this issue?



If you did, keep an eye on your DMs as we will be in touch soon to let you know if you are a winner. GOOD LUCK!

Become a Capilano Community Services Society Member!



Make a choice. Have a voice



Be part of decisions that shape Capilano Community Services!



- Share your ideas and perspective
- Vote at our Annual General Meeting
- Help us refine our community programs
- Receive a copy of our Annual Impact Report
- Receive early invites & member-only updates

