

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 xʷməθkwə́yəm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



DECEMBER 2025 SENIORS' PROGRAMS



VanDusen Festival of Lights

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 to register.

Monday, Dec. 1 - Potato Kookoo
Friday, Dec. 5 - Turkey Cottage Pie
Monday, Mon. Dec. 8 - Jackfruit Fessenjoon

Our Community Lunches will resume on Monday, January 5th.

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.

Crafty Christmas Workshops Mon. Dec. 1, 8 & 15 from 1-3pm

Join us for Christmas Crafts at Gordon House making holiday cards, ornaments and winter-themed decorations. The craft workshops take place Monday's, 1-3pm where you will make a different craft starting with holiday cards, followed by Christmas & Winter-themed ornaments the following weeks. Pre-registration is required as space is limited, please email jenn@gordonhouse.org or call us at 604-683-2554.

Qi Gong/Moving Meditation

Fridays @10am

Heal, relax & energize your body, mind & spirit with easy movements, breath & intention. Tap into your fountain of youth with our volunteer Christine. Class is back at GNH in October.

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!

Mix & Mingle Holiday Party Fri. Dec. 12 from 1-3pm

Come mix & mingle with some holiday nibbles at the Seniors Holiday Party and celebrate the festive season with your west end neighbours. No pre-registration required.

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.

VanDusen Festival of Lights Mon. Dec. 15 from 4:30-7:30pm

Celebrate the festive season with our out trip to VanDusen Festival of Lights on Monday, December 15. The price is \$15 per person and includes admission and transportation to and from VanDusen. Tickets go on sale Wed. Dec. 3. Space is limited so please purchase your ticket at the Front Desk to reserve your spot for this popular holiday outing.

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.

HO-HO-HO DOWN CHRISTMAS PARTY
Thursday Dec. 4 from 6:30-8:30pm

Join your west end neighbours for a holly, jolly evening at our annual Ho-Ho-Ho Down Christmas Party. All are welcome to come enjoy live music by The Rainbow Concert Band, a sing-a-long with the Barclay Bards, a Gingerbread House Competition, a Photo Keepsake with Santa, and some delicious hot cocoa, popcorn & cookies to celebrate the holiday season. No registration required.

Matinee Movies**Thurs., Dec. 11 @1:30pm**

Join us for movies at Gordon House Thursday, Dec. 11th at 1:30pm. This month we will screen the holiday favourite, *Elf*, starring Will Ferrell. Popcorn provided!

Book Club**Thurs., Dec. 11 @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, please email lindsay@gordonhouse.org to join.

GNH BINGO - Thurs. Dec. 18 @2-3:30pm

Join the Seniors' Team for lively game of BINGO at Gordon House on Thursday, December 18th from 2-3:30 pm. This is a drop in activity, no RSVP required.

Chair Yoga**Tuesdays, Dec. 2 & 9 @10am**

Join us for a weekly chair yoga class with 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, 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.

Yoga with Rachel**Wednesdays @3:30pm**

A slow-paced flow yoga practice that connects breath to movement to build flexibility and release tension. This class will focus on ground-based postures, gentle stretching, and relaxation techniques to promote a calming and grounding experience. Please bring your own mat as our supply is limited.

DECEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Neighbourhood News Community Lunch Christmas Crafts QMUNITY Gathers: at GNH	2 Chair Yog Senior's Lounge	3 2SLGBTQIA+YOGA Crafty Neighbours Yoga with Rachel	4 Supported Strength & Stretch  HO-Ho-Ho Holiday Event	5 Qi Gong Community Lunch Seniors' Karaoke	6 Move, Groove
7	8 Neighbourhood News Community Lunch Christmas Crafts QMUNITY Gathers: at GNH	9 Chair Yoga Senior's Lounge	10 2SLGBTQIA+YOGA Crafty Neighbours Yoga with Rachel	11 Supported Strength & Stretch Movie Matinee Book Club	12 Qi Gong  Mix & Mingle Holiday Party	13 Move & Groove
14	15 Neighbourhood News Christmas Crafts QMUNITY Gathers: at GNH  VanDusen Lights	16 Senior's Lounge	17 Crafty Neighbours 2SLGBTQIA+YOGA Yoga with Rachel	18 Supported Strength & Stretch GNH BINGO!	19 Seniors' Karaoke	20 Move & Groove
21	22 CLOSED FOR THE HOLIDAYS	23 CLOSED FOR THE HOLIDAYS	24 CLOSED FOR THE HOLIDAYS	25 CLOSED FOR THE HOLIDAYS	26 CLOSED FOR THE HOLIDAYS	27 Move & Groove
28	29 CLOSED FOR THE HOLIDAYS	30 CLOSED FOR THE HOLIDAYS	31 CLOSED FOR THE HOLIDAYS			