

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



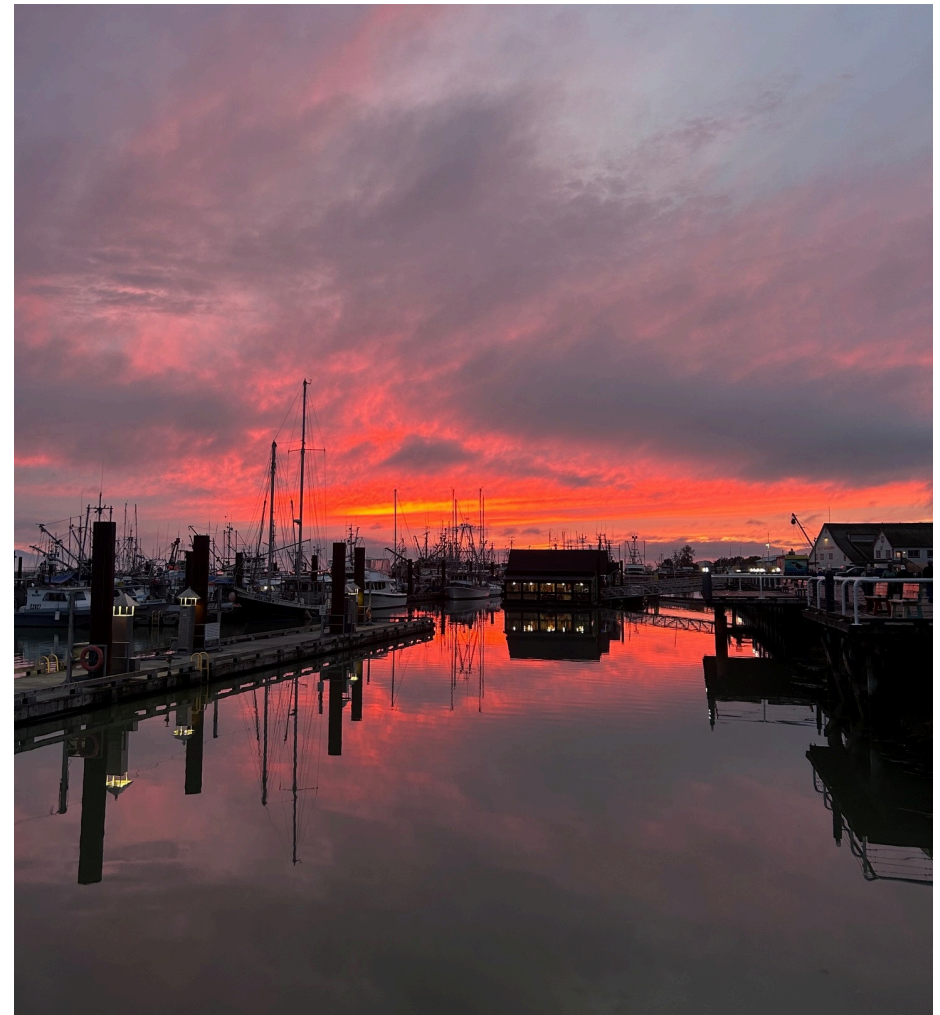
@gordonhouse

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



November 2024

SENIORS' PROGRAMS



PROGRAMS

All programs require current membership. Times subject to change.

Community Lunches **Mondays & Fridays @ 12pm**

Community lunches are back at Gordon House! **Note:** As of May, the price for lunch has increased to \$7.50 for GNH members. Call us or email welcome@gordonhouse.org to register. Menu subject to change.

Friday Nov 1 - Oyakodon (Japanese chicken & egg rice bowl)
Monday Nov 4 - Vegetarian Chili
Friday Nov 8 - Baked Kibbeh (Lebanese national dish)
Monday Nov 11 - **Closed for Remembrance Day**
Friday Nov 15 - Chana masala (Chickpea curry)
Monday Nov 18 - Anar Bij (Persian pomegranate stew with meatballs)
Friday Nov 22- **No Lunch (Pro-D Day)**
Monday Nov 25 - Mujaddara (Lebanese Rice Pilaf)
Friday Nov 29 - Murgh Makhani (Butter Chicken)

Garden Group **Mondays @ 9:30am**

Join us for the weekly Garden Group! Participants will be provided with all the materials to grow their own herbs, vegetables, or flowers. Email welcome@gordonhouse.org to register.

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.

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.

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.

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!

Karen's Kitchen **Tues, Nov 26 @ 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 for more info & to sign up.

Free Female Haircuts **Thurs, Nov 7 & 28, 10 AM- 12 PM**

Gordon House's wonderful volunteer Saeide will be offering free female haircuts on the 1st and 4th Thursday of the month from 10 AM- 12 PM. Full for 2024, please email welcome@gordonhouse.org or call 604-683-2554 to be placed on the waitlist.



Book Club **Thurs, Nov 14 @ 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 for more info and to register.

Matinee Movies **Thu, Nov 7 & Thu, Nov 21 @ 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!

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 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 or call 604-684-5307 to RSVP.

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.

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 to be added to the mailing list.

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.

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.

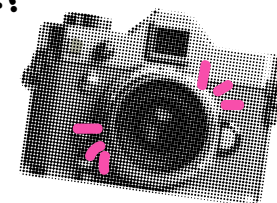
E-mail welcome@gordonhouse.org or call 604-683-2554 to reserve a 1-hour time slot with our tech volunteer.

Qi- Dance With Christine **Fridays, 10-11am**

Our volunteer Christine returns with in-person Qi Dance, starting the 3rd week of September! Release, restore, & rebalance your Qi/life force energy with gentle, easy and empowering movement.

**DO YOU HAVE A PHOTO YOU'RE PROUD
OF THAT YOU WOULD LIKE TO SEND US
FOR USE ON A FUTURE BROCHURE?**

**PLEASE EMAIL IT TO
[MAKAELA@GORDONHOUSE.ORG!](mailto:MAKAELA@GORDONHOUSE.ORG)**



November 2024

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