



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
JUNE 3 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	JUNE 4 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 	JUNE 5	JUNE 6 <ul style="list-style-type: none"> EarlyON Child & Family Centre 9:30am -11:30am ext 2642 Expressive Art 10:00am-11:30am ext .2653 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet In Motion 2:00pm-3:00pm ext. 2642 Mini Chefs 5:00pm-6:30pm ext. 2653 	JUNE 7
JUNE 10 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	JUNE 11 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 	JUNE 12 <ul style="list-style-type: none"> Gardening & Walking 9:00am-10:00am ext 2642 	JUNE 13 <ul style="list-style-type: none"> EarlyON Child & Family Centre 9:30am -11:30am ext 2642 Expressive Art 10:00am-11:30am ext .2653 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet In Motion 2:00pm-3:00pm ext. 2642 Nourishing Possibilities 3:00pm-5:00pm ext 2601 Mini Chefs 5:00pm-6:30pm ext. 2653 	JUNE 14
JUNE 17 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	JUNE 18 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642 	JUNE 19 <ul style="list-style-type: none"> Gardening & Walking 9:00am-10:00am ext 2642 	JUNE 20 <ul style="list-style-type: none"> EarlyON Child & Family Centre 9:30am -11:30am ext 2642 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet In Motion 2:00pm-3:00pm ext. 2642 Nourishing Possibilities 3:00pm-5:00pm ext 2601 	JUNE 21
JUNE 24 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	JUNE 25 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642 	JUNE 26 <ul style="list-style-type: none"> Gardening & Walking 9:00am-10:00am ext 2642 	JUNE 27 <ul style="list-style-type: none"> EarlyON Child & Family Centre 9:30am -11:30am ext 2642 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet In Motion 2:00pm-3:00pm ext. 2642 Nourishing Possibilities 3:00pm-5:00pm ext 2601 	JUNE 28

JUNE 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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

Train Your Brain	Date: Apr 8-June 24, 2024	Day: MON	Time: 2:00pm-3:00pm
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.			
EarlyON Child & Family Centre	Date: June 6-July 11, 2024	Day: THUR	Time: 9:30am-11:30am
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: In Person at VCHC 9401 Jane Street # 106, Vaughan, ON	
This program supports families with children about to enter Kindergarten, connecting them to York Region resources, fostering idea exchange and contributing to building a strong foundation for children's learning and positive experiences. One-time registration is required upon arrival.			
Taking Care of You: Self Care Program	Dates: June 18-Aug 6	Day: TUE	Time: 1:00pm-2:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Learn strategies on providing self-care in your everyday life			
Coffee and Chats (19+)	Dates: January 9-August 13	Day: TUE	Time: 10:00am-12:00pm
Program Contact: Kelly Email: klo@vaughanchc.com Phone: 905-476-5621 ext. 2653		Location: In Person at VCHC 9401 Jane Street, Vaughan, ON	
In-person program. 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.			
Expressive Art	Date: April 18-June 13	Day: THUR	Time: 10:00 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.			
Feet In Motion	Date: Jan 11 - June 27	Day: THUR	Time: 2:00pm-3:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Keep active through dance , socialize & make new friends, help increase your overall health and well-being			
Nourishing Possibilities	Date: June 13-Aug 8, 2024	Day: THUR	Time: 3:00pm-5:00pm
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In-person at The Georgina Food Pantry, 20849 Dalton Rd, Sutton	
Join us in learning about nutrition, creating affordable healthy meals, and socializing with new friends!			



This calendar can be provided in an alternative format.

JUNE 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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Mini Chefs	Date: May 2-June 13	Day: THUR	Time: 5:00pm-6:30pm
Program Contact: Kelly: Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In Person at VCHC, 9401 Jane Street, Vaughan, ON	
A program for children to learn about nutrition, food preparation, follow recipes, and kitchen safety.			
Coffee and Chats	Dates: ongoing	Day: THUR	Time: 10:30am-12:00pm
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		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-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 12-Aug 14	Day: WED	Time: 9:00am-10:00am
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: In Person at Human Endeavour Gardens Address: 439 Glenkindie Ave. Vaughan	
Adults (age 19+) are welcome to join in and participate in gardening, trail walking with Nordic Sticks and making friends.			

Month of June Awareness Events

National Indigenous History Month

June is National Indigenous History Month in Canada, a time to recognize the rich history, heritage, resilience and diversity of First Nations, Inuit and Métis. For more information <https://www.rcaanc-cirnac.gc.ca>



Pride Season is a term that refers to the wide range of Pride events that take place over the summer (June to September) when 2SLGBTQI+ communities and allies come together to spotlight the resilience, celebrate the talent, and recognize the contributions of 2SLGBTQI+ communities. Visit <https://www.canada.ca/en/women-gender-equality/pride-season.html>. AND <https://www.allianceon.org/news/Pride-Protest-Our-2023-Statement-Pride-and-2SLGBTQ-Health>

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SUMMERCAMP

VAUGHAN COMMUNITY HEALTH CENTRE SUMMER CAMP



Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun.

