


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 x<sup>w</sup>məθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Sə́lilwətaʔ/Selilwitulh (Tseil-Wautuh) Nations.



## January 2025

# SENIORS' PROGRAMS



Photo by Rick Fitzgerald

# 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.

**No lunch from Dec 23- Jan 16.**

Friday, Jan 17 - Pasta Marinara  
Monday, Jan 20 - Tacos  
Friday, Jan 24 - Scottish Stovies  
Monday, Jan 27 - Kebab Kobbideh  
Friday, Jan 31 - Ramen



## 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 **Mon, Jan 6, 13, 20 @ 10 AM**

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, Jan 2 & Thu, Jan 16 @ 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, Jan 9 @ 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!

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## 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.

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## 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](mailto:seniors@qmunity.ca) or call 604-684-5307 to RSVP.

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## Karen's Kitchen

Tues, Jan 21 @ 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](mailto:makaela@gordonhouse.org) for more info & to sign up.

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## 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](mailto:jenn@gordonhouse.org) to be added to the mailing list. Tickets for announced out-trips can be purchased from our front desk.



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## Mending Monday

Mon, Jan 20, 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.

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## 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.

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## 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.

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## 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!

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## 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.

**NEW**

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## NIDUS Presentation

Friday, Jan 17, 10:30 AM- 12PM

Join us for this free presentation from NIDUS, where you will receive an overview of Representation Agreements, Enduring Powers of Attorney, and Wills. Don't wait for a health crisis or other emergency- plan now! No registration required, please drop-in.

# January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Closed for New Year's Day	<b>2</b> Movie Matinee Move & Groove Strength & Stretch	<b>3</b> Seniors' Karaoke Qi Gong	<b>4</b>
<b>5</b>	<b>6</b> Neighbourhood News QMUNITY Gathers: at GNH Beginner Line Dancing	<b>7</b> Fitness with Lauren Chair Yoga Senior's Lounge	<b>8</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>9</b> Move & Groove Strength & Stretch Book Club	<b>10</b> Seniors' Karaoke Qi Gong	<b>11</b>
<b>12</b>	<b>13</b> Neighbourhood News QMUNITY Gathers: at GNH Beginner Line Dancing	<b>14</b> Fitness with Lauren Chair Yoga Senior's Lounge	<b>15</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>16</b> Movie Matinee Move & Groove Strength & Stretch	<b>17</b> Seniors' Karaoke Community Lunch Qi Gong NIDUS Presentation	<b>18</b>
<b>19</b>	<b>20</b> Neighbourhood News Community Lunch QMUNITY Gathers: at GNH Beginner Line Dancing Mary's Mending	<b>21</b> Fitness with Lauren Chair Yoga Senior's Lounge Karen's Kitchen	<b>22</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>23</b> Move & Groove Strength & Stretch	<b>24</b> Community Lunch Seniors' Karaoke Qi Gong	<b>25</b>
<b>26</b>	<b>27</b> Neighbourhood News Community Lunch QMUNITY Gathers: at GNH	<b>28</b> Fitness with Lauren Chair Yoga Senior's Lounge	<b>29</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>30</b> Move & Groove Strength & Stretch	<b>31</b> Community Lunch Seniors' Karaoke Qi Gong	