



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.

Monday	Tuesday	Wednesday	Thursday	Friday
			February 1	February 2
February 5 <ul style="list-style-type: none"> • Early On (Virtual) 10:00am-11:00am ext. 2642 • Coffee and Chats Hospice Georgina 10:30am-12:00pm ext.2601 • Train Your Brain 2:00pm-3:00pm ext. 2601 	February 6 <ul style="list-style-type: none"> • Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687 • Coffee and Chats Keswick 10:30am-12:00pm ext. 2601 • 360 Stress to Wellness 6pm-7pm ext. 2651 • Creative Corner 6:30p.m.-7:30p.m. ext. 2651 	February 7	February 8 <ul style="list-style-type: none"> • Early On 9:30am-11:30am ext. 2642 in person • Feet In Motion 2:00pm-3:00pm ext. 2642 • Ready for Success 4:45pm-5:45pm ext. 2653 	February 9 <ul style="list-style-type: none"> • Community Legal Clinic 3:00pm-4:30pm
February 12 <ul style="list-style-type: none"> • Early On (Virtual) 10:00am-11:00am ext. 2642 • Coffee and Chats Hospice Georgina 10:30am-12:00pm ext.2601 • Train Your Brain 2:00pm-3:00pm ext. 2601 	February 13 <ul style="list-style-type: none"> • Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687 • Coffee and Chats Keswick 10:30am-12:00pm ext. 2601 • 360 Stress to Wellness 6pm-7pm ext. 2651 • Creative Corner 6:30p.m.-7:30p.m. ext. 2651 	February 14 <ul style="list-style-type: none"> • Mental Health & Nutrition 10:00am-12:00pm ext. 2642 • Vitality 360 5:30pm-6:30pm ext. 2643 	February 15 <ul style="list-style-type: none"> • Early On 9:30am-11:30am ext. 2642 in person • Feet In Motion 2:00pm-3:00pm ext. 2642 • Ready for Success 4:45pm-5:45pm ext. 2653 • Ready for Success 6:00pm-7:00pm ext. 2653 	February 16
February 19 VCHC Closed Family Day	February 20 <ul style="list-style-type: none"> • Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687 • Coffee and Chats Keswick 10:30am-12:00pm ext. 2601 • 360 Stress to Wellness 6pm-7pm ext. 2651 • Creative Corner 6:30p.m.-7:30p.m. ext. 2651 	February 21 <ul style="list-style-type: none"> • Mental Health & Nutrition 10:00am-12:00pm ext. 2642 • Vitality 360 5:30pm-6:30pm ext. 2643 	February 22 <ul style="list-style-type: none"> • Early On 9:30am-11:30am ext. 2642 in person • Expressive Art 9:30am-11:30am ext. 2653 • Ready for Success 4:45pm-5:45pm ext. 2653 • Ready for Success 6:00pm-7:00pm ext. 2653 	February 23 <ul style="list-style-type: none"> • Sense of Self 10:00am-11:00am ext. 2601 • Community Legal Clinic 3:00pm-4:30pm
February 26 <ul style="list-style-type: none"> • Coffee and Chats Hospice Georgina 10:30am-12:00pm ext. 2601 • Cooking on a Budget 11:00am-1:00pm ext. 2653 • Train Your Brain 2:00pm-3:00pm ext. 2601 	February 27 <ul style="list-style-type: none"> • Coffee and Chats Keswick 10:30am-12:00pm ext. 2601 • 360 Stress to Wellness 6pm-7pm ext. 2651 • Creative Corner 6:30p.m.-7:30p.m. ext. 2651 	February 28 <ul style="list-style-type: none"> • Mental Health & Nutrition 10:00am-12:00pm ext. 2642 • Vitality 360 5:30pm-6:30pm ext. 2643 	February 29 <ul style="list-style-type: none"> • Early On 9:30am-11:30am ext. 2642 in person • Expressive Art 9:30am-11:30am ext. 2653 • Ready for Success 4:45pm-5:45pm ext. 2653 • Ready for Success 6:00pm-7:00pm ext. 2653 	

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FEBRUARY 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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

