

JULY 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

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



Monday	Tuesday	Wednesday	Thursday	Friday
June 27 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm 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 	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 Walk and Talk-NEW 1:00pm-2:00pm Ext.2604 	July 1 <p style="text-align: center;">VCHC CLOSED</p>
July 4 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	July 5 <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 	July 6 <ul style="list-style-type: none"> Walk and Talk-NEW 10:30am-11:30am Ext.2604 Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	July 7 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 Walk and Talk 1:00pm-2:00pm Ext.2604 	July 8 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
July 11 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	July 12 <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 	July 13 <ul style="list-style-type: none"> Walk and Talk 10:30am-11:30am Ext.2604 	July 14 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 Walk and Talk 1:00pm-2:00pm Ext.2604 	July 15 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
July 18 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	July 19 <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 	July 20 <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 	July 21 <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-NEW 3:00pm-4:30pm Ext.2604 	July 22 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
July 25 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	July 26 <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 	July 27 <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 	July 28 <ul style="list-style-type: none"> Gardening & Walking 10:00am-11:00am Ext.2642 Walk and Talk 1:00pm-2:00pm Ext.2604 	July 29 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642

JULY 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!			
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!			
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





JULY 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
June 27 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	June 28	June 29 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2 	June 30	July 1 VCHC CLOSED
July 4 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 5	July 6 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 7 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 10:30am-12:30pm Ext.2667 	July 8
July 11 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 12 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 9:30am-11:30am Ext.2667 	July 13 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 14	July 15
July 18 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 19 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 5:30pm-7:30pm Ext.2667 	July 20 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 21	July 22
July 25 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 26 <ul style="list-style-type: none"> • COPD Support Group 1:30pm-3:00pm Ext.2671 	July 27 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	July 28 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 9:15am-11:15am Ext.2667 	July 29



JULY 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: July 7, 2022 at 10:30am to 12:30pm Session 2: July 12, 2022 at 9:30am to 11:30am Session 3: July 19, 2022 at 5:30pm to 7:30pm Session 4: July 28, 2022 at 9:15am to 11:15am		
Program Contact: Gurpinder 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			

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

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 Twitter: @vaughan_chc

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JULY 2022 EXERCISE EDUCATION VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
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 <p style="text-align: center;">VCHC CLOSED</p>
July 4	July 5 <ul style="list-style-type: none"> Zumba Gold - Low Intensity-New 9:30am-10:30am Zumba Fitness Party - High Intensity 11:00am-12:00pm Ext.2671 	July 6	July 7	July 8
July 11	July 12 <ul style="list-style-type: none"> Zumba Gold - Low Intensity 9:30am-10:30am Zumba Fitness Party - High Intensity 11:00am-12:00pm Ext.2671 	July 13	July 14	July 15
July 18	July 19 <ul style="list-style-type: none"> Zumba Gold - Low Intensity 9:30am-10:30am Zumba Fitness Party - High Intensity 11:00am-12:00pm Ext.2671 	July 20	July 21	July 22
July 25	July 26 <ul style="list-style-type: none"> Zumba Gold - Low Intensity 9:30am-10:30am Zumba Fitness Party - High Intensity 11:00am-12:00pm Ext.2671 	July 27	July 28	July 29



JULY 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- July 26th, 2022	Day: TUES	Time: Tues: 9:30am-10:30am: Low Intensity Time: Tues: 11:00am -12:00pm: High 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.			
Low Impact Exercise	Dates: June 6th, 2022- June 29th, 2022	Days: 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.			

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