

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



[@gordonnhouse](https://www.instagram.com/gordonnhouse)

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.



September 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.

Mon, Sept 2- Closed for Labour Day

Fri, Sept 6 - Onion Frittata

Mon, Sept 9- Fesenjan (Pomegranate and Walnut Chicken Stew)

Fri, Sept 13 - Chickpea Salad with Sumac Onions

Mon Sept 16 - Pasta Al Forno with Beef

Fri, Sept 20 - Thai Curry with Tofu

Mon, Sept 23- Masoor Dal (Red Lentil Dal)

Fri, Sept 27 - Truth and Reconciliation Special Lunch

Mon, Sept 30 - Closed for Truth and Reconciliation Day

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.

NEW

Free Female Haircuts Thurs, Sept 5 & 26, 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. Please email welcome@gordonhouse.org or call 604-683-2554 to register.

Qi- Dance With Christine Fri Sept 20 & 27 @ 10 AM

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.

NEW

Crochet & Machine Knit Workshop Sept 4, 11 & 18, 1:30 - 3 PM

Join our crafty neighbour group for a 3-part workshop and learn to crochet or machine knit a change purse. Pre-registration is required with supplies provided for up to 8 people. Please contact jenn@gordonhouse.org to sign up.



Book Club **Thurs, Sept 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.

Matinee Movies **Thu, Sept 5 & Thu, Sept 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!

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!

Travel Tales **Fridays, 11am-12pm**

Join us for Travel Tales, a weekly gathering where we visit places around the world through slide show presentations and videos, with pictures and stories from those who are well travelled.

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' Lounge **Paused for September**

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!

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, 10-11am & 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.

NEW

Ears To You Hearing Checks **Tuesday, Sept 17**

Ears To You will be offering free hearing checks at Gordon House all day on September 17th! Appointments are limited, so please contact welcome@gordonhouse.org or call the front desk at 604-683-2554 to register for a time slot.



September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed for Labour Day	3 Fitness with Lauren Chair Yoga Games in the Plaza	4 Crafty Neighbours Crochet + Machine Knit Workshop GenYOGA Tech Tips & Tricks	5 Movie Matinee Move & Groove Strength & Stretch	6 Travel Tales Community Lunch Seniors' Karaoke	7
8	9 Garden Group Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	10 Fitness with Lauren Chair Yoga Games in the Plaza	11 Crafty Neighbours Crochet + Machine Knit Workshop GenYOGA Tech Tips & Tricks	12 Book Club Move & Groove Strength & Stretch	13 Travel Tales Community Lunch Seniors' Karaoke	14
15	16 Garden Group Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	17 Fitness with Lauren Chair Yoga Games in the Plaza Ears to You Hearing Check Day	18 Crafty Neighbours Crochet + Machine Knit Workshop GenYOGA Tech Tips & Tricks	19 Movie Matinee Move & Groove Strength & Stretch	20 Travel Tales Community Lunch Seniors' Karaoke Qi- Dance With Christine	21
22	23 Garden Group Neighbourhood News QMUNITY Gathers: at GNH Community Lunch	24 Fitness with Lauren Chair Yoga Games in the Plaza	25 Crafty Neighbours Crochet + Machine Knit Workshop GenYOGA Tech Tips & Tricks	26 Move & Groove Strength & Stretch	27 Travel Tales Community Lunch Seniors' Karaoke Qi- Dance With Christine	28
29	30 Closed for Truth and Reconciliation Day					