



# DECEMBER 2022 HEALTH PROMOTION GROUP PROGRAMS

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

Monday	Tuesday	Wednesday	Thursday	Friday
November 28	November 29	November 30	December 1 •Ready for Success Tutoring 4:15pm-5:15pm Ext.2653	December 2
December 5	December 6	December 7	December 8 •Ready for Success Tutoring 4:15pm-5:15pm Ext.2653	December 9
December 12	December 13	December 14	December 15	December 16
December 19	December 20	December 21	December 22	December 23
December 26 <b>VCHC CLOSED</b>	December 27	December 28	December 29	December 30



## DECEMBER 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:

Ready for Success Tutoring	Dates: Oct 20, 2022-December 8, 2022	Day: THUR	Time: 4:15pm-5:15pm
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	
Free Math and English group tutoring program for students in grades 1 to 6. Through group tutoring, children and tutors focus on improving literacy and numeracy skills.			

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](http://www.vaughanchc.com)





# DECEMBER 2022 HEALTH PROMOTION GROUP PROGRAMS

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>November 28</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (65+) 10:30am-12:00pm Ext.2604</li> </ul>	<p><b>November 29</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (19+) 10:00am-11:00am Ext.2642</li> <li>• Coffee and Chats (55+) 10:30am-11:30am Ext.2604</li> <li>• Family &amp; Friends Bingo 6:30pm - 7:30pm Ext. 2651</li> </ul>	<p><b>November 30</b></p> <ul style="list-style-type: none"> <li>• Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642</li> </ul>	<p><b>December 1</b></p> <ul style="list-style-type: none"> <li>• Sense of Self 11:00am-12:00pm Ext.2604</li> </ul>	<p><b>December 2</b></p> <ul style="list-style-type: none"> <li>• Train Your Brain 1:00pm-2:00pm Ext.2642</li> </ul>
<p><b>December 5</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (65+) 10:30am-12:00pm Ext.2604</li> </ul>	<p><b>December 6</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (19+) 10:00am-11:00am Ext.2642</li> <li>• Coffee and Chats (55+) 10:30am-11:30am Ext.2604</li> <li>• Family &amp; Friends Bingo 6:30pm - 7:30pm Ext. 2651</li> </ul>	<p><b>December 7</b></p>	<p><b>December 8</b></p> <ul style="list-style-type: none"> <li>• Sense of Self 11:00am-12:00pm Ext.2604</li> </ul>	<p><b>December 9</b></p> <ul style="list-style-type: none"> <li>• Train Your Brain 1:00pm-2:00pm Ext.2642</li> <li>• End of Year-NEW Celebration 10:00am-11:00am Ext.2642</li> </ul>
<p><b>December 12</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (65+) 10:30am-12:00pm Ext.2604</li> </ul>	<p><b>December 13</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (19+) 10:00am-11:00am Ext.2642</li> <li>• Coffee and Chats (55+) 10:30am-11:30am Ext.2604</li> <li>• Family &amp; Friends Bingo 6:30pm - 7:30pm Ext. 2651</li> </ul>	<p><b>December 14</b></p> <ul style="list-style-type: none"> <li>• Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642</li> </ul>	<p><b>December 15</b></p> <ul style="list-style-type: none"> <li>• Sense of Self 11:00am-12:00pm Ext.2604</li> </ul>	<p><b>December 16</b></p> <ul style="list-style-type: none"> <li>• Train Your Brain 1:00pm-2:00pm Ext.2642</li> </ul>
<p><b>December 19</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (65+) 10:30am-12:00pm Ext.2604</li> </ul>	<p><b>December 20</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (55+) 10:30am-11:30am Ext.2604</li> </ul>	<p><b>December 21</b></p> <ul style="list-style-type: none"> <li>• Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642</li> </ul>	<p><b>December 22</b></p>	<p><b>December 23</b></p> <ul style="list-style-type: none"> <li>• Train Your Brain 1:00pm-2:00pm Ext.2642</li> </ul>
<p><b>December 26</b></p> <div style="background-color: #cccccc; padding: 10px; display: inline-block; margin-top: 10px;"> <p><b>VCHC CLOSED</b></p> </div>	<p><b>December 27</b></p> <ul style="list-style-type: none"> <li>• Coffee and Chats (55+) 10:30am-11:30am Ext.2604</li> </ul>	<p><b>December 28</b></p> <ul style="list-style-type: none"> <li>• Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642</li> </ul>	<p><b>December 29</b></p>	<p><b>December 30</b></p>





