

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 x̱m̱əθkw̱əy̱əm (Musqueam), Skwxw̱ú7mesh (Squamish) and Səḻílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



MAY 2026

SENIORS' PROGRAMS

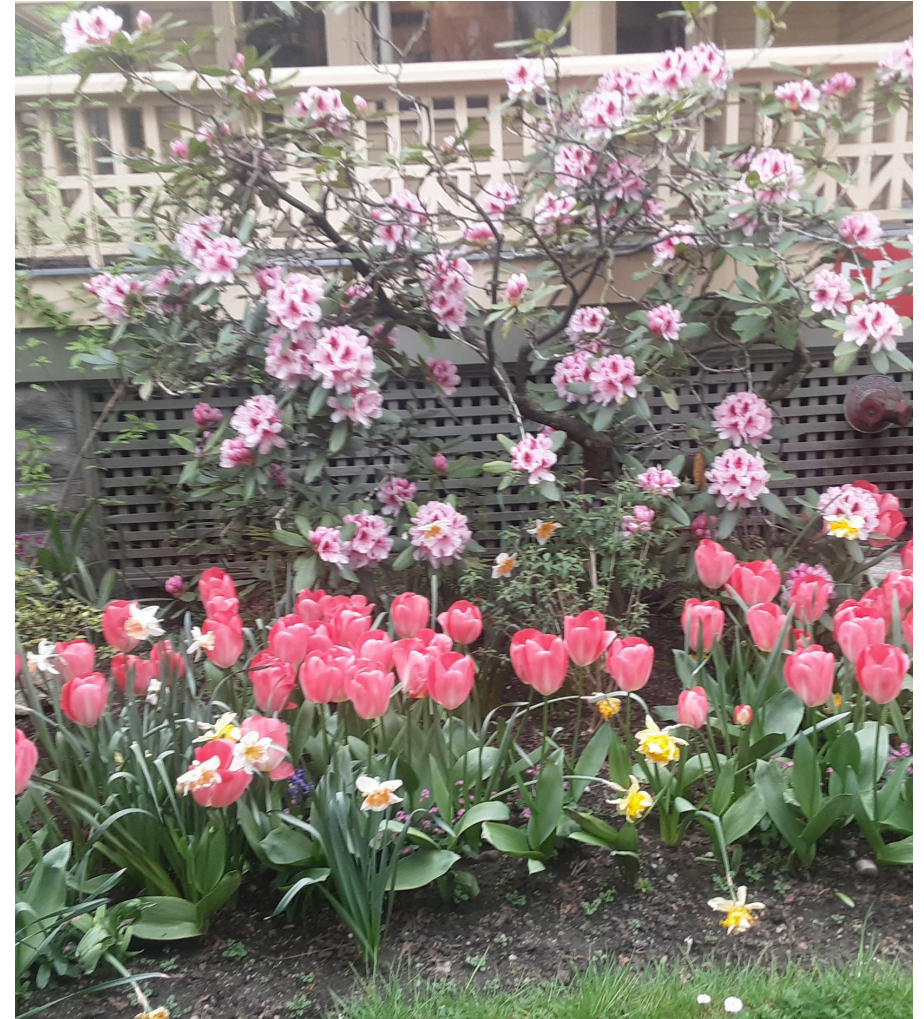


Photo by Maria Stanley

PROGRAMS

All programs require current membership. Times subject to change.

Community Lunches Mondays @12pm

Come enjoy Community Lunch at Gordon House! \$7.50 for GNH members. Call us or email welcome@gordonhouse.org to register.

May Community Lunch Menu:

Mon., May 4: Beef Lasagna

Mon., May 11: BBQ Pork Pulled Pork Sandwiches

Mon., May 18: Victoria Day Closure

Mon., May 25: 4 Cheese Risotto

Mon., May 31: Creamy Red Thai Curry

Dancing with Qi Energy Mondays @9:30am

Guided & Intuitive movement to ground, release & recharge,
This is a drop-in program, no pre-registration required.

Gardening Group Mondays @9:30am

Join us for a volunteer-led program where community members come together to plant and tend the gardens at Gordon House. In this program, we provide the seeds, soil, and tools for the community. This is a drop-in, no pre-registration required.

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. Please note there is no Neighbourhood News on May 4 & 18.

Relaxing with Qi Energy Fridays @9:30am

Breath & meditative movement to release, rebalance & restore with Christine. This is a drop-in, no pre-registration required.

Imperfect Artwork Fridays from 1 - 3pm

Join us for a relaxing and non-judgmental experience with art, in celebration of the "imperfect". Each week we will try a new approach or technique (abstract and realistic). To commence this series, everyone will end up with a wonderful practice book that is colourful and filled with ideas.

All levels of experience welcome! Supplies will be provided (although please bring an apron if you would like to keep your clothes clean). This program has reached capacity, a new session will be announced this summer.

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.

GORDON HOUSE ANNUAL MEMBERSHIP ON SALE NOW

The Gordon Neighbourhood House Annual Membership is now on sale for \$5. Your annual membership supports our programs, events and workshops. Please see the front desk for details.

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.

Crafty Neighbours**Wednesdays, 1 pm-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.

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., May 7 and 21 @1:30 pm**

Join us for movies at Gordon House, popcorn provided! This month, on the 7th, we will screen The King's Speech and May 21st, we will show Moulin Rouge. This is a drop-in program, no pre-registration required.

GORDON HOUSE NEIGHBOURHOOD HOUSE WEEK OPEN HOUSE**Friday May 8 from 10am - 12pm**

Come celebrate Neighbourhood House week with us!! Drop by for some coffee/tea & pastries. Gordon House staff will be on hand to welcome guests and provide tours and information on our programs. All are welcome, no pre-registration required.

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**Monday, May 25, 1-3 pm**

Come bring in your well-loved piece of clothing for Crafty Neighbour Mary to repair, or bring your own mending to sew. This is an open-door program for all things mending.

GNH Community Painting Project**Monday, May 11, 1:30 - 3pm**

Join us for a spring-themed community painting project where you can paint & decorate wooden birds, flowers and other seasonal ornaments that will be displayed on the front entrance at Gordon House. Please email @welcome to register.

Chair Yoga**Tuesdays @10am**

Join us for a weekly chair yoga class with Lauren 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.

MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Relaxing with Qi Seniors' Karaoke	2 Move, Groove, Strength & Stretch
3	4 Dancing with Qi Garden Group	5 Chair Yoga Senior's Lounge	6 2SLGBTQIA+YOGA Crafty Neighbours	7 Supported Strength & Stretch Matinee Movie	8 Relaxing with Qi GNH Open House Seniors' Karaoke	9 Move, Groove, Strength & Stretch
10	11 Dancing with Qi Garden Group Neighbourhood News GNH Painting Project	12 Chair Yoga Senior's Lounge	13 2SLGBTQIA+YOGA Crafty Neighbours	14 Supported Strength & Stretch	15 Relaxing with Qi Seniors' Karaoke	16 Move, Groove, Strength & Stretch
17	18 Victoria Day Closure	19 Chair Yoga Senior's Lounge	20 2SLGBTQIA+YOGA Crafty Neighbours	21 Supported Strength & Stretch Matinee Movie	22 Relaxing with Qi Seniors' Karaoke	23 Move & Groove/ Strength & Stretch
24	25 Dancing with Qi Garden Group Neighbourhood News Mending Monday	26 Chair Yoga Senior's Lounge	27 2SLGBTQIA+YOGA Crafty Neighbours	28 Supported Strength & Stretch	29 Relaxing with Qi Seniors' Karaoke	30 Move & Groove/ Strength & Stretch