

CCS NEWSLETTER



A season of new beginnings starts here

The days are cooler, routines return, and across our programs, our families, youth, and seniors are settling into a new season, ready to connect, learn, and grow.

This month, we're looking back at the incredible success of **Party on the Plaza**, celebrating the most memorable summer moments, and looking ahead to exciting fall activities already filling our calendar, such as the **Capilano Supper Club** (see last page), and the 6th iteration of **Choose to Move**, for Seniors, this time all in English! Contact us at omid@capservices.ca for more info on this program.

We're also saying **goodbye to our Summer Job Program employees** Anaya, Johanna and Natasha, who made a lasting impression! From new friendships formed with volunteers, to **Fire Truck Day**, to **Anna's Garden Party**, to countless bubbles floating through the plaza and building, the community helped make this one of our most joyful summers yet!



September Giveaway 🎁

To win, find 10 photos of Gabe, our Comms Lead, throughout this issue!

- Follow us on IG or Facebook
- Drop a comment on our post



PARTY ON THE PLAZA

One evening. Hundreds of neighbours. Countless community moments.

What a night. On August 6, the plaza came alive as community members of all ages gathered for **another unforgettable Party**. Families enjoyed activations, neighbours reconnected, children danced to live music, and community partners shared programs and services available right here on the North Shore.

Hosted by Capilano Community Services, North Vancouver Recreation & Culture, and the North Vancouver District Public Library, the event once again demonstrated the incredible power of community partnership.

Whether you stopped by for **the music, the food, the activities**, or simply the chance to spend time with friends and neighbours, thank you for helping make this year's event such a success.



Looking Ahead

If Party on the Plaza reminded us of anything, it's that our community loves opportunities to come together. As we move into fall, we're excited to keep building those moments of connection through our programs and events.

Seniors' Program

Good food, good company & stories worth sharing

Anna's legendary Garden Party has become an annual tradition that our seniors look forward to every year. This year certainly didn't disappoint! It was a packed event surrounded by beautiful flowers, great company, and an incredible spread of homemade treats. Anna truly outdid herself, **baking more than 15 different items**, for her legendary dessert plates.

A huge **thank you to Anna** for once again opening her garden to our community and for your dedication. Your generosity and hospitality make this event such a memorable highlight of the summer. We're already looking forward to next year!



MOON FESTIVAL

DINNER POTLUCK

BRING A DISH TO SHARE!

28TH
SEPT
MONDAY

**LIONS GATE COMMUNITY
RECREATION CENTRE**

1733 LIONS GATE LANE (CANYON ROOM)

5:30 PM TO 7:00 PM

**LIMITED SPACE
RESERVE YOUR SPOT**

604-988-7115 (EXT: 2009)
AUSTIN@CAPSERVICES.CA

**CAPILANO COMMUNITY
SERVICES**

United Way
Healthy Aging

**Coming up on September 28th,
from 5:30 PM to 7:00 PM:
Moon Festival Potluck**

The community will gather for a **potluck** to honour the changing of the season and celebrate the harvest.

Everyone is invited to **bring a dish to share**, whether it's a family favourite, something that reflects your culture, or simply a dish that you enjoy, we want to try it! And of course, no Moon Festival celebration would be complete without **mooncakes**.

For more info or to register,
email austin@capservices.ca

Youth Program

Big adventures, new opportunities, and another year of Future Leaders

The Youth team has had an incredible summer. From enjoying ice cream at Ambleside Beach to exploring Science World and visiting Grouse Mountain, young people experienced a summer filled with learning, friendship, and adventure. We're also excited to **welcome Jordan**, our newest Youth Outreach Worker, to the team.



Looking ahead, we're thrilled to share that **Future Leaders** has received funding for another year. This unique program helps local youth build leadership skills, gain certifications such as FoodSafe, CPR, and First Aid, strengthen resumes, and prepare for future educational and career opportunities.



