


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^wməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səłílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.



December 2024

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 to register. Menu subject to change.

Monday Dec 2 - Pasta & Ricotta

Friday Dec 6 - Cottage Pie

Monday Dec 9 - Vermicelli Stir-Fry with Eggs

Friday Dec 13 - Squash Soup with Bacon and Bread

Monday Dec 16 - Polenta Al Sugo di Salsiccia

Friday Dec 20 - Christmas Lasagna

We will be closed from Wed, Dec 25- Wed, Jan 1 for the holidays, and will reopen for regular programming on Thurs, Jan 2.

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 **Paused for December**

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, Dec 5, 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, Dec 12 @ 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.

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. Tickets for announced out-trips can be purchased from our front desk.

Wed, Dec 11, 4:30-8:30 PM: Van Dusen Festival of Lights (Tickets: \$28)

Wed, Dec 18, 3:30- 8:30 PM: Lafarge Lake Lights (Tickets: \$15)

Matinee Movies **Thu, Dec 5 & Thu, Dec 19 @ 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 **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.

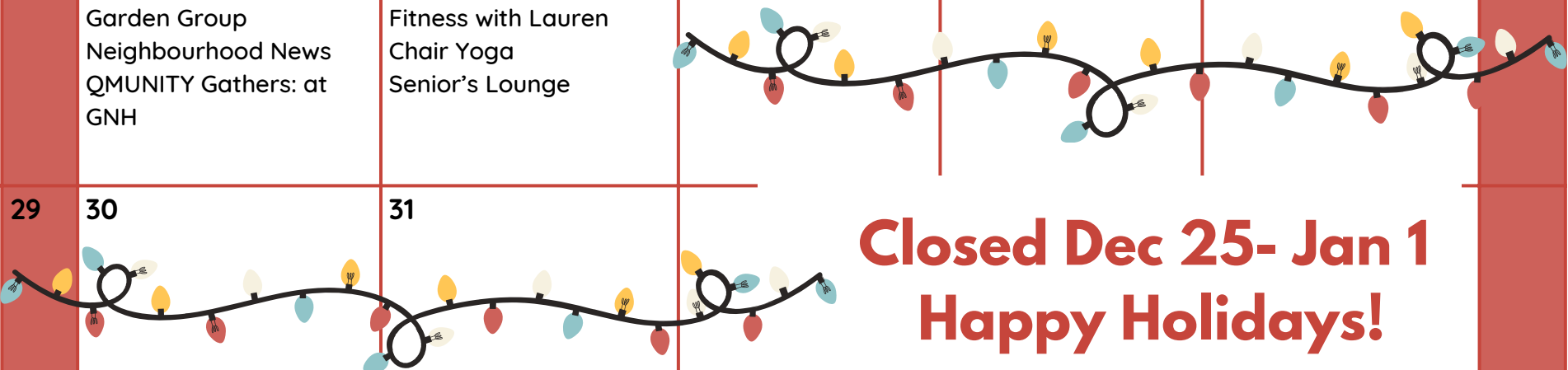
Qi Gong/Moving Meditation **Fridays, 10-11am**

Heal, relax & energize your body, mind & spirit with easy movements, breath & intention. Tap into your fountain of youth with our senior volunteer Christine.

Mending Monday **Mon, Dec 16, 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.

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Garden Group Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	3 Fitness with Lauren Chair Yoga Senior's Lounge	4 Crafty Neighbours GenYOGA Tech Tips & Tricks	5 Movie Matinee Move & Groove Strength & Stretch	6 Community Lunch Seniors' Karaoke Qi Gong	7
8	9 Garden Group Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	10 Fitness with Lauren Chair Yoga Senior's Lounge	11 Crafty Neighbours GenYOGA Tech Tips & Tricks	12 Move & Groove Strength & Stretch Book Club	13 Community Lunch Seniors' Karaoke Qi Gong	14
15	16 Garden Group Neighbourhood News QMUNITY Gathers: at GNH Community Lunch Mary's Mending	17 Fitness with Lauren Chair Yoga Senior's Lounge	18 Crafty Neighbours GenYOGA Tech Tips & Tricks	19 Movie Matinee Move & Groove Strength & Stretch	20 Community Lunch Seniors' Karaoke Qi Gong	21
22	23 Garden Group Neighbourhood News QMUNITY Gathers: at GNH	24 Fitness with Lauren Chair Yoga Senior's Lounge	25	26	27	28
29	30	31	 <p>Closed Dec 25- Jan 1 Happy Holidays!</p>			