



Monday

Tuesday

Wednesday

Thursday

Friday

			AUGUST 1 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Nourishing Possibilities 3:00pm-5:00pm ext 2601 EarlyON Child & Family Centre 9:30am-11:30am Ext 2687 	AUGUST 2
AUGUST 5 VCHC CLOSED	AUGUST 6 <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 	AUGUST 7 <ul style="list-style-type: none"> Watercolour Wellness 10:30am-12:00pm ext. 2601 	AUGUST 8 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Nourishing Possibilities 3:00pm-5:00pm ext 2601 EarlyON Child & Family Centre 9:30am-11:30am Ext 2687 	AUGUST 9
AUGUST 12 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	AUGUST 13 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 	AUGUST 14 <ul style="list-style-type: none"> Watercolour Wellness 10:30am-12:00pm ext. 2601 	AUGUST 15 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 EarlyON Child & Family Centre 9:30am-11:30am Ext 2687 	AUGUST 16
AUGUST 19 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	AUGUST 20 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 	AUGUST 21 <ul style="list-style-type: none"> Watercolour Wellness 10:30am-12:00pm ext. 2601 	AUGUST 22 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 EarlyON Child & Family Centre 9:30am-11:30am Ext 2687 	AUGUST 23
AUGUST 26 <ul style="list-style-type: none"> Train Your Brain 2:00pm-3:00pm ext. 2601 	AUGUST 27 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 	AUGUST 28 <ul style="list-style-type: none"> Watercolour Wellness 10:30am-12:00pm ext. 2601 	AUGUST 29 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 	AUGUST 30



AUGUST 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+):

Train Your Brain	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.			
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.			
Taking Care of You: Self Care Program	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			
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.			
Watercolour Wellness	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.			
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!			
EarlyON Child & Family Centre	Date: Aug 1, 8, 15, 22, 2024	Day: THUR	Time: 9:30am-11:30am
Program Contact: Vania Email: vdelgado@vaughanchc.com Phone: 905-303-8490 Ext. 2687		Location: In Person at VCHC 9401 Jane Street Unit #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.			

This calendar can be provided in an alternative format.

AUGUST 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
			AUGUST 1	AUGUST 2
AUGUST 5 VCHC CLOSED	AUGUST 6 <ul style="list-style-type: none"> Introduction to Diabetes 1:00pm-3:00pm ext. 2637 (in-person) 	AUGUST 7 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	AUGUST 8	AUGUST 9
AUGUST 12 <ul style="list-style-type: none"> COPD Virtual Care 10:30am 11:30am ext. 2 	AUGUST 13	AUGUST 14 <ul style="list-style-type: none"> COPD Virtual Care 1030am-1130am ext. 2 	AUGUST 15 <ul style="list-style-type: none"> Introduction to Diabetes 9:30am-11:30am ext. 2637 (virtual) 	AUGUST 16
AUGUST 19 <ul style="list-style-type: none"> COPD Virtual Care 10:30am 11:30am ext. 2 	AUGUST 20	AUGUST 21 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	AUGUST 22	AUGUST 23
AUGUST 26 <ul style="list-style-type: none"> COPD Virtual Care 10:30am 11:30am ext. 2 	AUGUST 27 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2 Introduction to Diabetes 5:30pm-7:30pm ext. 2637 (in-person) 	AUGUST 28 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	AUGUST 29	AUGUST 30

This calendar can be provided in an alternative format.

AUGUST 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: Aug 27, 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: Aug 6, 15, 27, 2024	Day: TUE-THUR	Time: Aug 6, 2024: 1:00pm-3:00pm (in-person) Aug 15, 2024: 9:30am-11:30am (virtual) Aug 27, 2024: 5:30pm-7:30pm (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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This calendar can be provided in an alternative format.

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

AUGUST MONTH AWARENESS

August 1st, 2024 is marked as Emancipation Day in Canada: this day is recognized to honor the Slavery Abolition Act in 1833, which ended slavery in the British Empire, including Canada.

Emancipation Day celebrates the strength and perseverance of Black communities in Canada.

It is a day to reflect, educate and engage in the ongoing fight against both anti-Black and anti-Indigenous racism and discrimination. For more information visit:

<https://www.canada.ca/en/canadian-heritage/campaigns/emancipation-day.html>

This calendar can be provided in an alternative format.