

To find out about upcoming programming, visit our **Facebook page**, follow us on **Instagram**, or pick up the latest Seniors' brochure at Kay's Place in the Denman Place Mall. To find out more about our past activities please visit **our blog** with posts and photos.

For more information, email [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org), or call **(604) 683-2554** during regular business hours. We hope to see you soon!



604-683-2554



<http://gordonhouse.org>



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



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



Gordon Neighbourhood House



@gordonhouse

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



April 2025

## SENIORS' PROGRAMS



Photo by Maria Stanley

# PROGRAMS

All programs require current membership. Times subject to change.

## Community Lunches Mondays & Fridays @ 12pm

Come enjoy Community Lunch at Gordon House! \$7.50 for GNH members. Call us or email [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org) to register. Menu subject to change.

Friday, Apr 4 - Mediterranean Pasta with Tuna

Monday, Apr 7 - Lubia Polo (Persian Green Bean Rice)

Friday, Apr 11 - Chorizo Tacos

Mon, Apr 14- Teriyaki Tofu "Bento Box" (Sakura Blossom Special)

Fri, Apr 18- No Lunch (Good Friday)

Mon, Apr 21- No Lunch (Easter Monday)

Fri, Apr 25- Ham Roast (Easter Special)

Mon, Apr 28- Ghanian Peanut Butter Soup

## Neighbourhood News Mondays, 11am-12pm

Start your week on a positive note and catch up on local happenings! At Neighbourhood News, we'll be sharing and discussing local news & events in the West End and around town.

## QMUNITY Gathers: at GNH Mondays, 1pm-2pm

A low-key social gathering for 55+ 2SLGBTQIA Older Adults to meet new people, check in and enjoy the company of others in a safe space. Prepackaged snacks, tea, coffee, and juice, provided by QMUNITY. This is a drop in program, no RSVP required.

## Gordon House AGM Tues, April 22 @ 6 PM

All Gordon House members are invited to attend our Annual General Meeting to learn about our organization's work over the past year. Light refreshments will be served. Registration and current membership required. Please register through our front desk by calling 604-683-2554 or emailing [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org)

## Matinee Movies Thu, Apr 3 & Thu, Apr 17 @ 1:30pm

Join us for movies at Gordon House Thursdays at 1:30pm! Each month we will screen a modern release and a classic film. Popcorn provided!

## Move & Groove Thursday & Saturday, 10am- 10:30am

Join us for a 30-minute, low-impact, dance-infused, cardio fitness class that gets your body moving & grooving. All levels welcome.

## Strength & Stretch Thursday & Saturday, 10:30am- 11am

Lengthen & strengthen muscles, release tension, and promote joint mobility and stability with this new 30-minute resistance band exercise class.

## Book Club Thurs, Apr 10 @ 1:30pm

Join us for Gordon House Book Club. Each month the group will select and read a title and come together to discuss as group. Book titles will be announced each month and pre-registration is required. Max. 10 participants. Email [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org) for more info and to register.

## Qi Gong/Moving Meditation Fridays, 10-11am

Heal, relax & energize your body, mind & spirit with easy movements, breath & intention. Tap into your fountain of youth with our senior volunteer Christine.

## Seniors' Karaoke Fridays, 1pm-3pm

Bring out your inner singer at Seniors' Karaoke! We gather to sing a variety of songs together, from classic hits to modern chart-toppers. Microphones provided!

---

**Mending Monday****Mon, April 28, 1-3 PM**

Come bring in your well-loved piece of clothing for Crafty Neighbour Mary to repair, or bring your own mending to work on! This is an open-door program for all things mending.

---

**Karen's Kitchen****Tues, April 22 @ 4 PM**

Chef Karen Dar Woon will teach you delicious and nutritious recipes from around the world! Follow along via Zoom and learn some new recipes! Some ingredients may be provided. Contact [makaela@gordonhouse.org](mailto:makaela@gordonhouse.org) for more info & to sign up.

