

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 Sə́lilwə́taʔ/Selilwitulh (Tsleil-Waututh) Nations.



February 2025

SENIORS' PROGRAMS



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. Menu subject to change.

Monday, Feb 3 - Chinese Vegetable Fried Rice with Egg
Friday, Feb 7 - Berbere Chicken with Jollof Rice
Monday, Feb 10 - Havij Polo (Persian Carrot Rice with beef)
Friday, Feb 14 - No Lunch
Monday, Feb 17 - Closed for Family Day
Friday, Feb 21 - Bibimbap (Korean Mixed Rice with Toppings)
Monday, Feb 24 - Four Cheese Pasta
Friday, Feb 28 - Black Bean Stew with Bread

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.

Beginner Line Dancing Paused for February

Join instructor Karen for beginner line dancing! No previous experience necessary. Bring your comfy shoes and learn dances to songs such as The Electric Slide and Achy Breaky Heart. No registration necessary, just drop in!

Matinee Movies Thu, Feb 6 & Thu, Feb 20 @ 1:30pm

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

Move & Groove Thursdays, 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 Thursdays, 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, Feb 13 @ 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 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!

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 or call 604-683-2554 to reserve a 1-hour time slot with our tech volunteer.

GenYOGA

Wednesdays, 9:30 AM

Join instructor Adriaan De Vries 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 or call 604-684-5307 to RSVP.

Karen's Kitchen

Tues, Feb 25 @ 4pm

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 for more info & to sign up.

Seniors' Out-Trips

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



Travel Tales

Fri, Feb 21, 11 AM- 12 PM

Join us for a special edition of Travel Tales! Hear all about Maureen's recent journey through South Africa, Zimbabwe, Botswana, Mozambique and finally Ireland on her way back to Vancouver. You will see safari photos, hear about being in Mozambique during a social media blackout, and 2 weeks in beautiful Ireland on the edge of winter. Drop-in, no registration required.

Fitness With Lauren

Tuesdays, 10am-10:30am

Join us for our weekly fitness class with Lauren that incorporates resistance band exercises to improve muscle tone and strength.

Chair Yoga

Tuesdays, 10:30am-11am

Maintain better health & wellness with Chair Yoga. Our trained instructor 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!

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.

February 2025

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