



JUNE 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

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

Monday	Tuesday	Wednesday	Thursday	Friday
May 30 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	May 31 <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 	June 1	June 2 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	June 3
June 6 <ul style="list-style-type: none"> • Blueprint 4:00pm-5:00pm Ext.2651 	June 7 <ul style="list-style-type: none"> • Family & Friends Bingo Night 6:30pm-7:30pm Ext.2651 	June 8	June 9	June 10
June 13	June 14	June 15	June 16	June 17
June 20	June 21	June 22	June 23	June 24
June 27	June 28	June 29	June 30	July 1 VCHC CLOSED



JUNE 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

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Or visit our website at: www.vaughanchc.com



JUNE 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

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



Monday	Tuesday	Wednesday	Thursday	Friday
May 30 <ul style="list-style-type: none"> 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 	June 1 <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 	June 2 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 	June 3 <ul style="list-style-type: none"> Decluttering 101 10:00am-11:00am Ext.2642 Train Your Brain 1:00pm-2:00pm Ext.2642
June 6 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	June 7 <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 	June 8 <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 	June 9 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 	June 10 <ul style="list-style-type: none"> Decluttering 101 10:00am-11:00am Ext.2642 Train Your Brain 1:00pm-2:00pm Ext.2642
June 13 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	June 14 <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 	June 15 <ul style="list-style-type: none"> Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	June 16 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 	June 17 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
June 20 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	June 21 <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 	June 22 <ul style="list-style-type: none"> Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	June 23 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 	June 24 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
June 27 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-11:30am Ext.2604 	June 28 <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 	June 29 <ul style="list-style-type: none"> Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	June 30 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 	July 1 <p style="text-align: center;">VCHC CLOSED</p>

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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: Both in-person and online 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.			
Gardening & Walking	Dates: June 2nd, 2022- Aug 18th, 2022	Day: THUR	Time: 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: Human Endeavour: 439 Glenkindie Ave, Vaughan, ON L6A 2A2	
The Gardening and Walking program will allow seniors to keep active by participating in outdoor activities where they can plant vegetables and fruits, maintain a garden, socialize and enjoy a morning walk.			
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: Both in-person and online 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.			

JUNE 2022 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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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.			



JUNE 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
May 30 •COPD Virtual Care Group 10:30am-11:30am Ext.2	May 31	June 1 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 2	June 3
June 6 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 7 •Introduction to Diabetes Virtual group 1:00pm-3:00pm	June 8 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 9	June 10
June 13 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 14	June 15 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 16 • Introduction to Diabetes Virtual group 9:30am-11:30am	June 17
June 20 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 21	June 22 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 23	June 24
June 27 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 28 • COPD Support Group 1:30pm-3:00pm Ext.2 • Introduction to Diabetes Virtual group 9:30am-11:30am	June 29 •COPD Virtual Care Group 10:30am-11:30am Ext.2	June 30	July 1 VCHC CLOSED



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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 1: June 7, 2022 Session 2: June 16, 2022 Session 3: June 28, 2022	Time: Session 1: 1:00pm-3:00pm Session 2: 9:30am-11:30am Session 3: 9:30am-11:30am	
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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JUNE 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
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	June 1	June 2 <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 	June 3 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
June 6 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 7	June 8 <ul style="list-style-type: none"> Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 9 <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 	June 10 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
June 13 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 14	June 15 <ul style="list-style-type: none"> Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 16 <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 	June 17 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
June 20 <ul style="list-style-type: none"> Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 21	June 22 <ul style="list-style-type: none"> Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 23	June 24 <ul style="list-style-type: none"> Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
June 27 <ul style="list-style-type: none"> Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 28	June 29 <ul style="list-style-type: none"> Low Impact Exercise 12:30pm-1:30pm Ext.2671 	June 30	July 1 VCHC CLOSED



JUNE 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



SUMMER 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 16th, 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!			
Low Impact Exercise	Dates: June 6th, 2022- June 29th, 2022	Day: MON & WED	Time: Mon: 12:30pm-1:30pm Time: Wed: 12:30pm-1:30pm
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	
This program is for individuals with minimal exercise background, mobility issues or general treatment for chronic disease. Focus is on safe, easy-to-do movements that may help improve overall strength and endurance. Recommended equipment is a stable chair and individuals may choose to use light weights for added resistance, though not necessary.			



JUNE 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

SUMMER 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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