

## Virtual Spanish classes via Zoom

Spanish beginner Mondays at 10am

Spanish intermediate/advance Wednesdays at 12noon

To register, please call 604-683-2554 or email: [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org)

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**Gordon Neighbourhood House** is pleased to partner with **West End Seniors Network** to deliver a weekly prepared meal service, funded through the **Safe Seniors, Strong Communities Program**.

Through partnerships with local organizations, the **United Way Local Love Food Hub** and **Safe Seniors, Strong Communities Program** provides prepared meals and other essential goods at no cost to people in the West End community who are facing food insecurity during this very challenging time. For more information, please contact Jenn Mason at (236) 838-9488 or [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org).

Safe Seniors', Strong Communities is a partnership between United Way's Better at Home program, bc211 and BC. Government through the Ministry of Health.

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 604-683-2554

 <http://gordonhouse.org>

 [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org)

 1019 Broughton St., Vancouver, BC, V6G 2A7

 Gordon Neighbourhood House

 @GordonNHouse

# January 2021

## SENIORS' PROGRAMS



We acknowledge that Gordon Neighbourhood House is located on the unceded, occupied, ancestral and traditional homelands of xʷməθkwəy̅əm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

# PROGRAMS

## **Qi Gong Online      Monday, Wednesday & Friday at 10.30am**

Join Christine Allen Mondays and Fridays for **RELAX IN FLOW** to unwind and recentre with breath, movement and imagination. On Wednesdays energise and dance in flow through breath, movement and imagination with **DANCE WITH QI**. To join our online QiGong classes, please contact Jenn at 236-838-9488 or email: [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org)

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## **Online Cooking Class - Nourish in the Kitchen with Stephanie Monday's at 2 pm**

Follow along online with Stephanie, our Seniors' Program Assistant, while she goes through easy, delicious and nutritious meal recipes from her kitchen. You can sign up to participate and come pick up the ingredients at Gordon House on Friday's to get ready to be your own chef or enjoy the cooking show for your leisure. There is always room for creativity and personalization to one's diet! To register, please contact Stephanie at 604-683-2554 or email: [stephanie@gordonhouse.org](mailto:stephanie@gordonhouse.org)

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## **Seniors' Lounge Online      Tuesdays at 1:30pm**

Connect with friends and meet your neighbours at the Lounge, a weekly social gathering online. To join our Zoom Video, please contact Jenn at 236-838-9488 or email: [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org)

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## **Tech Tips & Tricks      Wednesday's at 10am**

Want to learn how to increase your technology skills? Especially during these times, you can use technology to continue connections with others. If you're brand new or tech savvy, together we will go through how to use Zoom Video, social media, mobile apps and any other topics or questions you have regarding technology. To book an appointment, please contact Stephanie at 604-683-2554 or email [stephanie@gordonhouse.org](mailto:stephanie@gordonhouse.org)

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## **Chair Yoga Online      Wednesdays at 12:30pm**

Maintain better health & wellness with Online Chair Yoga, Wednesdays, at 12:30pm. Our trained instructor will guide participants through a series of exercises to help improve mobility, flexibility & strength. To join our Zoom video, please contact Jenn at 236-838-9488 or email: [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org)

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## **Photo Club (online)      Wednesday's at 1pm**

Connect with your creative side and others at the weekly photo club! Take pictures on your camera or phone and share your perspective through the lens. Send us your pictures and share your stories each week and we'll make prints for you to frame, make cards and scrapebooks to go down memory lane! To register, please contact Stephanie at 604-683-2554 or email: [stephanie@gordonhouse.org](mailto:stephanie@gordonhouse.org)

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## **Grace's Gathering (online)      Thursday's at 2pm**

Grace's gathering is a weekly online group open to anyone who would like to gain coping skills and strategies when faced with life challenges. Whether your experiencing loneliness, grief, or health related challenges, this group offers a nurturing environment and a safe place for those who want to connect to their community. Grace Hann is a Peer Support & Training Professional and provides support to both Gordon Neighbourhood House and the Jewish Seniors Alliance. To join our Zoom video, please contact Jenn at 236-838-9488 or email [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org)

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## **Yoga Online      Thursday's at 10.30am**

Our trained instructor will guide participants through a series of exercises to help improve mobility, flexibility & strength. To join our Zoom Video, please contact Jenn at 236-838-9488 or email : [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org)

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**Peggy Casey**

Though we grieve our loss, there is joy too, in having known and loved such a special person. Peggy touched the lives of many people with her smile, gentle spirit and grace. Peggy will always have a special place in the hearts of everyone at the Gordon House & those she knew