

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



OCTOBER 2025

SENIORS' PROGRAMS

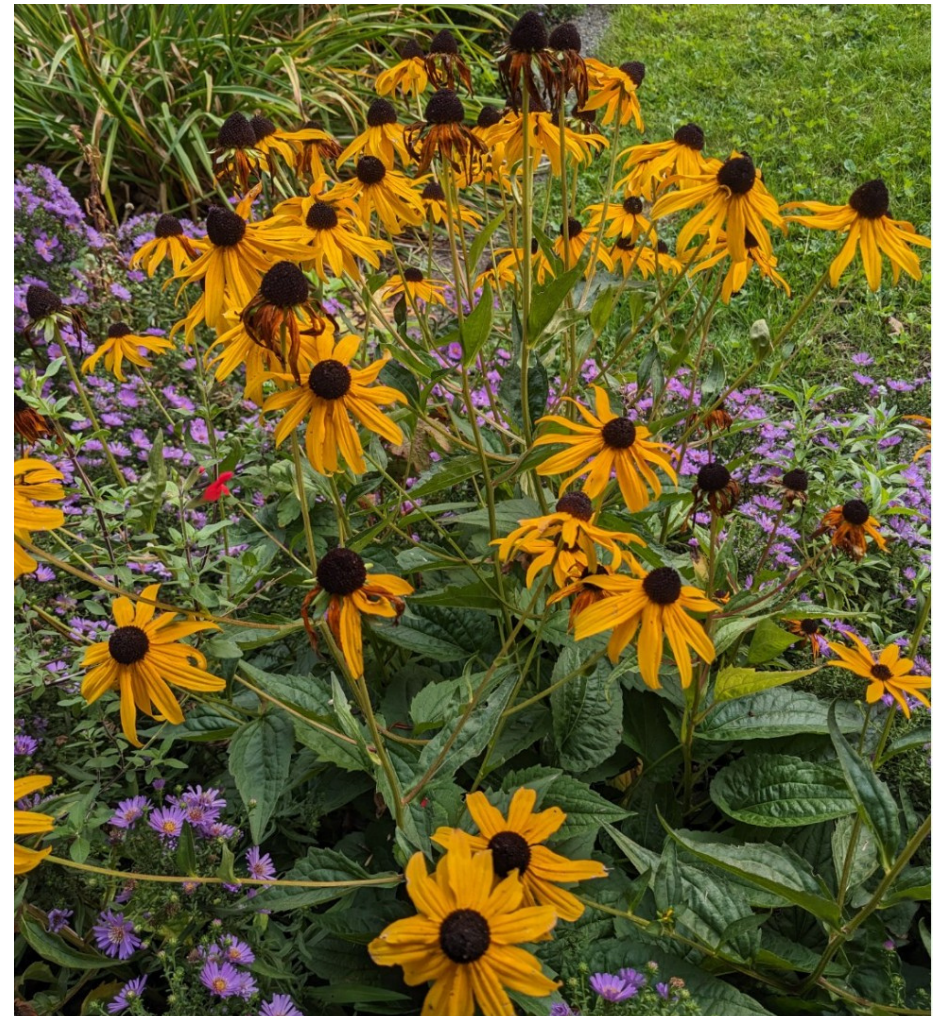


Photo by Rick Fitzgerald

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 to register. Please note there are no lunches October 13 & 24.

Friday, Oct. 3 - Meatloaf with mashed potatoes & veg
Monday, Oct. 6 - Llubia Polo (vegetarian)
Friday, Oct. 10 - Turkey chilli steamed broccoli
Monday, Oct. 13- No Lunch (Thanksgiving)
Friday, Oct. 17- Beef Stew with Salad
Monday, Oct. 20- Vegetarian curry with basmati rice (vegetarian)
Friday, Oct. 24- No Lunch (Pro-D Day)
Monday, Oct. 27 - Pumpkin risotto with sage (vegetarian)
Friday, Oct. 31 - Chicken with black bean rice & pumpkin soup

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.