Coffee & Chats Hospice Georgina	Dates: January 8- March 25	Day: MON	Time: 10:30am-12pm
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In Person 20849 Dalton Road P.O. Box 7210r Online via Zoom	
In-person program where you can meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more!			
Train Your Brain	Date: January 8th - March 4	Day: MON	Time: 2pm-3pm
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
A fun, activity-based program to engage your mind! You will need access to the Internet and working video/microphone on a phone, tablet or computer device. A link to the program will be emailed weekly to participants.			
Early On Program	Date: January 8 - March 24	Day: MON	Time: 10am-12pm
Program Contact: Busra Email: bkotan@vaughanchc.com Phone: 905-303-8490 Ext. 2687		Location: Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This program welcomes parents, caregivers and children to experience a variety of stories and musical activities. Music brings the community together and families will have the opportunity to hear and share songs, rhymes and stories.			
Cooking on a Budget	Date: January 22-March 4	Day: MON	Time: 11am-1pm
Program Contact: Kelly Email: klo@vaughanchc.com Phone: 905-476-5621 ext. 2687		Location: In Person at VCHC 9401 Jane Street, Vaughan, ON	
This program is an opportunity for individuals to meet in a safe, empowering environment where they can learn and share skills in: meal planning, cooking and grocery shopping			

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Coffee and Chats (19+)	Dates: January 9-August 13, 2024	Day: TUE	Time: 10am-12pm
Program Contact: Busra Email: bkotan@vaughanchc.com Phone: 905-476-5621 ext. 2687		Location: In Person at VCHC 9401 Jane Street, Vaughan, ON	
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.			
Coffee and Chats (55+)	Dates: January 9-March 26	Day: TUE	Time: 10:30am-12pm
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In Person or virtual 716 The Queensway S. Georgina ON L4P 4C9. Online Platform 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.			
Creative Corner	Date: January 23-March 12	Day: TUE	Time: 6:30pm-7:30pm
Program Contact: Stacey Email: ssalmon@vaughanchc.com Phone: 905-303-8490 ext. 2651		Location: 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 adults 19+ who want to create crafts, build new skills and meet new friends You will need access to the Internet and working video/microphone on a phone, tablet or computer device if you plan to attend virtually.			
360 Stress to Wellness	Date: February 6 - March 12	Day: TUE	Time: 6pm-7pm
Program Contact: Stacey Email: ssalmon@vaughanchc.com Phone: 905-303-8490 ext. 2651		Location: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
A 6-week stress management program aimed at empowering group members to better understand and manage stress through education and practical tips			
Vitality 360	Date: January 24 - February 21	Day: WED	Time: 5:30pm-6:30pm
Program Contact: Elisa Email: epalazzo@vaughanchc.com Phone: 905-303-8490 ext. 2643		Location: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Learn to use the internet safely when accessing health information. Online workshops for health programs and develop internet skills using tablets, phones and laptops			

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Mental Health & Nutrition	Dates: January 17-March 7	Day: WED	Time: 10am-12pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: Location:Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Join us for a 4-week program for adults in which we explore the role of optima Inutrition in improving vitality, mood and coping.			
Ready for Success Tutoring Program	Date: January 11 - March 28, 2024	Day: THURS	Time: 4:45 pm-5:45 pm & 6pm-7pm
Program Contact: Kelly Email: Klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: In person VCHC 9401 Jane Street, Vaughan, ON	
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. PROGRAM ELIGIBILITY: The program is free of charge and is offered to families with a gross annual household income of \$70,000.00 or less (based on a family of 4).			
Expressive Art	Date: January 25-March 7, 2024	Day: THURS	Time: 9:30 am-11:30am
Program Contact: Kelly Email: Klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: Hybrid, In person and virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
In a relaxed environment, facilitators will lead instructions in art-based activities and share strategies to enhance participants' mental and physical wellbeing.			
Early On Program	Date: January 11 - March 28	Day: THURS	Time: 9:30am-11:30am
Program Contact: Busra Email: bkotan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: VCHC 9401 Jane Street, Vaughan, ON	
Parents, caregivers and children are welcome to engage in a variety of fun early learning experiences that build positive relationships. A selection of materials will be available for you to play and learn together while providing parents and caregivers with an opportunity to connect with others.			

