



MAY 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

HEALTHY CHILD (0-12)/YOUTH (13+) /FAMILY PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 3 <ul style="list-style-type: none"> • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	May 4	May 5 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 6
May 9 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 10 <ul style="list-style-type: none"> • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	May 11	May 12 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 13
May 16 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 17 <ul style="list-style-type: none"> • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 	May 18	May 19 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 20
May 23 <p style="text-align: center;">VCHC CLOSED</p>	May 24 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 	May 25	May 26 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 27
May 30 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 31 <ul style="list-style-type: none"> • Kids Have Stress Too 4:00pm-5:00pm Ext.2653 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 			



MAY 2022 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back.
Calls from facilitators are made from a BLOCKED/PRIVATE number.

HEALTHY CHILD (0-12)/YOUTH (13+) /FAMILY PROGRAMS:

Blueprint	Dates: April 25th, 2022- June 6th, 2022	Day: MON & THUR	Time: 4:00pm-5:00pm
Program Contact: Stacey ssalmon@vaughanchc.com Phone: 905-303-8490 Ext. 2651		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Engage in fun activities and learn about: <ul style="list-style-type: none"> • Science & Technology • Engineering and Mathematics 			
Kids Have Stress Too	Dates: April 19th, 2022- May 31st, 2022	Day: TUES	Time: 4:00pm-5:00pm
Program Contact: Kelly klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Kids Have Stress Too!® is a research-based program designed to teach children how to recognize and deal with stress. Children will learn techniques to cope with stress, manage emotions and address the signs of stress before getting overwhelmed. For children 9-12 years of age.			
Family & Friends Bingo	Dates: April 5th, 2022- June 7th, 2022	Day: TUES	Time: 6:30pm-7:30pm
Program Contact: Stacey ssalmon@vaughanchc.com Phone: 905-303-8490 Ext. 2651		Platform: Online Platform Program will be offered on Ontario Telemedicine Network. Access to internet and working video/microphone on phone, tablet, or computer device	
Need a night of stress-free fun that you can enjoy with family and friends? Come and join us for Bingo nights! The virtual bingo family and friends' program is designed to enhance social cohesiveness, reduce stress, and reduce social isolation. The welcoming and social environment will engage participants and as a result increase social and mental wellness.			

For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:

 Instagram: @vaughancommunityhealthcentre

 Facebook: @vaughan.chc

 Twitter: @vaughan_chc

Or visit our website at: www.vaughanchc.com



MAY 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+)



Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <ul style="list-style-type: none"> • Heart and Mind 10:00am-11:00am Ext.2653 • Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	May 3 <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 	May 4 <ul style="list-style-type: none"> • Healthy Living Now-NEW 10:00am-12:00pm Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	May 5	May 6 <ul style="list-style-type: none"> • Decluttering 101-NEW 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
May 9 <ul style="list-style-type: none"> • Heart and Mind 10:00am-11:00am Ext.2653 • Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	May 10 <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 	May 11 <ul style="list-style-type: none"> • Healthy Living Now 10:00am-12:00pm Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	May 12	May 13 <ul style="list-style-type: none"> • Decluttering 101 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
May 16 <ul style="list-style-type: none"> • Heart and Mind 10:00am-11:00am Ext.2653 • Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	May 17 <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 	May 18 <ul style="list-style-type: none"> • Healthy Living Now 10:00am-12:00pm Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	May 19	May 20 <ul style="list-style-type: none"> • Decluttering 101 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
May 23 VCHC CLOSED	May 24 <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 	May 25 <ul style="list-style-type: none"> • Walk & Talk-NEW 10:30am-11:30am Ext.2604 • Healthy Living Now 10:00am-12:00pm Ext.2642 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	May 26	May 27 <ul style="list-style-type: none"> • Decluttering 101 10:00am-11:00am Ext.2642 • Train Your Brain 1:00pm-2:00pm Ext.2642
May 30 <ul style="list-style-type: none"> • Heart and Mind 10:00am-11:00am Ext.2653 • Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	May 31 <ul style="list-style-type: none"> • Coffee and Chats (65+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2604 • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 			