Mending Monday

Mon, Oct. 20, 1-3 PM

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.

Choose to Move

Friday Oct. 3, 10 & 24. @11am

Participants design a personalized physical activity program with a certified Activity Coach to build the habit of physical activity over an 8-week program, and are provided the tools, skills, and resources to start moving again.

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!

Friday Afternoon Dance Party

Fridays @3:15pm

Get your dancing shoes on and join us for the Friday Afternoon Dance Party!! The Seniors' room will be transformed into a dance hall with music, lights and space to move & groove to your favourite songs.

Move, Groove, Strength & Stretch

Saturdays at 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.

National Seniors' Day Event

October 1 from 3-4:30pm

Come celebrate **National Seniors' Day** at Gordon House on Wednesday, Oct 1st from 3-4:30pm for a lively game of BINGO!! All are welcome, no pre-registration required.

Supported Stretch & Strength**Thursdays 10-11am**

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., Oct. 16 & 30 @ 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. Popcorn provided!

Book Club**Thurs., Oct. 9 @ 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, please email lindsay@gordonhouse.org to join.

Flow Yoga with Tegan**Thurs. 4:30-5:30 starting Oct. 23**

New 6-week beginner-friendly Vinyasa mat yoga class, focused on moving with your breath with flows that are restorative and strength building poses that will include downward dog and plank. Please bring your own mat and blocks as our supply is limited.

West End Halloween Party

& Pet Costume Contest Oct. 31 starting at 5PM

Get ready for our annual West End Halloween Party, a family (and pet friendly) community event for all ages. Come watch the kids do some trick-or-treating, and bring your fur babies to join a fun pet costume contest along. Stay for some live music, Halloween movies, popcorn, hot apple cider and hot dogs (cash donation).

Chair Yoga with Lauren**No Classes in October**

Join Lauren for her weekly chair yoga class with 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, 9:30 AM**

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, 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.

Yoga with Rachel**Wed., 3:30-4:30pm starting Oct. 15**

A slow-paced flow yoga practice that connects breath to movement to build flexibility and release tension. This class will focus on ground-based postures, gentle stretching, and relaxation techniques to promote a calming and grounding experience. Please bring your own mat as our supply is limited.

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Crafty Neighbours 2SLGBTQIA+YOGA  National Seniors Day	2 Supported Strength & Stretch	3 Qi Gong Choose to Move Community Lunch Seniors' Karaoke Friday Dance Party	4 Move, Groove, Strength & Stretch
5	6 Neighbourhood News Community Lunch QMUNITY Gathers: at GNH	7 Senior's Lounge	8 Crafty Neighbours 2SLGBTQIA+YOGA	9 Supported Strength & Stretch Book Club	10 Qi Gong Choose to Move Community Lunch Seniors' Karaoke Friday Dance Party	11 Move, Groove, Strength & Stretch
12	13 Thanksgiving	14 Senior's Lounge	15 Crafty Neighbours 2SLGBTQIA+YOGA Yoga with Rachel	16 Supported Strength & Stretch Movie Matinee	17 Qi Gong Community Lunch Seniors' Karaoke Friday Dance Party	18 Move, Groove, Strength & Stretch Diwali
19	20 Neighbourhood News Community Lunch QMUNITY Gathers: at GNH Mending Monday	21 Senior's Lounge	22 Crafty Neighbours 2SLGBTQIA+YOGA Yoga with Rachel	23 Supported Strength & Stretch Flow Yoga w. Tegan	24 Qi Gong Choose to Move Seniors' Karaoke Friday Dance Party	25 Move & Groove/ Strength & Stretch
26	27 Neighbourhood News Community Lunch QMUNITY Gathers: at GNH	28 Senior's Lounge	29 Crafty Neighbours 2SLGBTQIA+YOGA Yoga with Rachel	30 Supported Strength & Stretch Movie Matinee Flow Yoga w. Tegan	31 Qi Gong Community Lunch WE Halloween Party	