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FEBRUARY 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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Sense of Self: Weathering the Storm	Date: January 26-March 1	Day: FRI	Time: 10am-11am
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 Ext. 2601			Location: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device
This 6-week Social Emotional Learning Forum provides opportunities to build our coping skills through engaging activities, great conversation, and learning strategies to help us weather the storms that come our way. You will need access to the Internet and working video/microphone on a phone, tablet or computer device if you plan to attend virtually.			
Community Legal Clinic	Dates: February 9 & 23	Day: FRI	Time: 3pm-4:30pm
Program Contact: Phone: 1-888-365-5226			Vaughan Community Health Centre 9401 Jane Street #206, Maple Use Entrance A to 2nd floor elevators, Suite 206
<p style="text-align: center;">Offering on-site free legal help;</p> <ul style="list-style-type: none"> • Does not offer assistance with criminal charges <p style="text-align: center;">ELIGIBILITY</p> <ul style="list-style-type: none"> • Financial eligibility criteria; <ul style="list-style-type: none"> o Low income residents of York Region o Applicants and recipients of OW (Ontario Works, also known as welfare) and ODSP (Ontario Disability Support Program). 			

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FEBRUARY 2024 CHRONIC DISEASE PROGRAMS

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Monday	Tuesday	Wednesday	Thursday	Friday
			February 1	February 2
February 5 <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2 	February 6 <ul style="list-style-type: none"> • Introduction to Diabetes 930am-1130am ext. 2 	February 7 <ul style="list-style-type: none"> • COPD Virtual Support 10:30am-11:30am ext. 2 	February 8	February 9
February 12 <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2 	February 13	February 14 <ul style="list-style-type: none"> • COPD Virtual Support 10:30am-11:30am ext. 2 	February 15 <ul style="list-style-type: none"> • Introduction to Diabetes 930am-1130am ext. 2 	February 16
February 19 VCHC Closed Family Day	February 20	February 21 <ul style="list-style-type: none"> • COPD Virtual Support 10:30am-11:30am ext. 2 	February 22	February 23
February 26 <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2 	February 27 <ul style="list-style-type: none"> • COPD Virtual Support Group 1:30pm-3:00pm ext. 2 • Introduction to Diabetes 530pm-730pm ext. 2 	February 28 <ul style="list-style-type: none"> • COPD Virtual Support 10:30am-11:30am ext. 2 	February 29 <ul style="list-style-type: none"> • Living a Healthy life with Diabetes 5:30-7pm ext. 169 	

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FEBRUARY 2024 CHRONIC DISEASE GROUP PROGRAMS

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.

COPD Virtual Care Program	Dates: Ongoing	Day: MON & WED	Time: 10:30am-11:30am
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: 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 Virtual Support	Dates: February 27	Day: TUES	Time: 1:30pm-3pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device
COPD Program aims to improve quality of life for people living with COPD. Participants of our program will: Gain an understanding of COPD. Learn how to self-manage their symptoms.			
Introduction to Diabetes	Dates: February 6 February 15 February 27	Day: TUES & THURS	Time: February 6 - 9:30am-11:30am February 15 - 9:30am-11:30am February 27 - 5:30pm-7:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106
Living with diabetes can be challenging. It is important to know how your lifestyle such as food choices and physical activity can have an impact on your blood sugar control. Our team of Registered Nurses and Dietitians are certified Diabetes Nurse Educators who can help you to understand how your medication and insulin works			
Living a Healthy life with Diabetes	Date: February 29	Day: THURS	Time: 5:30pm-7pm
Program Contact: Rosanna Phone: 905-303-8490 Ext. 169 Email: rburlington@vaughanchc.com			9401 Jane St., Suite #206 (Entrance B), Vaughan, ON L6A 4H7
Living a Healthy Life with Diabetes is a FREE four-week workshop for people living with prediabetes or type 2 diabetes. You will develop the skills to manage your prediabetes and type 2 diabetes daily and help prevent complications. This Workshop is designed to enhance your regular diabetes care. It is a good addition to your diabetes education programs.			

