



Monday	Tuesday	Wednesday	Thursday	Friday
<b>JULY 1</b>  <b>VCHC Closed</b>	<b>JULY 2</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>• Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642</li> </ul>	<b>JULY 3</b> <ul style="list-style-type: none"> <li>• Gardening &amp; Walking 9:00am-10:00am ext 2642</li> </ul>	<b>JULY 4</b> <ul style="list-style-type: none"> <li>• EarlyON Child &amp; Family Centre 9:30am -11:30am ext 2642</li> <li>• Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>• Feet In Motion 2:00pm-3:00pm ext. 2642</li> <li>• Nourishing Possibilities 3:00pm-5:00pm ext 2601</li> </ul>	<b>JULY 5</b>
<b>JULY 8</b> <ul style="list-style-type: none"> <li>• Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>JULY 9</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>• Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642</li> </ul>	<b>JULY 10</b> <ul style="list-style-type: none"> <li>• Gardening &amp; Walking 9:00am-10:00am ext 2642</li> </ul>	<b>JULY 11</b> <ul style="list-style-type: none"> <li>• EarlyON Child &amp; Family Centre 9:30am -11:30am ext 2642</li> <li>• Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>• Feet In Motion 2:00pm-3:00pm ext. 2642</li> <li>• Nourishing Possibilities 3:00pm-5:00pm ext 2601</li> </ul>	<b>JULY 12</b>
<b>JULY 15</b> <ul style="list-style-type: none"> <li>• Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>JULY 16</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>• Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642</li> </ul>	<b>JULY 17</b> <ul style="list-style-type: none"> <li>• Gardening &amp; Walking 9:00am-10:00am ext 2642</li> <li>• Watercolour Wellness 10:30am-12:00pm ext. 2601</li> </ul>	<b>JULY 18</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>• Feet In Motion 2:00pm-3:00pm ext. 2642</li> <li>• Nourishing Possibilities 3:00pm-5:00pm ext 2601</li> </ul>	<b>JULY 19</b>
<b>JULY 22</b> <ul style="list-style-type: none"> <li>• Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>JULY 23</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>• Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642</li> </ul>	<b>JULY 24</b> <ul style="list-style-type: none"> <li>• Gardening &amp; Walking 9:00am-10:00am ext 2642</li> <li>• Watercolour Wellness 10:30am-12:00pm ext. 2601</li> </ul>	<b>JULY 25</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>• Nourishing Possibilities 3:00pm-5:00pm ext 2601</li> </ul>	<b>JULY 26</b>
<b>JULY 29</b> <ul style="list-style-type: none"> <li>• Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>JULY 30</b> <ul style="list-style-type: none"> <li>• Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>• Taking Care of You: Self Care Program 1:00pm-2:00pm ext 2642</li> </ul>	<b>JULY 31</b> <ul style="list-style-type: none"> <li>• Gardening &amp; Walking 9:00am-10:00am ext 2642</li> <li>• Watercolour Wellness 10:30am-12:00pm ext. 2601</li> </ul>		



## JULY 2024 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+):

<b>Train Your Brain</b>	Date: July 8-Sep 30	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.			
<b>EarlyON Child &amp; Family Centre</b>	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.			
<b>Taking Care of You: Self Care Program</b>	Dates: July 2-August 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			
<b>Coffee and Chats (19+)</b>	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.			
<b>Watercolour Wellness</b>	Dates: July 17-August 28	Day: WED	Time: 10:30am-12:00pm
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Hybrid, In person: 716 The Queensway S., Keswick ON L4P 4C9 OR Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
Participants will be able to engage in mindful art activities to improve their mental and emotional well-being through creative expression. The program is offered in-person at Keswick, but online participants can also join through Zoom. Online participants will need to pick up their supplies from Keswick site or Vaughan site.			
<b>Nourishing Possibilities</b>	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.*

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<b>Coffee and Chats</b>	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.			
<b>Gardening &amp; Walking</b>	Dates: July 3,10,17, 24 &31	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.			
<b>Feet in Motion</b>	Dates: July 4, 11 & 18	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			

*This calendar can be provided in an alternative format.*

# JULY 2024 CHRONIC DISEASE 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>JULY 1</b>  <b>VCHC Closed</b>	<b>JULY 2</b>	<b>JULY 3</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> <li>• Introduction to Diabetes 2:30pm-4:30pm ext. 2637 (virtual)</li> </ul>	<b>JULY 4</b>	<b>JULY 5</b>
<b>JULY 8</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 9</b>	<b>JULY 10</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 11</b>	<b>JULY 12</b>
<b>JULY 15</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 16</b> <ul style="list-style-type: none"> <li>• Introduction to Diabetes 1:00pm-3:00pm ext. 2637 (in-person)</li> </ul>	<b>JULY 17</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 18</b>	<b>JULY 19</b>
<b>JULY 22</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 23</b>	<b>JULY 24</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 25</b> <ul style="list-style-type: none"> <li>• Introduction to Diabetes 5:30pm-7:30pm ext. 2637 (virtual)</li> </ul>	<b>JULY 26</b>
<b>JULY 29</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>JULY 30</b> <ul style="list-style-type: none"> <li>• COPD Virtual Support Group 1:30pm-3:00pm ext. 2</li> </ul>	<b>JULY 31</b> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>		

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# JULY 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.

<b>COPD Virtual Care Program</b>	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!			
<b>COPD Virtual Support</b>	Dates: July 30, 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.			
<b>Introduction to Diabetes</b>	Dates: July 3, 16, 25	Day: TUE-THUR	Time: July 3: 2:30pm-4:30pm (virtual) July 16: 1:00pm-3:00pm (in-person) July 25: 5:30pm-7:30pm (virtual)
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			





Client Testimonials

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[Client and Community Resources](#)

[Programs Calendar](#)

*This calendar can be provided in an alternative format.*



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



## Client Appreciation Week: July 22-26, 2024

Join us for a fun filled week to appreciate our registered clients for their continued trust in VCHC in their care. Be ready to win raffle tickets, enjoy treats, receive VCHC swag and share your feedback on how VCHC have made an impact on your health.

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**Date: July 22-26, 2024**

**Location Vaughan site: #206-9401 Jane St Vaughan  
(2nd floor -Entrance A & B)**

**Location Keswick site: 716 The Queensway South  
Keswick, Ontario,**

*This calendar can be provided in an alternative format.*