# DECEMBER 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.			
Sense of Self	Dates: November 10, 2022- December 15, 2022	Day: THUR	Time: 11:00am-12:00pm
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	
A 6-week social emotional learning forum provides opportunities to build our coping skills through engaging activities.			
End of Year Celebration	Dates: December 9th, 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	
Join Us For Some Fun and Educational Entertainment! Learn About Ways to Practice Self Care, Healthy Eating in the New Year and Affordable Healthy Food Options.			
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.			
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!			

## DECEMBER 2022 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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

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.			
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!			
Family & Friends Bingo Night	Dates: Oct 4-Dec 13, 2022	Day: TUE	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 Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Come and join us for Bingo nights! The program is designed to enhance social cohesiveness, reduce stress and social isolation all while having fun playing virtual Bingo.			





# DECEMBER 2022 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 28</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>November 29</b>	<b>November 30</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 1</b>	<b>December 2</b>
<b>December 5</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 6</b> Introduction to Diabetes - virtual 1:00pm-3:00pm Ext.2667	<b>December 7</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 8</b>	<b>December 9</b>
<b>December 12</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 13</b>	<b>December 14</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 15</b> <ul style="list-style-type: none"> <li>• Introduction to Diabetes -in-person 5:30pm-7:30pm Ext.2667</li> </ul>	<b>December 16</b>
<b>December 19</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 20</b>	<b>December 21</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 22</b>	<b>December 23</b>
<b>December 26</b> <div style="background-color: #cccccc; padding: 5px; text-align: center;"><b>VCHC CLOSED</b></div>	<b>December 27</b>	<b>December 28</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care Group 10:30am-11:30am Ext.2671</li> </ul>	<b>December 29</b>	<b>December 30</b>



# DECEMBER 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!			
Introduction to Diabetes Virtual Group	Session 1: December 6, 2022: 1:00pm-3:00pm virtual Session 2: December 15, 2022: 5:30pm-7:30pm in-person		
Program Contact: Gurbinder at 905-303-8490 Ext. 2667	Platform: Online platform and in-person 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:

 Instagram: @vaughancommunityhealthcentre

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 Twitter: @vaughan\_chc

Or visit our website at: [www.vaughanchc.com](http://www.vaughanchc.com)



