

AUGUST 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

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



Monday	Tuesday	Wednesday	Thursday	Friday
August 1 VCHC CLOSED	August 2 <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 	August 3 <ul style="list-style-type: none"> Walk and Talk 10:30am-11:30am Ext.2604 Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	August 4 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 Walk and Talk 1:00pm-2:00pm Ext.2604 Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	August 5 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
August 8 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	August 9 <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 	August 10 <ul style="list-style-type: none"> Walk and Talk 10:30am-11:30am Ext.2604 Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	August 11 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 Walk and Talk 1:00pm-2:00pm Ext.2604 	August 12 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
August 15 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	August 16 <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 	August 17 <ul style="list-style-type: none"> Walk and Talk 10:30am-11:30am Ext.2604 Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	August 18 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 Walk and Talk 1:00pm-2:00pm Ext.2604 Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	August 19 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
August 22 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	August 23 <ul style="list-style-type: none"> Coffee and Chats (55+) 10:30am-11:30am Ext.2604 	August 24 <ul style="list-style-type: none"> Walk and Talk 10:30am-11:30am Ext.2604 	August 25 <ul style="list-style-type: none"> Walk and Talk 1:00pm-2:00pm Ext.2604 	August 26
August 29 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	August 30 <ul style="list-style-type: none"> Coffee and Chats (55+) 10:30am-11:30am Ext.2604 	August 31 <ul style="list-style-type: none"> Walk and Talk 10:30am-11:30am Ext.2604 	September 1 <ul style="list-style-type: none"> Walk and Talk 1:00pm-2:00pm Ext.2604 Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	September 2

AUGUST 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.

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

Coffee and Chats (65+)	Dates: Ongoing	Day: MON	Time: 10:30am-12:00pm
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: 20849 Dalton Rd. Sutton ON L0E 1R0. Online program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device.	
In-person program that can also be offered on Zoom. 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! August 22-September 2, this program is not offered.			
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		Location: 716 The Queensway S. Georgina ON L4P 4C9. Online program will be offered on Zoom Access to the internet and working video/microphone on phone, tablet, or computer device	
In-person program that can also be offered on Zoom. 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+):

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! August 22-September 2, this program is not offered			
Nourishing Possibilities	Dates: July 21, 2022- November 24, 2022	Day: EVERY OTHER THUR	Time: 3:00pm-4:30pm
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: The Georgina Food Pantry, 20849 Dalton Rd. Sutton ON L0E 1R0.	
In partnership with the Georgina Food Pantry, join us in learning about nutrition, creating affordable healthy meals, and socializing with new friends! Registration is required to join. Limited space available.			
Walk & Talk	Dates: June 16, 2022- October 27, 2022	Day: THUR	Time: 1:00pm-2:00pm
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: Various locations in Sutton	
In partnership with Hospice Georgina, join us for exploring, bird watching and good chats, while walking yourself into a healthier and happier you!			
Walk & Talk	Dates: July 6, 2022- August 31, 2022	Day: WED	Time: 10:30am-11:30am
Program Contact: Cassandra: CSinopoliLombardi@vaughanchc.com Phone: 905-476-5621 Ext. 2604		Location: 38 Thornlodge Dr. Keswick	
Join us for exploring, bird watching and good chats, while walking yourself into a healthier and happier you!			

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

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Or visit our website at: www.vaughanchc.com



AUGUST 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
August 1 VCHC CLOSED	August 2	August 3 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 4	August 5
August 8 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 9	August 10 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 11	August 12
August 15 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 16 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 9:30am-11:30am Ext.2667 	August 17 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 18	August 19
August 22 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 23	August 24 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 25	August 26
August 29 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 30 <ul style="list-style-type: none"> • COPD Support Group 1:30pm-3:00pm Ext.2671 • Introduction to Diabetes Virtual Group 5:30-7:30pm Ext.2667 	August 31 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 1	September 2



AUGUST 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. 2671		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. 2671		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	Session 1: August 16, 2022 at 9:30am to 11:30pm Session 2: August 30, 2022 at 5:30pm to 7:30pm		
Program Contact: Gurbinder at 905-303-8490 Ext. 2667		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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AUGUST 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
August 1 VCHC CLOSED	August 2 <ul style="list-style-type: none"> Zumba Gold - Low Intensity 9:30am-10:30am Ext.2671 	August 3	August 4	August 5
August 8	August 9	August 10	August 11	August 12
August 15	August 16	August 17	August 18	August 19
August 22	August 23	August 24	August 25	August 26
August 29	August 30	August 31	September 1	September 2



AUGUST 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:

Zumba for Fitness	Dates: July 5th, 2022- Aug 2nd, 2022	Day: TUES	Time: Tues: 9:30am-10:30am: Low Intensity
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	
Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program.			

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