

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.

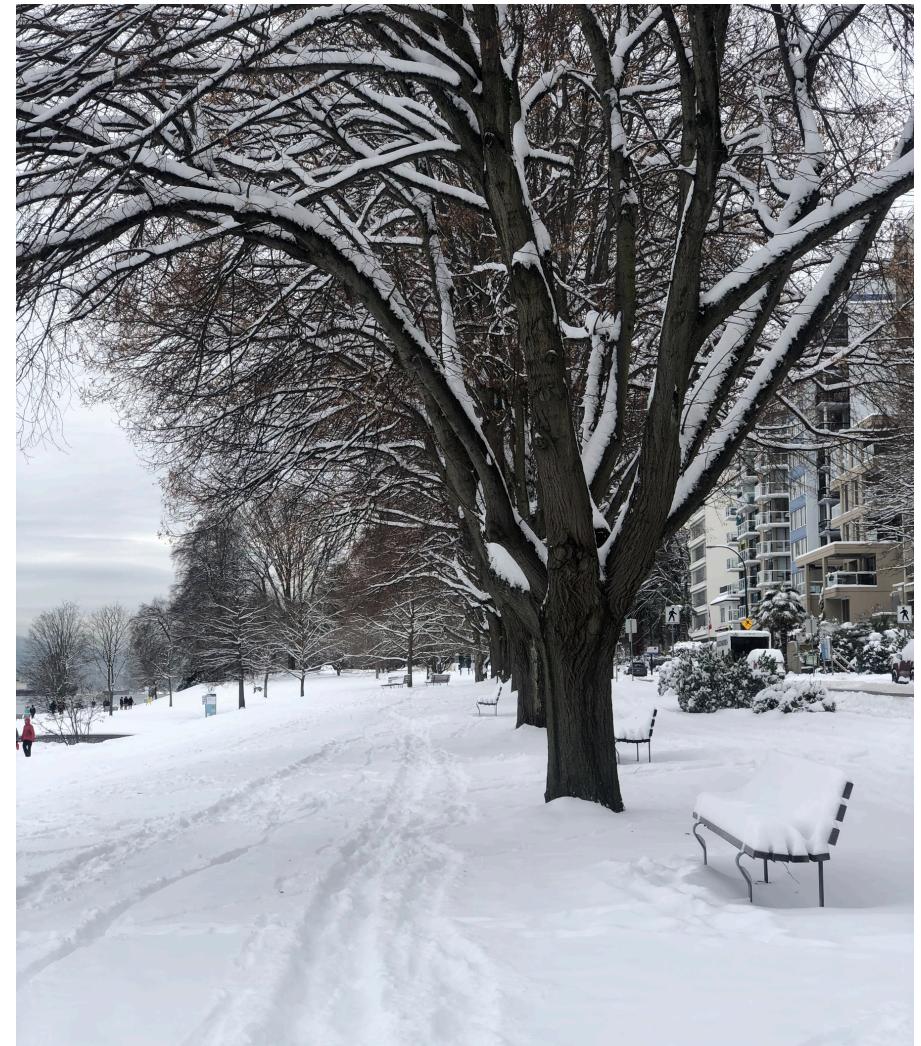
For more information, email welcome@gordonhouse.org, or call **(604) 683-2554** during regular business hours. We hope to see you soon!

-  604-683-2554
-  <http://gordonhouse.org>
-  welcome@gordonhouse.org
-  1019 Broughton St., Vancouver, BC, V6G 2A7
-  Gordon Neighbourhood House
-  @gordonnhouse

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



JANUARY 2026 SENIORS' PROGRAMS



English Bay covered in a blanket of fresh snow

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.

This month's menu, courtesy of our in house chef, Luca:

Mon, Jan 19: 4 Cheese Pasta

Mon, Jan 26: Lentil & Vegetable Stew

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.

Mending Monday

Mon, January 19 from 1-3pm

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.

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.

2026 Vision Board Workshop

Friday, January 9 @ 10am

This inspiring and fun Vision Board Workshop will be hosted by Wendy Hunter, our GNH volunteer, who has been creating vision boards for years and finds them very useful in manifesting her goals and ambitions. Materials will be provided for this workshop to create your own vision board for the coming year and if you have magazines or pictures that help visualize your goals, dreams, and aspirations that provide you with inspiration, feel free to bring along!

Pre-registration is requested, so we have enough materials for everyone to participate. Please email lindsay@gordonhouse.org to sign up.

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.

Stand Up for Mental Health Comedy Show

January 21st

7-8:30pm

Get ready for a night full of laughs and good vibes at the Stand Up for Mental Health Comedy Show at Gordon House! This event is all about using humor to shine a light on mental health, so come enjoy some hilarious stand-up and support a great cause. This event is a fundraiser with a suggested donation of \$10. Proceeds from the event will go to Stand Up for Mental Health Comedy Society, for more information, please visit

Pre-registration is required

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., January 8 and 22 @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. This month, on the 8th we'll watch 'The Father' starring Anthony Hopkins in support of National Alzheimer's Awareness Month in Canada. On the 22nd we will show 'The Notebook', a more recent classic from 2004.

Popcorn provided!

Chair Yoga

Class Resumes Tues., Jan 13 @10am

Join us for a weekly chair yoga class with Lauren to improve your mind, body, mobility, flexibility & strength. (There will be a substitute teacher for Lauren on the 20th & 27th)

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.

Laughter Yoga

Wednesday January 28th @3:30

Come out for some stretching and giggles with Micheline! Laughter Yoga is a playful exercise that combines intentional laughter with yoga breathing techniques to enhance mood, reduce stress, and promote overall wellness

JANUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 QMUNITY Gathers: at GNH	6 Senior's Lounge	7 2SLGBTQIA+YOGA Crafty Neighbours	8 Supported Strength & Stretch Movie Matinee	9 Qi Gong Seniors' Karaoke Vision Board Workshop	10 Move, Groove, Strength & Stretch
11	12 Neighbourhood News QMUNITY Gathers: at GNH	13 Chair Yoga Senior's Lounge	14 2SLGBTQIA+YOGA Crafty Neighbours	15 Supported Strength & Stretch	16 Qi Gong Seniors' Karaoke	17 Move, Groove, Strength & Stretch
18	19 Neighbourhood News Community Lunch QMUNITY Gathers Mending Monday	20 Chair Yoga (Sub) Senior's Lounge	21 2SLGBTQIA+YOGA Crafty Neighbours Stand Up for Mental Health Comedy Show	22 Supported Strength & Stretch Movie Matinee	23 Qi Gong Seniors' Karaoke	24 Move & Groove/ Strength & Stretch
25	26 Neighbourhood News Community Lunch QMUNITY Gathers: at GNH	27 Chair Yoga (Sub) Senior's Lounge	28 2SLGBTQIA+YOGA Crafty Neighbours Laughter Yoga	29 Supported Strength & Stretch	30 Qi Gong Seniors' Karaoke	31 Move & Groove/ Strength & Stretch