

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



## MARCH 2026

# SENIORS' PROGRAMS

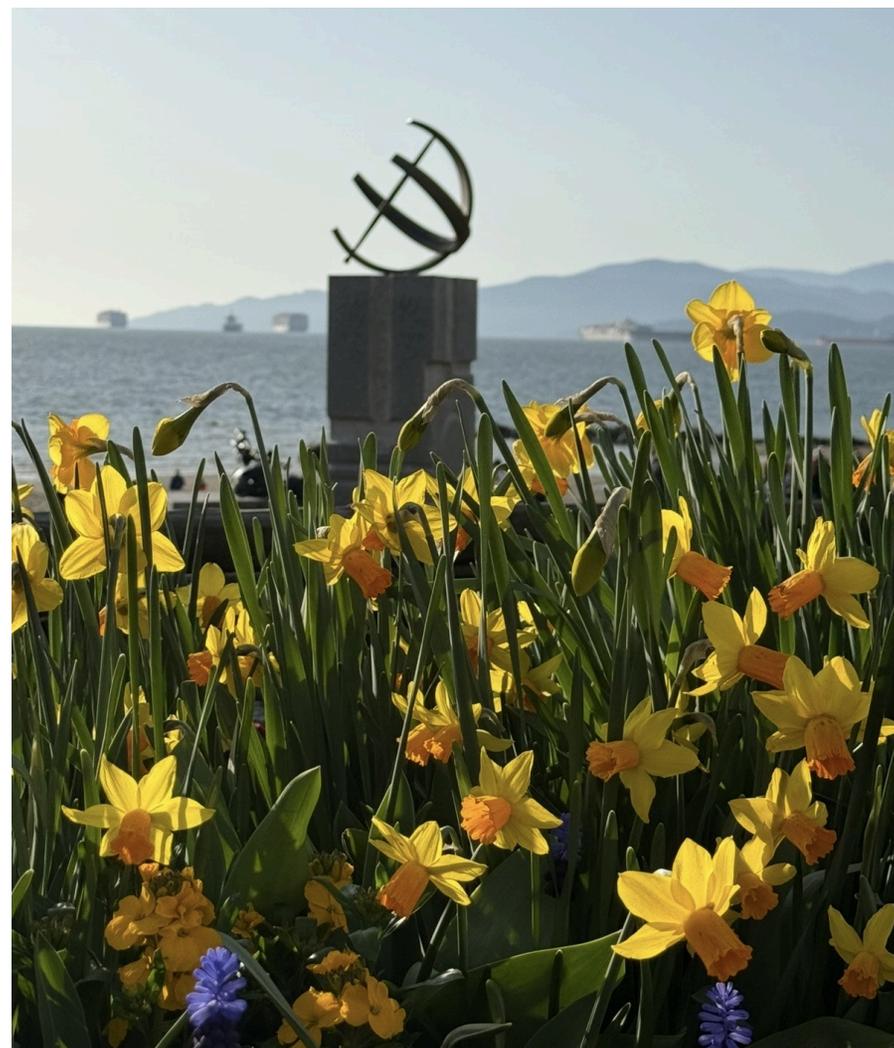


Photo by Wendy Hunter

# 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](mailto:welcome@gordonhouse.org) to register.

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

Mon Mar 2: Thai red tofu curry

Mon Mar 9: Red daal

Mon Mar 16: Colcannon-style mashed potatoes

Mon Mar 23 : Lobia polo

Mon Mar 30: Herb & lemon vegetarian pilaf with chickpeas

## Dancing with Qi / Energy of Life Mondays @ 10am

Join us for this new drop-in class with Christine! Come and gently move your body, with mindful movement and intuitive dance to global rhythms. Feel good in body, mind and spirit.

## 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.

## Matinee Movies Thursday, March 12 & 26 @1:30pm

Join us for movies at Gordon House! This month, in the spirit of St Patrick's day, we'll be watching 'Tara Road' on the 12th. On the 26<sup>th</sup> we will watch 'Frida' in celebration of March being Women's History Month. Popcorn provided!

