

SEPTEMBER 2022 HEALTH PROMOTION VIRTUAL GROUP PROGRAMS

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



Monday	Tuesday	Wednesday	Thursday	Friday
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
VCHC CLOSED	September 6 <ul style="list-style-type: none"> Coffee and Chats (55+) 10:30am-11:30am Ext.2604 	September 7	September 8 <ul style="list-style-type: none"> Walk and Talk 1:00pm-2:00pm Ext.2604 	September 9
September 12 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	September 13 <ul style="list-style-type: none"> Coffee and Chats (19+) 10:00am-11:00am Ext.2642 Coffee and Chats (55+) 10:30am-11:30am Ext.2604 	September 14	September 15 <ul style="list-style-type: none"> Walk and Talk 1:00pm-2:00pm Ext.2604 Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	September 16 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
September 19 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	September 20 <ul style="list-style-type: none"> Coffee and Chats (19+) 10:00am-11:00am Ext.2642 Coffee and Chats (55+) 10:30am-11:30am Ext.2604 	September 21	September 22 <ul style="list-style-type: none"> Heart and Mind 10:00am - 11:00am Ext. 2653 Walk and Talk 1:00pm-2:00pm Ext.2604 	September 23 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642
September 26 <ul style="list-style-type: none"> Coffee and Chats (65+) 10:30am-12:00pm Ext.2604 	September 27 <ul style="list-style-type: none"> Coffee and Chats (19+) 10:00am-11:00am Ext.2642 Coffee and Chats (55+) 10:30am-11:30am Ext.2604 	September 28	September 29 <ul style="list-style-type: none"> Heart and Mind 10:00am - 11:00am Ext. 2653 Walk and Talk 1:00pm-2:00pm Ext.2604 Nourishing Possibilities 3:00pm-4:30pm Ext.2604 	September 30 <ul style="list-style-type: none"> Train Your Brain 1:00pm-2:00pm Ext.2642

SEPTEMBER 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.			
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!			
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.			
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.			

*Please let us know if you need any specific accommodations
This flyer is available in an alternative format*

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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			
Coffee and Chats (19+)	Dates: Sept 13 - Dec 13, 2022	Day: TUES	Time: 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106.	
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.			
Heart and Mind	Dates: Sept 22 -Oct 27, 2022	Day: THURS	Time: 10:00am - 11:00am
Program Contact: Kelly KLO@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106.	
"Heart and Mind" is a wellness program that provides an opportunity for participants to come together, connect and engage in art and reflection-based activities			

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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



SEPTEMBER 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
August 29 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	August 30	August 31 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 1	September 2
September 5 VCHC CLOSED	September 6	September 7 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 8	September 9
September 12 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 13 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 1:00pm-3:00pm Ext.2667 	September 14 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 15	September 16
September 19 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 20 <ul style="list-style-type: none"> • Smoking Reduction & Cessation Program 5:00pm-6:00pm Ext.2671 	September 21 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 22 <ul style="list-style-type: none"> • Introduction to Diabetes Virtual Group 9:30am-11:30am Ext.2667 	September 23
September 26 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 27 <ul style="list-style-type: none"> • COPD Support Group 1:30pm-3:00pm Ext.2671 • Craving Change 1:00pm-3:00pm Ext.2637 • Smoking Reduction & Cessation Program 5:00pm-6:00pm Ext.2671 	September 28 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	September 29	September 30



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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: September 13, 2022 at 1:00pm to 3:00pm Session 2: September 22, 2022 at 9:30am to 11:30am		
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			
Craving Change	Dates: Sep 27, 2022	Day: TUES	Time: 1:00pm-3:00pm
Program Contact: Gurbinder at 905-303-8490 Ext. 2637		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
A How-To Virtual Workshop for Changing Your Relationship with Food <ul style="list-style-type: none"> • Reflect on why it is challenging to eat in a healthy way • Determine your personal problematic eating triggers • Learn a variety of strategies that you can experiment with to positively change your eating behaviors over the long-term. 			
Smoking Reduction & Cessation Group	Dates: Sep 20, 2022 & Oct 18, 2022	Day: TUES	Time: 5:00pm-6:00pm
Program Contact: Barbara 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	
Want to reduce or quite smoking? Attend our fall 2022 session.			

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.			
Kids Have Stress Too!	Dates: Oct 17, 2022- Nov 28, 2022	Day: MON	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.			
Craving Change	Dates: Oct 4 and 11, 2022	Day: TUE	Time: 1:00pm-3:00pm
Program Contact: Gurpinder at 905-303-8490 Ext. 2637		Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
<p>A How-To Virtual Workshop for Changing Your Relationship with Food</p> <ul style="list-style-type: none"> • Reflect on why it is challenging to eat in a healthy way • Determine your personal problematic eating triggers • Learn a variety of strategies that you can experiment with to positively change your eating behaviors over the long-term. 			

WHAT'S NEW AT VAUGHAN COMMUNITY HEALTH CENTRE



NEW!
SELF CHECK-IN KIOSK



The Vaughan Community Health Centre has implemented self check-in kiosk for clients to screen for Covid-19 and to inform the provider of their arrival. Remember to bring your healthcard at every appointment for self check-in.