# DECEMBER 2022 EXERCISE EDUCATION GROUP PROGRAMS

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>November 28</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class A:</b> 9:00am-10:00am  <b>Class B:</b> 10:00am-11:00am                      Ext.2671</li> </ul>	<p><b>November 29</b></p> <ul style="list-style-type: none"> <li>Step it Up                      5:45pm-6:30pm                      Ext.2671</li> <li>Mobility &amp; Endurance                      4:00pm-5:00pm                      Ext.2671</li> </ul>	<p><b>November 30</b></p>	<p><b>December 1</b></p> <ul style="list-style-type: none"> <li>Zumba  <b>Low Intensity:</b> 9:30am-10:30am  <b>High Intensity:</b> 11:00am-12:00pm                      Ext.2671</li> <li>Chair Yoga                      2:00pm-3:00pm                      Ext.2671</li> <li>Salsa for Health                      5:15pm-6:15pm                      Ext.2671</li> <li>Energize with Exercise                      6:30pm-7:30pm                      Ext.2671</li> </ul>	<p><b>December 2</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class C:</b> 10:00am-11:00am  <b>Class D:</b> 11:00am-12:00pm                      Ext.2671</li> </ul>
<p><b>December 5</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class A:</b> 9:00am-10:00am  <b>Class B:</b> 10:00am-11:00am                      Ext.2671</li> </ul>	<p><b>December 6</b></p> <ul style="list-style-type: none"> <li>Step it Up                      5:45pm-6:30pm                      Ext.2671</li> <li>Mobility &amp; Endurance                      4:00pm-5:00pm                      Ext.2671</li> </ul>	<p><b>December 7</b></p>	<p><b>December 8</b></p> <ul style="list-style-type: none"> <li>Zumba  <b>Low Intensity:</b> 9:30am-10:30am  <b>High Intensity:</b> 11:00am-12:00pm                      Ext.2671</li> <li>Chair Yoga                      2:00pm-3:00pm                      Ext.2671</li> <li>Salsa for Health                      5:15pm-6:15pm                      Ext.2671</li> <li>Energize with Exercise                      6:30pm-7:30pm                      Ext.2671</li> </ul>	<p><b>December 9</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class C:</b> 10:00am-11:00am  <b>Class D:</b> 11:00am-12:00pm                      Ext.2671</li> </ul>
<p><b>December 12</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class A:</b> 9:00am-10:00am  <b>Class B:</b> 10:00am-11:00am                      Ext.2671</li> </ul>	<p><b>December 13</b></p> <ul style="list-style-type: none"> <li>Step it Up                      5:45pm-6:30pm                      Ext.2671</li> </ul>	<p><b>December 14</b></p>	<p><b>December 15</b></p> <ul style="list-style-type: none"> <li>Zumba  <b>Low Intensity:</b> 9:30am-10:30am  <b>High Intensity:</b> 11:00am-12:00pm                      Ext.2671</li> <li>Chair Yoga                      2:00pm-3:00pm                      Ext.2671</li> <li>Salsa for Health                      5:15pm-6:15pm                      Ext.2671</li> <li>Energize with Exercise                      6:30pm-7:30pm                      Ext.2671</li> </ul>	<p><b>December 16</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class C:</b> 10:00am-11:00am  <b>Class D:</b> 11:00am-12:00pm                      Ext.2671</li> </ul>
<p><b>December 19</b></p> <ul style="list-style-type: none"> <li>Total Body Conditioning  <b>Class A:</b> 9:00am-10:00am  <b>Class B:</b> 10:00am-11:00am                      Ext.2671</li> </ul>	<p><b>December 20</b></p>	<p><b>December 21</b></p>	<p><b>December 22</b></p>	<p><b>December 23</b></p>
<p><b>December 26</b></p> <p>VCHC CLOSED</p>	<p><b>December 27</b></p>	<p><b>December 28</b></p>	<p><b>December 29</b></p>	<p><b>December 30</b></p>





# DECEMBER 2022 EXERCISE EDUCATION 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](http://www.vaughanchc.com)



## WINTER 2022-23 EXERCISE EDUCATION PROGRAMS:

Zumba	Dates: Oct 13-Mar 9, 2023	Day: THUR	Time: Thur: 9:30am-10:30am: Low Intensity Time: Thur: 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. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.			
Total Body Conditioning	Dates: Oct 17-Mar 20, 2023, Oct 14-Mar 10, 2023	Day: MON & FRI	Time: <b>Class A:</b> MON:9:00am – 10:00am <b>Class B:</b> MON:10:00am-11:00am Time: <b>Class C:</b> FRI:10:00am – 11:00am <b>Class D:</b> 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. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.			
Step it Up	Dates: Oct 11-Mar 7, 2023	Day: TUE	Time: 5:45pm-6:30pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206 Entrance B.	
This class incorporates standing and stepping exercises to push your fitness and confidence to the next level. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.			



# DECEMBER 2022 EXERCISE EDUCATION GROUP PROGRAMS

Chair Yoga	Dates: Oct 13-Mar 9, 2023	Day: THUR	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. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.			
Energize with Exercise	Dates: Oct 13-Mar 9, 2023	Day: THUR	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. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.			
Mobility and Endurance	Dates: Oct 18- Dec 6, 2022	Day: TUE	Time: 4:00pm-5:00pm
Program Contact: Barbara at 905-303-8490 Ext. 2671		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206 Entrance B.	
Great class for participants who are seeking to move better with a focus on improving chronic disease management or preventing onset. Participants will practice techniques to improve joint mobility, relieve muscle tension, manage and/or prevent pain and injury			
Salsa for Health	Dates: Oct 13-Mar 9, 2023	Day: THUR	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!. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.			

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