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ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

Coffee and Chats (65+)	Dates: Ongoing	Day: MON	Time: 10:30am-11:30am
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
Heart and Mind	Dates: April 18th, 2022- May 30th, 2022	Day: MON	Time: 10:00am-11:00am
Program Contact: Kelly klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: In-Person at Vaughan CHC Main Site: 9401 Jane Street, Suite 206, Maple Ontario, L6A 4H7	
Heart and Mind is a wellness drop-in program that provides an opportunity for friends to come together and engage through activities and artmaking. In a relaxed environment, facilitators and guest speakers will share strategies to enhance participants' mental and physical wellbeing.			
Feet in Motion	Dates: Ongoing	Day: WED	Time: 2:00pm-3:00pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This is a Peer-led program designed to promote physical activity through dance. The program also provides an opportunity for participants to socialize and learn from each other to help increase their overall health and the sense of community belonging. Please note the dance component is led by volunteer peer leader. Join us weekly for dancing!			
Coffee and Chats (65+)	Dates: April 6th, 2022- August 16th, 2022	Day: TUES	Time 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This program will provide an opportunity for participants to socialize and learn how to lead a healthy and active life. Group members can connect with friends and discuss topics of their choice. Presentation topics include self-care tips, quality sleep, breathing and meditation, emotional eating and cultivating a positive attitude.			
Coffee and Chats (55+)	Dates: Ongoing	Day: TUES	Time: 10:30am-11:30am
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Platform: Online Platform Program will be offered on Zoom Access to the internet and working video/microphone on phone, tablet, or computer device	
Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			

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ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

Family & Friends Bingo	Dates: Ongoing	Day: TUES	Time: 6:30pm-7:30pm
Program Contact: Stacey ssalmon@vaughanchc.com Phone: 905-303-8490 Ext. 2651		Platform: Online Platform Program will be offered on Ontario Telemedicine Network. Access to internet and working video/microphone on phone, tablet, or computer device	
Need a night of stress-free fun that you can enjoy with family and friends? Come and join us for Bingo nights! The virtual bingo family and friends' program is designed to enhance social cohesiveness, reduce stress, and reduce social isolation. The welcoming and social environment will engage participants and as a result increase social and mental wellness			
Train Your Brain	Dates: Ongoing	Day: FRI	Time: 1:00pm-2:00pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Train Your Brain is a weekly activity-based program designed for adults and older adults (aged 19+) to practice stimulating brain exercises to improve memory and concentration. Activities will help build your learning, thinking, communication and planning abilities. Staying cognitively connected and engaged along with self-care are important to optimal brain health. Join us to train your brain!			
Decluttering 101	Dates: May 6th, 2022-June 10th, 2022	Day: FRI	Time: 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Decluttering your physical space and calming the mind has become a popular trend, but where does one start? This program will provide tips, ideas and step by step guide to help you clear out unwanted clutter in your home.			
Healthy Living Now	Dates: May 4th, 2022-June 8th, 2022	Day: WED	Time: 10:00am-12:00Pm
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
The Healthy Living Now is the Chronic Disease Self-Management Program, developed at Stanford University. The program is open to people residing in York Region. It is designed to give people living with diabetes, arthritis or any other chronic health conditions and their caregivers with self-management skills and tools to help in living a healthy life. Healthy eating and exercise; managing pain, fatigue, stress and medication management, communication with healthcare professionals, making decisions about treatments, planning ahead and problem-solving and creating an action plan for success are the topics covered in these workshops.			
Walk & Talk	Dates: May 25th, 2022- Aug 31, 2022	Day: WED	Time: 10:30am-11:30am
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: The Hodgson Trail Dr. George Burrows Parkway Georgina, ON L4P 3E9	
Join us for activities like bird watching, park cleanups and good chats, while walking yourself into a healthier and happier you!			





