

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](https://www.instagram.com/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 (Tseil-wautuh) Nations.



March 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](mailto:welcome@gordonhouse.org) to register. Menu subject to change.

Monday, Mar 3 - Red Dal with Pita Bread  
Friday, Mar 7 - Creamy Bacon Carbonara  
Monday, Mar 10 - Lentil Shepherd's Pie  
Fri, Mar 14- Chorizo Pitacos (Taco with Pita Bread)  
Mon, Mar 17- **No Lunch due to Spring Break**  
Fri, Mar 21- Messy Pasta (Pasta Casserole)  
Mon, Mar 24 - **No Lunch due to Spring Break**  
Fri, Mar 28- Corn Chowder with Bacon  
Mon, Mar 31- Mac & Cheese with Bison Pepperoni

## 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 March

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, Mar 6 & Thu, Mar 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 Thursday & Saturday, 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 Thursday & Saturday, 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, Mar 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](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!

## GenYOGA

Wednesdays, 9:30 AM

Join instructor Tegan 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.

## Karen's Kitchen

Paused for March

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.

## 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.



## Yoga Beyond Mat with Laxmi

Tuesdays, 10-11 AM

Maintain better health & wellness with Chair Yoga. Our trained instructor Laxmi 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. Donations of yarn to support our projects are gratefully appreciated. Please drop off at Gordon House's front desk.

## 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.



# March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>2</b>	<b>3</b> Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	<b>4</b> Senior's Lounge Yoga Beyond Mat	<b>5</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>6</b> Move & Groove Strength & Stretch Movie Matinee	<b>7</b> Seniors' Karaoke Qi Gong Community Lunch	<b>8</b>
<b>9</b>	<b>10</b> Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	<b>11</b> Senior's Lounge Yoga Beyond Mat	<b>12</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>13</b> Move & Groove Strength & Stretch Book Club	<b>14</b> Seniors' Karaoke Qi Gong Community Lunch	<b>15</b>
<b>16</b>	<b>17</b> Neighbourhood News QMUNITY Gathers: at GNH	<b>18</b> Senior's Lounge Yoga Beyond Mat	<b>19</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>20</b> Move & Groove Strength & Stretch Movie Matinee	<b>21</b> Seniors' Karaoke Community Lunch Qi Gong	<b>22</b>
<b>23</b>	<b>24</b> Neighbourhood News QMUNITY Gathers: at GNH	<b>25</b> Senior's Lounge Yoga Beyond Mat	<b>26</b> Crafty Neighbours GenYOGA Tech Tips & Tricks	<b>27</b> Move & Groove Strength & Stretch	<b>28</b> Seniors' Karaoke Qi Gong Community Lunch	<b>29</b>
<b>30</b>	<b>31</b> Neighbourhood News QMUNITY Gathers: at GNH Community Lunch					