

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



September 2025

SENIORS' PROGRAMS

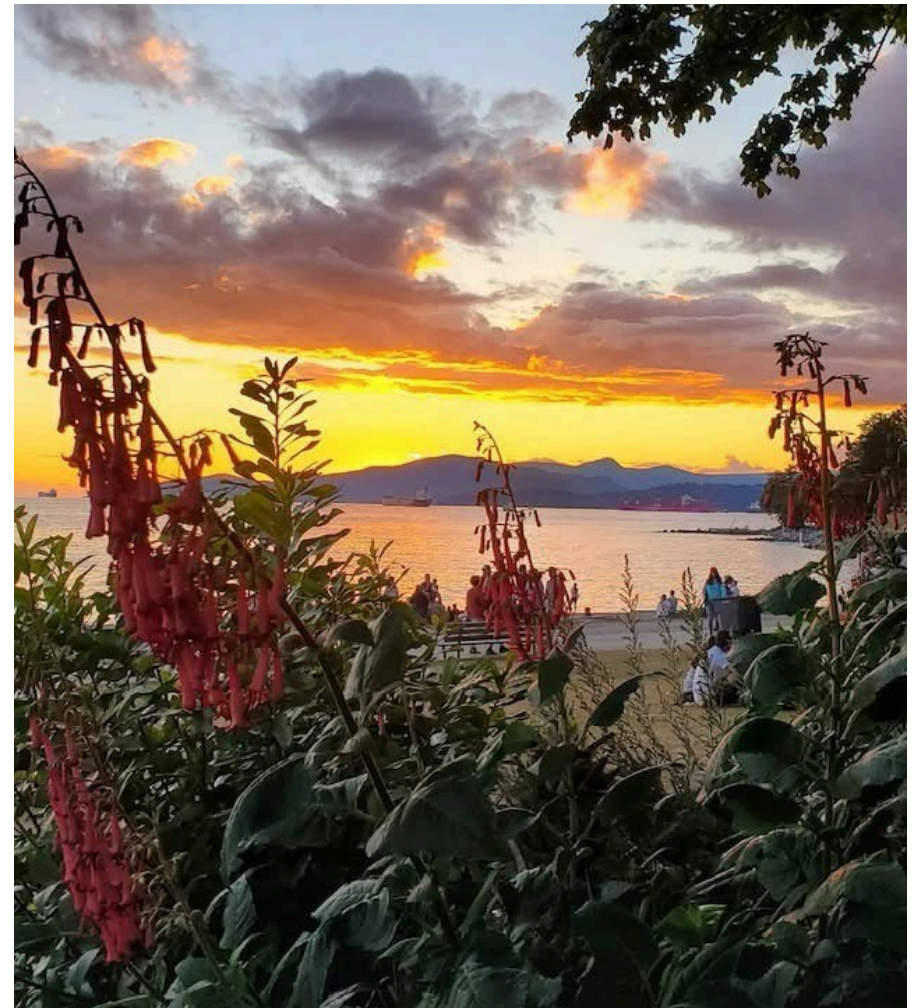


Photo by Wendy Hunter

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.

Friday, Sept. 5: Chicken with couscous & broccoli

Monday, Sept 8: Chickpea & squash curry

Friday, Sept. 12: Spaghetti with chicken meatballs

Monday, Sept 15: Veggie lasagna

Friday, Sept 19: Meatloaf with mashed potatoes & green beans

Monday, Sept 22: Lentil & beet salad

Friday, Sept. 26: Chicken Parm with Egg Noodles

Monday, Sept 29: Veggie stir-fry with quinoa

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 Mondays. Mon., Sept. 15, 1pm-3pm

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. Please be aware that not all items brought in may be suitable for this workshop and will be assessed prior to taking the item in for repair.

NEW Supported Strength & Stretch. Thursdays, 10-11am

Join us for new Supported Strength & Stretch fitness class to 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. This program is suitable for seniors with mobility challenges, osteoporosis or anyone looking to improve their flexibility.