Upcoming Whitecaps Outing

On September 9, youth participants will head to BC Place to watch the Vancouver Whitecaps take on LA Galaxy. Interested in joining? [✉](mailto:capyouth@capservices.ca)
Email capyouth@capservices.ca

Back-to-School Support

As summer comes to a close, we recognize that returning to school can be stressful for many young people. If you or someone you know could benefit from extra support, our Youth Workers are available for one-to-one support and guidance.

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

Family & Children's Program

The days are shorter, but the adventures are just beginning

Over the summer, volunteers supported the Family & Children's program. The children bonded with them incredibly quickly, and by the end of the season many of the little ones knew them well, which was sweet. One unexpected star of the season was **our new bubble machine**. What began as a simple addition quickly became a favourite activity. Toddlers chased bubbles with excitement, older children competed to pop as many as possible, and even parents found themselves joining in the fun.

Looking Ahead to Fall, we're excited to welcome families back for: **Play & Ask, Mother Goose, Move With Me, and Family Playgroups**. We're also planning a **visit to Maplewood Farm** this October and can't wait to share more details soon. And before our fall season begins, we'll be **returning to the River Room** with refreshed toys, materials, and even more space for little ones to learn and play.



CAPILANO COMMUNITY SERVICES

FAMILY & CHILDREN'S FALL PROGRAMS

SEPTEMBER 8 - DECEMBER 17, 2026

MONDAY	FRIDAY
FAMILY PLAY GROUP (0 - 5 YRS) 10:30 AM - 12:00 PM DROP-IN MUSICAL MONDAYS	MOTHER GOOSE (0 - 15 MONTHS) 10:00 AM - 11:00 AM (SEPT 25 - NOV 13) PARENT-CHILD REGISTERED PROGRAM
TUESDAY PLAY & ASK (0 - 30 MONTHS) 10:30 AM - 12:00 PM DROP-IN ASK HEALTH & WELLNESS QUESTIONS TO OUR SPECIAL GUEST SPEAKERS	MOVE WITH ME (1-5 YRS) 10:30 AM - 11:30 AM (NOV 20 - DEC 11) PARENT-CHILD REGISTERED PROGRAM
WEDNESDAY FAMILY PLAY GROUP (0 - 5 YRS) 10:30 AM - 12:00 PM DROP-IN INCLUDES LIBRARY STORYTIME	All our programs require parent participation, and are free or by donation. Complimentary light snacks for kids, coffee for parents are included. Spots are limited by the room's capacity and are available on a first-come, first-served basis. Location: River Room - Lions Gate Community Recreation Centre. For more information, follow us on Instagram, visit www.capservices.ca or email: xi@capservices.ca.
THURSDAY FAMILY PLAY GROUP (0 - 30 MONTHS) 10:30 AM - 12:00 PM DROP-IN	

ccrr NORTH VANCOUVER DISTRICT Public Library Vancouver Coastal Health



CAPILANO COMMUNITY SERVICES

Family and Children's Program

Maplewood Farm Visit

Time: 10:30 am to 1 pm
Date: Monday, October 19th, 2026
Address: Maplewood Farm, 405 Seymour River Pl, North Vancouver, BC V7H 1S6

For families with children **0 to 10 years old**.
Registration required. \$5+ per family, siblings allowed.

- Wear weather-appropriate clothing
- Bring water + lunch
- Light snacks provided
- Arrange your own transportation
- Parents stay with children at all times

Register using the QR code below:



FARM

Any questions? visit www.capservices.ca or email xi@capservices.ca

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 17 – Dec 3, 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 6 consecutive classes (either Sept 17 - Oct 22, or Oct 29 to Dec 3)
- **Payment** is by e-transfer only. The payment deadline is Sep 4. Sorry, no refunds or credits for missed classes.
- **To register,** email us at info@capservices.ca



**CAPILANO
COMMUNITY
SERVICES**

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 us at: info@capservices.ca