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FEBRUARY 2024 EXERCISE EDUCATION GROUP PROGRAMS



Monday

Tuesday

Wednesday

Thursday

Friday

			<p>February 1</p> <ul style="list-style-type: none"> • Low Impact Exercise 11:00am-12:00pm • Total Body Conditioning 5:15 pm-6:15pm • Step it Up 6:00pm-6:45pm • Energize with Exercise 6:30pm-7:30pm 	<p>February 2</p> <ul style="list-style-type: none"> • Total Body Conditioning 10:00 a.m. -11:00a.m. 11:00am-12:00pm
<p>February 5</p> <ul style="list-style-type: none"> • Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	<p>February 6</p> <ul style="list-style-type: none"> • Step It Up 6:00pm-6:45pm 	<p>February 7</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm 	<p>February 8</p> <ul style="list-style-type: none"> • Low Impact Exercise 11:00am-12:00pm • Total Body Conditioning 5:15 pm-6:15pm • Step it Up 6:00pm-6:45pm • Energize with Exercise 6:30pm-7:30pm 	<p>February 9</p> <ul style="list-style-type: none"> • Total Body Conditioning 10:00 a.m. -11:00a.m. 11:00am-12:00pm
<p>February 12</p> <ul style="list-style-type: none"> • Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	<p>February 13</p> <ul style="list-style-type: none"> • Step It Up 6:00pm-6:45pm 	<p>February 14</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm 	<p>February 15</p> <ul style="list-style-type: none"> • Low Impact Exercise 11:00am-12:00pm • Total Body Conditioning 5:15 pm-6:15pm • Step it Up 6:00pm-6:45pm • Energize with Exercise 6:30pm-7:30pm 	<p>February 16</p> <ul style="list-style-type: none"> • Total Body Conditioning 10:00 am -11:00am 11:00am-12:00pm
<p>February 19</p> <p>VCHC Closed Family Day</p>	<p>February 20</p> <ul style="list-style-type: none"> • Step It Up 6:00pm-6:45pm 	<p>February 21</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm 	<p>February 22</p> <ul style="list-style-type: none"> • Low Impact Exercise 11:00am-12:00pm • Total Body Conditioning 5:15 pm-6:15pm • Step it Up 6:00pm-6:45pm • Energize with Exercise 6:30pm-7:30pm 	<p>february 23</p> <ul style="list-style-type: none"> • Total Body Conditioning 10:00 am -11:00am 11:00am-12:00pm
<p>February 26</p> <ul style="list-style-type: none"> • Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	<p>February 27</p> <ul style="list-style-type: none"> • Step It Up 6:00pm-6:45pm 	<p>February 28</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm 		<p>Call the VCHC at (905) 303-8490 Ext.2 for registration information</p>

This calendar can be provided in an alternative format.

FEBRUARY 2024 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 for registration information
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.vaughanhc.com

Total Body Conditioning	Dates: January 8-March 18	Day: MON, THURS, FRI	Time: Monday 9am-10am/10am-11am Thursday 5:15pm-6:15pm Friday 10am-11am/11am-12pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanhc.com			Location: 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			
Step It Up	Dates: January 2-March 7	Day: TUES & THURS	Time: Tuesday 6pm-6:45pm Thursday 6pm-6:45pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanhc.com			Location: In Person 9401 Jane Street, Vaughan, ON
This class incorporates standing and stepping exercises to push your fitness and confidence to the next level			
Chair Yoga	Dates: January 2-March 6	Day: WED	Time: 2pm-3pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanhc.com			Location: Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device
Aims to provide the opportunity for everyone to learn basic yoga postures. Yoga goes hand in hand with meditation, which together can improve stress, concentration, physical health			

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 - b) complete registration forms

Please note: Fitness instructors will not provide personal training

For more information visit: www.vaughanchc.com

Low Impact Exercise	Dates: January 11 - March 7	Day: THURS	Time: 11am-12pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: Location: In Person 9401 Jane Street, Vaughan, ON
Improve your overall strength and endurance, safe and easy to do moments. Gain confidence and ability to progress to more intense programs			
Energize with Exercise	Dates: January 11 - March 7	Day: THURS	Time: 6:30pm-7:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: 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, improves, balance + coordination, muscular strength + endurance, mobility + flexibility			

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