The program will be held at: Mackenzie Glen Public School. Please note that VCHC's Summer Camp program is not an accredited camp and is facilitated by VCHC's Community Health Workers.

Enjoy fun activities like creative crafts, group games and field trip!

If you are interested in having your child participate in this program, please email Kelly at: klo@vaughanhc.com

Pre - registration deadline is May 20, 2024



**Ages 6-8
In-Person Camp
Monday to Friday
July 8, 2024 - July 19, 2024
8:30am-3:30pm**

**Ages 9-12
In-Person Camp
Monday to Friday
July 29, 2024 - August 9, 2024
8:30am- 3:30pm**

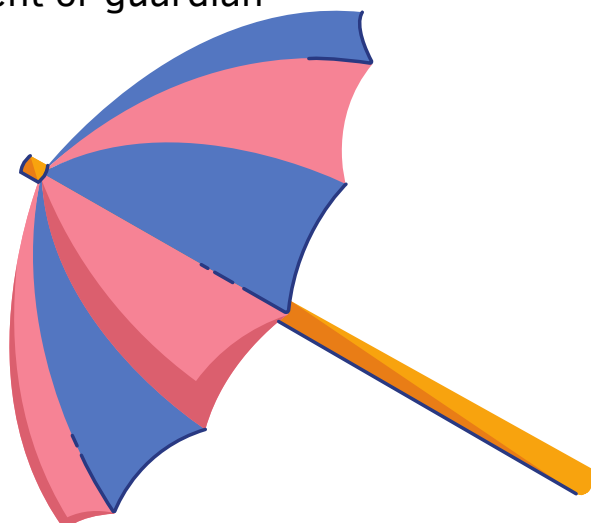
Please note the registration is on a first come first serve basis and confirmation will be provided within 48 - 72 hours.

Please note: Vaughan Community Health Centre is a health care organization and will be following the current Ministry of Health guidelines as it pertains to the health care organizations for the summer camp program. Eligibility Criteria and Registration Requirements.

- Child is a York Region resident between 6-12 years of age.
- Child's household income must be \$70,000 or less (based on a family of 4).

To pre- register please provide the following information in you email

- First and last name of parent or guardian
- First and last name of child
- Choice of summer camp date
- Date of birth for child
- Phone number of parent or guardian



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JUNE 2024 CHRONIC DISEASE PROGRAMS

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Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 3 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 4	JUNE 5 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 6 <ul style="list-style-type: none"> Introduction to Diabetes 9:30am-11:30am ext. 2637 (in-person) 	JUNE 7
JUNE 10 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 11	JUNE 12 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 13	JUNE 14
JUNE 17 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 18 <ul style="list-style-type: none"> Introduction to Diabetes 5:30pm-7:30pm ext. 2637 (virtual) 	JUNE 19 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 20	JUNE 21
JUNE 24 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	JUNE 25 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2 	JUNE 26 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 Introduction to Diabetes 1:00pm-3:00pm ext. 2637 (in-person) 	JUNE 27	JUNE 28

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JUNE 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		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: June 25, 2024	Day: TUES	Time: 1:30pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671		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: June 6, 18, 26, 2024	Day: TUES- THUR	Time: June 6: 9:30am-11:30am (in-person) June 18: 5:30pm-7:30pm (virtual) June 26: 1:00pm-3:00pm (in person)
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		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			





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[Client Online Booking](#)

[Client and Community Resources](#)

[Programs Calendar](#)

This calendar can be provided in an alternative format.



Monday	Tuesday	Wednesday	Thursday	Friday
JUNE 3 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	JUNE 4 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm 	JUNE 5 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	JUNE 6 <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 	JUNE 7 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm
JUNE 10 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	JUNE 11 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm 	JUNE 12 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	JUNE 13 <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 	JUNE 14 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm
JUNE 17 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	JUNE 18	JUNE 19 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	JUNE 20	JUNE 21
JUNE 24	JUNE 25	JUNE 26 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	JUNE 27	JUNE 28

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JUNE 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.vaughanchc.com

Total Body Conditioning	Dates: Apr 8-June 17	Day: MON, THURS, FRI	Time: Monday-9:00am-10:00am/10:00am-11:00am Thursday 5:15pm-6:15pm Friday -10:00am-11:00am/11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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: Apr 8-June 11	Day: TUES & THURS	Time: Tuesday 6:00pm-6:45pm Thursday 6:00pm-6:45pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person 9401 Jane Street, Vaughan, ON
This full body fitness class incorporates resistance training and cardiovascular training all in one. The program is meant to be a "step up" from the other classes available in the Chronic Disease Centre.			
Chair Yoga	Dates: Apr 17- June 26	Day: WED	Time: 2:00pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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			
Low Impact Exercise	Dates: Apr 8-June 13	Day: THURS	Time: 11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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: Apr 8-June 13	Day: THURS	Time: 6:30pm-7:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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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