Matinee Movies Thurs, Sept. 11 & 25 @ 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, Sept. 11 @ 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. September's title is Klara and the Sun, a speculative novel by Kazuo Ishiguro. Pick up October's title, I Have Some Questions For You, by Rebecca Makkai, a New York Times bestselling novel by Pulitzer Prize finalist at the September 11th Book Club gathering. Space is limited to 10 attendees, please email me to register at jenn@gordonhouse.org

Food Preservation Workshop Thurs, Sept. 18 @ 4pm

Learn to safely preserve food at home, with Chef Karen Dar Woon. In this demonstration workshop, you'll learn food safety and safe food handling, water bath processing, and other food storage tips, while featuring two delicious recipes. This workshop is being held in-person and online and is made possible with Neighbourhood Small Grant funding. NOTE: Space is limited to 10 seniors, please register on EVENTBRITE and use the Special Offer Code: Seniors25 when signing up.

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.

Choose to Move Info Session**Fridays @11am**

Join our information session Sept. 5 to learn about Choose to Move, a free physical activity, group, and individual coaching program for seniors looking to be more active. In this program, 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. The Choose to Move Program will run every Friday from Sept. 12- Nov. 28 at 11am. For more information and to register email jenn@gordonhouse.org.

Seniors' Karaoke**Fridays, 1pm-3pm**

Bring out your inner singer at Seniors' Karaoke! At this weekly drop-in program, we gather to sing a variety of songs together, from classic hits to modern chart-toppers. Microphones provided!

Friday Afternoon Dance Party**Fri, Sept. 5 & 11@ 3:30pm**

Get your dancing shoes on and join us twice a month for a Friday Afternoon Dance Party at Gordon House!! The Seniors' room will be transformed into a dance hall with music, lights and space to move & groove to your favourite songs. Send us some songs and we'll add it to the playlist. This is a great way to stay active, have fun and meet your neighbours.

GORDON HOUSE CLOSURES

Gordon House will be closed on Tuesday, September 30 for Truth and Reconciliation Day.

Fitness with Lauren**Tuesdays 10-11am**

Join us for our weekly fitness class with Lauren, a 2-part program that incorporates resistance band exercises to improve muscle tone and strength followed by Chair Yoga to help mobility, flexibility & strength.

Seniors' Lounge**Tuesdays @ 1pm**

Connect with your community in person or online and meet your neighbours at seniors' lounge, a weekly drop-in social gathering sharing their knowledge and insights.

QMUNITY 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 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.

Cooking Class With Karen (LIVE)**Wed, Sept. 17, 3 PM**

Join Chef Karen Dar Woon for a hands-on cooking workshop. Participants will make Salad Rolls and Summer Vegetable Soup together, using seasonal, local produce. Space is limited to 12 attendees. For more information and to register email jenn@gordonhouse.org

SEPTEMBER 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed for Labour Day	2 Fitness with Lauren	3 Crafty Neighbours GenYOGA	4 Supported Strength & Stretch	5 Qi Gong Choose To Move Info Session Community Lunch Seniors' Karaoke Friday Afternoon Dance Party	6 Move, Groove, Strength & Stretch
7	8 Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	9 Fitness with Lauren	10 Crafty Neighbours GenYOGA	11 Supported Strength & Stretch Movie Matinee Book Club	12 Qi Gong Choose To Move Community Lunch Seniors' Karaoke	13 Move, Groove, Strength & Stretch
14	15 Neighbourhood News QMUNITY Gathers: at GNH Community Lunch Mending Monday	16 Fitness with Lauren	17 Crafty Neighbours GenYOGA Cooking Class with Karen (LIVE)	18 Supported Strength & Stretch Food Preservation Workshop	19 Qi Gong Choose To Move Community Lunch Seniors' Karaoke Friday Afternoon Dance Party	20 Move, Groove, Strength & Stretch
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