---

**GenYOGA****Wednesdays, 9:30 AM**

Join instructor Tegan for a safe space hatha Yoga class for 55+ 2SLGBTQIA+ people. This program is administered by QMUNITY. Maximum 10 participants per week. E-mail [seniors@qmunity.ca](mailto:seniors@qmunity.ca) or call **604-684-5307** to RSVP.

---

**Seniors' Out-Trips**

Get out and explore! We provide transportation to a variety of fun locations around Metro Vancouver for day trips once a month. We announce out-trips by e-mail. Contact [jenn@gordonhouse.org](mailto:jenn@gordonhouse.org) to be added to the mailing list. Tickets for announced out-trips can be purchased from our front desk.

---

**Income Tax Clinic**

Our Community Income Tax Clinic is run by trained volunteers to assist seniors and low income households in completing the current year's tax return. To qualify, clients must have a modest income and a simple tax return. Tax papers can be dropped off at our front desk during our opening hours, and will be accepted up until April 21. Please contact **604-683-2554** with any additional questions, or to confirm your eligibility.

---

**Yoga Beyond Mat with Laxmi****Tuesdays, 10-11 AM**

Maintain better health & wellness with Chair Yoga. Our trained instructor Laxmi will guide participants through a series of exercises to help improve mobility, flexibility & strength.

---

**Seniors' Lounge****Tuesdays @ 1pm**

Connect with your community in person or online and meet your neighbours at seniors' lounge, a weekly social gathering sharing their knowledge and insights. This is a drop-in program!

---

**Train Your Brain and Balance!****Tues, April 15 @ 10 AM**

Join Melissa, a Kinesiologist who specializes in senior physical activity and falls prevention for an agility training demo! Did you know that just 10 minutes of agility training each day can significantly reduce your risk of falling and hospitalization? Stop by to learn what you can do to stay mobile and independent for as long as possible! Please email [makaela@gordonhouse.org](mailto:makaela@gordonhouse.org) to register.

---

**Crafty Neighbours****Wednesdays, 1pm-3pm**

Join us for a weekly social gathering that connects our knitting, crocheting, and sewing community members and other creative folks to share their talents. Donations of yarn to support our projects are gratefully appreciated. Please drop off at Gordon House's front desk.

---

**Tech Tips & Tricks****Wed, 10:30-11:30am & 2-3pm (By appointment)**

Want to improve your technology skills? Together we will go through how to use Zoom video, social media, mobile apps, and any other tips or questions you have regarding technology.

E-mail [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org) or call **604-683-2554** to reserve a 1-hour time slot with our tech volunteer.

# April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Senior's Lounge Yoga Beyond Mat	<b>2</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>3</b> Move & Groove Strength & Stretch Movie Matinee	<b>4</b> Seniors' Karaoke Qi Gong Community Lunch	<b>5</b> Move & Groove/ Strength & Stretch
<b>6</b>	<b>7</b> Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	<b>8</b> Senior's Lounge Yoga Beyond Mat	<b>9</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>10</b> Move & Groove Strength & Stretch Book Club	<b>11</b> Seniors' Karaoke Qi Gong Community Lunch	<b>12</b> Move & Groove/ Strength & Stretch
<b>13</b>	<b>14</b> Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	<b>15</b> Senior's Lounge Train Your Brain and Balance	<b>16</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>17</b> Move & Groove Strength & Stretch Movie Matinee	<b>18</b> Closed for Good Friday	<b>19</b> Move & Groove/ Strength & Stretch
<b>20</b>	<b>21</b> Closed for Easter Monday	<b>22</b> Senior's Lounge Yoga Beyond Mat Karen's Kitchen Gordon House AGM	<b>23</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>24</b> Move & Groove Strength & Stretch	<b>25</b> Seniors' Karaoke Qi Gong Community Lunch	<b>26</b> Move & Groove/ Strength & Stretch
<b>27</b>	<b>28</b> Neighbourhood News QMUNITY Gathers: at GNH Community Lunch Mending Monday	<b>29</b> Senior's Lounge Yoga Beyond Mat	<b>30</b> Crafty Neighbours GenYOGA Tech Tips & Tricks			