



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, or call **(604) 683-2554** during regular business hours. We hope to see you soon!

 604-683-2554

 <http://gordonhouse.org>

 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 x^wməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Sə́lilwə́taʔ/Selilwitulh (Tsleil-Waututh) Nations.



APRIL 2026 SENIORS' PROGRAMS



Photo by Rick Fitzgerald

PROGRAMS

All programs require current membership. Times subject to change.

Community Lunches Mondays at noon

Come enjoy Community Lunch at Gordon House! \$7.50 for GNH members. Call us or email welcome@gordonhouse.org to register.

April Community Lunch Menu:

Mon., April 6: Closed for Easter Monday

Mon., April 13: Lasagna & Salad

Mon., April 20: Sakura Tofu Teriyaki

Mon., April 27: Pasta Primavera

Dancing with Qi Energy Mondays @9:30am

Guided & Intuitive movement to ground, release & recharge, This is a drop-in program, no registration required.

Neighbourhood News Mondays @11am

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

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.

Relaxing with Qi Energy Fridays @9:30am

Breath & meditative movement to release, rebalance & restore with Christine. This is a drop-in program, no registration required.

Imperfect Artwork Fridays from 1 - 3pm

Join us for a relaxing and non-judgmental experience with art, in celebration of the "imperfect". Each week we will try a new approach or technique (abstract and realistic). To commence this series, everyone will end up with a wonderful practice book that is colourful and filled with ideas.

All levels of experience welcome! Supplies will be provided (although please bring an apron if you would like to keep your clothes clean). Registration is limited to 8. Please email welcome@gordonhouse.org for more information and to register.

Seniors' Karaoke Fridays, 1-3pm

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!

Move, Groove, Strength & Stretch Saturdays @10am

Join us for a 2-part fitness class starting with 30 minutes of low-impact, dance-infused, cardio fitness that gets your body moving followed by 30 minutes of strength, balance and flexibility exercises using resistance bands. All levels welcome.

GORDON HOUSE ANNUAL MEMBERSHIP ON SALE APRIL 1

The Gordon Neighbourhood House Annual Membership is now on sale for \$5. Your annual membership supports our programs, events and workshops. Please see the front desk for details.

Supported Stretch & Strength **Thursdays @10am**

Improve your flexibility, mobility and increase muscle mass with slow movements that stretch and strengthen. Functional exercises are performed seated, in a chair, or holding on for stability. Suitable for seniors with mobility challenges and osteoporosis.

Matinee Movies **Thurs., April 2 and 23 at 1:30 pm**

Join us for movies at Gordon House Thursdays at 1:30pm. Each month we will screen a modern release and a classic film. This month, on the 2nd we'll watch 'A River Runs Through It' starring Brad Pitt and April 23rd we will show 'Witness', starring Harrison Ford.

Popcorn provided!

Travel Tales Friday, April 10th from 11am - 12:30pm
Morocco with Maureen Part 2

Join us Friday, April 10th from 11am-12:30pm for part 2 of a special Travel Tales Talk with Maureen, where she will continue to share amazing stories & pictures from her recent trip to Morocco. This is a drop-in program, no pre-registration is required.

April Out Trip: Fish & Chips in Steveston
Wednesday, April 15 from 11am - 3pm

Join us Wednesday, April 15th for a Fish & Chips lunch in Steveston. The price is \$30 per person and includes 1 piece of fish, fries and soft drink along with your transportation. Tickets go on sale Tuesday, April 1, please book through our front desk team.

Mending Monday **Mon., April 20 from 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.

Chair Yoga **Tuesdays at 10am**

Join us for a weekly chair yoga class with Lauren to improve your mind, body, mobility, flexibility & strength.

Seniors' Lounge **Tuesdays @1:15pm**

Connect with your community in person or online and meet your neighbours at seniors' lounge, a weekly social gathering sharing their knowledge, insights and support. Seniors' Lounge is hosted by Peer Support Trainer, Grace Hann.

2SLGBTQIA+ Gen Yoga at GNH **Wednesdays @9:30am**

Join instructor Adriaan for a safe space to practice Hatha Yoga for 55+ 2SLGBTQIA+ people. This program is run by QMUNITY and hosted at Gordon Neighbourhood House for their members. Please note participation in this class will be reserved for 2SLGBTQIA+ seniors only. For more information, please contact seniors@qmunity.ca or call 604-684-5307.

Crafty Neighbours **Wednesdays, 1:15pm-3:15pm**

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.

APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Supported Strength & Stretch Movie Matinee	3 CLOSED	4 Move, Groove, Strength & Stretch
5	6 CLOSED	7 Senior's Lounge	8 2SLGBTQIA+YOGA Crafty Neighbours	9 Supported Strength & Stretch	10 Relaxing with Qi Travel Tales Seniors' Karaoke	11 Move, Groove, Strength & Stretch
12	13 Dancing with Qi Neighbourhood News Community Lunch	14 Chair Yoga Senior's Lounge	15 2SLGBTQIA+YOGA Crafty Neighbours Out Trip: Fish & Chips in Steveston	16 Supported Strength & Stretch	17 Relaxing with Qi Seniors' Karaoke	18 Move, Groove, Strength & Stretch
19	20 Dancing with Qi Neighbourhood News Community Lunch Mending Monday	21 Chair Yoga (Sub) Senior's Lounge	22 2SLGBTQIA+YOGA Crafty Neighbours	23 Supported Strength & Stretch Movie Matinee	24 Relaxing with Qi Seniors' Karaoke	25 Move & Groove/ Strength & Stretch
26	27 Dancing with Qi Neighbourhood News Community Lunch	28 Chair Yoga (Sub) Senior's Lounge	29 2SLGBTQIA+YOGA Crafty Neighbours	30 Supported Strength & Stretch		