

CCS NEWSLETTER



Starting summer off right: BBQ, Soccer, and Unforgettable Moments

Here we are, in July, with exciting programs and events to kick off your summer! And with Vancouver in the spotlight this month for hosting the world's largest sporting event (the FIFA World Cup of course!), the energy across the North Shore is hard to miss.



And at Cap Services, we headed right into it. Last month, our Soccer Kick-Off and Cook-Out event brought people together in the best possible way: kids playing, families connecting, and the plaza buzzing with movement and laughter. More on that, and our next big summer event on the next page.



⚽ July Giveaway ⚽

In this month's edition, we've hidden 5 photos of Lionel Messi (Argentina's headliner) and 5 photos of Abbas Moghaddam, our resident footballer!

To win one of our **3D printed World Cup keychains**, find all photos, tag us on social media and tell us in the comments which national team you support!



Soccer Kick-Off and Cook-Out

If you were there, you already know, but if not...

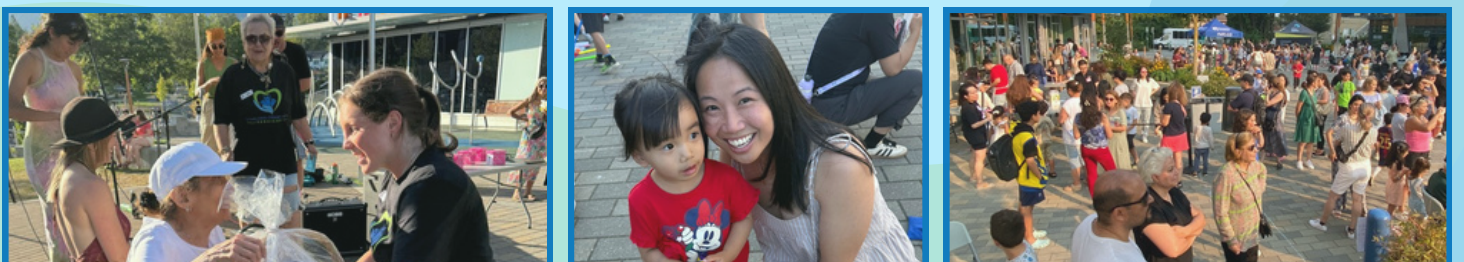


Our soccer Kick-Off and Cook-Out turned a simple afternoon into something much bigger. The plaza was full of life. Kids were running non-stop, neighbours were reconnecting, and something was happening everywhere you looked. But this was just the warm-up, because our main summer event is coming up!

👉 **PARTY ON THE PLAZA** 👉

Thursday, August 6th, from 5:00 pm to 7:00 pm

Last year, we welcomed more than 550 families & individuals for this free, drop-in, community event that features: live music, activities, affordable & fabulous food, prizes, raffles, and countless moments you won't want to miss.



My Lions Gate BREAK (MLGB)

Some programs literally change lives. MLGB is one of them.

Designed for individuals living with mild to moderate dementia, MLGB creates a space where loved ones can spend time reconnecting with creativity, conversation, and feel a sense of belonging. Through **expressive arts, music, storytelling, and shared activities, each day is built around engagement and connection.** But beyond the activities, it is what happens between group members that matters most. For many families, especially those balancing care across generations, this program offers something deeply needed: time, respite, and peace of mind. Contact the program lead Maya at maya@capservices.ca for more info.



"I am beyond grateful for what you and your beautiful volunteers have done for us. Your program was a godsend and a blessing. Thank you is just not enough."

– Program Participant

And don't forget our Red Cross **Health Equipment Loan Program**

Just downstairs in our building is another kind of support that quietly carries on. Through **HELP**, Cap Services provides medical equipment to people recovering from surgery, injury, or supporting those in palliative care to spend their final days at home. Over the past year alone, **nearly 8,000 pieces of equipment have been loaned to more than 3,300 community members.**

For families, this often means one less thing to worry about during an already challenging time. And much like MLGB, it is powered by people. Our HELP volunteers don't just provide equipment, they also provide reassurance, guidance, and understanding, shaped by their own lived experiences. To find out more, go to:

<https://www.capservices.ca/equipment-loan> or email: miki@capservices.ca

Youth Programs

More space, more time, and more connection this summer



Something simple but powerful is happening. **Youth can now drop in every single day of the week!** With the addition of new team members, Anaya and Jordan, we're expanding to 7-day programming, running throughout the entire summer. For families, this means knowing youth have access to a safe, welcoming space during the day, especially when parents are working. And for youth, it means more time to connect, explore, and just be.

Earlier this year, programming took youth across the North Shore, from Whytecliff Park to **Capilano Suspension Bridge** to Pitch & Putt. There were creative moments too, including a leather workshop where participants got to design and create their own pieces. At the same time, older youth in the **Future Leaders program** were building real-world skills, earning certifications like **FoodSafe** and **Serving It Right**, and gaining confidence for what comes next. And yes, the pizza parties are still happening! See all our planned activities on the next page.

We would also like to extend a major thank you as well to the **Seymour Lions Club**, whose generous \$3,000.00 donation is helping make all of this possible, but you can also make a difference! Even just a few dollars helps, and anything above \$25.00 automatically generates a tax receipt.



Weekly Youth Schedule

And where to find us this summer

Programs take place at Lions Gate Community Recreation Centre and Norgate Park (279 Tatlow Ave, North Van), bringing activities directly into the community:

Mondays

4:00–5:30 pm – Creative Connections (arts & crafts)

5:30–7:00 pm – Mondays in Motion (sports)

Tuesdays

1:00–3:00 pm – Youth Summer Drop-In (Norgate Park)

Wednesdays

2:00–3:30 pm – Wellness Wednesdays

Thursdays

1:00–3:00 pm – Youth Summer Drop-In (Norgate Park)

Fridays

2:00–4:00 pm – Game On! (+ our monthly pizza party)

Saturdays

2:00–4:00 pm – Saturday Spotlight

Sundays

12:15–2:15 pm – Sunday Social

There is always something new happening in our Youth Program, and you can follow along on our **website**. But for the latest news, stories and updates, go to our **Instagram** for all the deets!



Become a Capilano Community Services Society Member!

Here are some of the benefits of Society Membership:

- Be able to vote at our Annual General Meeting (in late June)
- Receive special invites to take part in surveys that assist us in developing new programs and events.
- Be entered into special prize draws for a chance to win tickets to local attractions and events, and many more perks!
- Be part of the “First to Know Club” and receive emails notifying you of exciting upcoming events, such as silent auctions, community lunches, and public meetings held at our facility (such as Meet Your Mayor).
- Receive a copy of our Annual Impact Report, a snapshot of how our programs and services have made a positive difference on the North Shore.

To become a Society Member, read and fill out the form below:

First name:

Last name:

Email address:

Method of payment*:

* A payment of \$10.00 is required to finalize your membership subscription. To make this payment, you can either send an e-transfer to miki@capservices.ca, or insert a cheque or cash in an envelope along with this form, and mail it to:

Capilano Community Services Society
1733 Lions Gate Lane, North Vancouver, BC V7P 0C7

You can also apply to be a Society Member online at <https://bit.ly/4s4nMuA>
Any questions? Reach out to Miki at 604-988-7115 ext. 2002