MAY 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 3	May 4 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 5	May 6
May 9 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 10	May 11 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 12	May 13
May 16 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 17	May 18 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 19 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual group 5:30pm-7:30pm 	May 20
May 23 <p style="text-align: center;">VCHC CLOSED</p>	May 24	May 25 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 26	May 27
May 30 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	May 31 <ul style="list-style-type: none"> • COPD Support Group 1:30pm-3:00pm Ext.2 • Introduction to Diabetes Virtual group 5:30pm-7:30pm 			



MAY 2022 CHRONIC DISEASE GROUP PROGRAMS

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CHRONIC DISEASE PREVENTION/MANAGEMENT PROGRAMS:

COPD Virtual Care Program	Dates: Ongoing	Day: MON & WED	Time: 10:30am-11:30am
Program Contact: Barbara at 905-303-8490 Ext. 2		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Join us for COPD education and exercise in the comfort of your own home!			
COPD Support Group	Dates: Last Tuesday of the Month	Day: TUES	Time: 1:00pm-3:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Join our virtual COPD support group program to connect with others struggling to manage their COPD.			
Introduction to Diabetes Virtual Group	Dates: Session 2: May 19, 2022 Session 3: May 31, 2022	Time: Session 2: 5:30pm-7:30pm Session 3: 5:30pm-7:30pm	
Program Contact: Gurbinder at 905-303-8490 Ext. 2		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Recommended for newly diagnosed type 2 diabetes/Pre-diabetes. Join us for Diabetes education in the comfort of your own home			

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 Twitter: @vaughan_chc

Or visit our website at: www.vaughanchc.com



MAY 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	May 3	May 4	May 5 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	May 6 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
May 9 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	May 10	May 11	May 12 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	May 13 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
May 16 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	May 17	May 18	May 19 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	May 20 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
May 23 <p style="text-align: center;">VCHC CLOSED</p>	May 24	May 25	May 26 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm Ext.2671 Salsa for Health 5:15pm-6:15pm Ext.2671 Energize with Exercise 6:30pm-7:30pm Ext.2671 	May 27 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
May 30 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 	May 31			



MAY 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 to register for exercise education programs
2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
 - a) be screened by a Registered Kinesiologist to ensure participants is cleared for group exercise
 - b) complete registration forms

Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com



SPRING 2022 VIRTUAL EXERCISE EDUCATION PROGRAMS:

Total Body Conditioning	Dates: April 11th, 2022- June 24th, 2022	Day: MON/FRI	Time: Class A: MON:9:00am – 10:00am Class B: MON:10:00am-11:00am Class C: FRI:10:00am – 11:00am Class D: FRI:11:00am-12:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
An integrative exercise class that will work all areas of the body Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.			
Salsa for Health	Dates: April 14th, 2022- June 24th, 2022	Day: THURS	Time: 5:15pm-6:15pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Improve your cardiovascular fitness, all while learning the basics of Latin dance! This class tests your limits when it comes to balance, coordination, and most importantly- rhythm!			



MAY 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

SPRING 2022 VIRTUAL EXERCISE EDUCATION PROGRAMS:

Energize with Exercise	Dates: April 14th, 2022- June 16th, 2022	Day: THURS	Time: 6:30pm-7:30pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Circuit exercise class with a focus on the prevention and management of chronic conditions. Each circuit involves several exercises that will work the entire body. Aims to improve: balance + Coordination, muscular strength + endurance, and mobility + flexibility.			
Chair Yoga	Dates: March 31st, 2022- June 16th, 2022	Day: THURS	Time: 2:00pm-3:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This class aims to provide the opportunity for everyone to learn basic yoga postures. Chairs are used to accommodate everyone, including those with physical limitations. Yoga goes hand in hand with meditation, which together can improve: stress, concentration, and physical health			

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