## Relaxing with Qi Fridays @ 10am

Release, rebalance, and rebuild with meditative breath infused with intention and flowing meditative movement. Feel good in body, mind and spirit with this drop-in class.

## Minoru Centre Out-Trip \$20 Friday, March 13th at 10:45am

Come join us for a visit to The Seniors Centre at Minoru Centre for Active Living in Richmond. It is a fully accessible facility for seniors 55 years and older that offers active, healthy and social lifestyle opportunities. We will be going for their Friday Fish lunch, and will stay for some live music in their Fireside Lounge. Space is limited so please purchase your ticket for the event at the front desk to reserve your spot.

## 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. (No class Feb 14th)

**Reducing Stress - DASH Study**      **Tues, March 17<sup>th</sup> @ 3:00pm**

Reducing Stress to Improve Health and Wellbeing - "Can physical and social activities aid in stress recovery for older adults (60+)? That's what the DASH (The Daily Activities, Social Events, and Health) Study aims to find out! The main objective of our research is to demonstrate that both internal and external resources - like exercise, savouring, and social interactions - are protective factors that foster resilience in older people. Consequently, weakening the negative effects associated with experiencing stressful events, and improving healthy ageing among Canadian older adults. Your participation in the DASH study can play a vital role in shaping future health initiatives for older adults!

Join us for a community information session hosted by Gordon Neighbourhood House on Tuesday, 17th March 2026, from 3:00 pm to 4:00 pm to find out more about the DASH study, as well as tips for relieving stress and preserving health and wellbeing."

**Crafty Neighbours**      **Wednesdays from 1:15pm-3:15pm**

Join us for a weekly drop-in 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.

**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. (There will be no class on Feb 12th and 19th)

**Card Making Workshop**      **Monday, March 23rd, 1-3pm**

Join our wonderful volunteer Ann, in making creative cards for every occasion! This month we'll be creating cards for Easter.

Pre registration is requested.

Please email [welcome@gordonhouse.org](mailto:welcome@gordonhouse.org) to sign up.

**Chair Yoga**      **Tuesdays @10am**

Join us for a weekly chair yoga class 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](mailto:seniors@qmunity.ca) or call 604-684-5307.

# MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Neighbourhood News Dancing with Qi Community Lunch QMUNITY Gathers: at GNH	3 Chair Yoga Senior's Lounge	4 2SLGBTQIA+YOGA Crafty Neighbours	5 Supported Strength & Stretch	6 Relaxing with Qi  Seniors' Karaoke	7 Move, Groove, Strength & Stretch
8	9 Neighbourhood News Dancing with Qi Community Lunch QMUNITY Gathers: at GNH	10 Chair Yoga Senior's Lounge	11 2SLGBTQIA+YOGA Crafty Neighbours	12 Supported Strength & Stretch  Movie Matinee	13 Relaxing with Qi Seniors' Karaoke  Senirs' Out Trip	14 Move & Groove/ Strength & Stretch
15	16 Neighbourhood News Dancing with Qi Community Lunch QMUNITY Gathers: at GNH	17 Chair Yoga <b>Reducing Stress - DASH Study</b> Senior's Lounge	18 2SLGBTQIA+YOGA Crafty Neighbours	19 Supported Strength & Stretch	20 Relaxing with Qi Seniors' Karaoke	21 Move & Groove/ Strength & Stretch
22	23 Neighbourhood News Dancing with Qi <b>Card Making Workshop</b> Community Lunch QMUNITY Gathers: at GNH	24 Chair Yoga Senior's Lounge	25 2SLGBTQIA+YOGA Crafty Neighbours	26 Supported Strength & Stretch  Movie Matinee	27 Relaxing with Qi Seniors' Karaoke	28 Move & Groove/ Strength & Stretch
29	30 Neighbourhood News Dancing with Qi Community Lunch QMUNITY Gathers: at GNH	31				