



	Tuesday SEPTEMBER 3	Wednesday SEPTEMBER 4	Thursday SEPTEMBER 5	Friday SEPTEMBER 6
SEPTEMBER 2	SEPTEMBER 3	SEPTEMBER 4	• Coffee and Chats Keswick 10:30am-12:00pm ext 2601	SEPTEMBER 0
 SEPTEMBER 9 Walking Group 9:30am- 10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 	SEPTEMBER 10 • Coffee and Chats Vaughan 10:00am- 12:00pm ext. 2653	SEPTEMBER 11	SEPTEMBER 12 • Coffee and Chats Keswick 10:30am-12:00pm ext 2601	SEPTEMBER 13
 SEPTEMBER 16 Walking Group 9:30am- 10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 	SEPTEMBER 17 • Coffee and Chats Vaughan 10:00am- 12:00pm ext. 2653 • Sense of Self 2:00pm- 3:00pm ext 2601	SEPTEMBER 18 • Tech Savvy Seniors 1:00pm-2:30pm ext 2687	SEPTEMBER 19 • Coffee and Chats Keswick 10:30am-12:00pm ext 2601	SEPTEMBER 20 VCHC Open House Saturday Sep 21, 2024. Visit www.vaughancho .com for more information
SEPTEMBER 23	SEPTEMBER 24	SEPTEMBER 25	SEPTEMBER 26	SEPTEMBER 27
 Walking Group 9:30am- 10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 	 Coffee and Chats Vaughan 10:00am- 12:00pm ext. 2653 Sense of Self 2:00pm- 3:00pm ext 2601 	• Tech Savvy Seniors 1:00pm-2:30pm ext 2687	 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Expressive Art 10:00am- 11:30am ext .2653 Restful Sleep 4:00pm- 5:30pm ext .2601 	
SEPTEMBER 30 • Walking Group 9:30am- 10:30am ext. 2642 • Train Your Brain 2:00pm-3:00pm ext. 2601				
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VAUGHAN COMMUNITY HEALTH CENTRE SEPTEMBER 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+):

r				
Train Your Brain	Date: Sep 9-Dec 9, 2024	Day: MON	Time: 2:00pm-3:00pm	
Program Contact: Jennyvie: Email: jaromin@vaughanchc Phone: 905-476-5621 ext. 2	com 2601	Location: Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device		
• • •			the Internet and working video/microphone on a	
phone, tablet or computer dev	vice. A link to the program will b	e emailed wee	kly to participants.	
Coffee and Chats	Dates: ongoing	Day: THUR	Time: 10:30am-12:00pm	
Program Contact: Jennyvie: Email: jaromin@vaughanchc Phone: 905-476-5621ext. 2	com 601		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.				
Expressive Art	Date: Sep 26-Dec 12, 2024	Day: THUR	Time: 10:00am-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.				
Coffee and Chats (19+)	Dates: ongoing	Day: TUE	Time: 10:00am-12:00pm	
Program Contact: Kelly Email: klo@vaughanchc.com Phone: 905-303-8490 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.				
Restful Sleep (16+)	Date: Sep 26-Oct 31, 2024	Day: THUR	Time: 4:00pm-5:30pm	
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 6-week comprehensive virtual program designed to enhance your sleep quality. You will learn the scientific basis & techniques of sleep and how to manage mood. Clients will be screened for eligibility.				
Sense of Self: boundary setting & communication	Date: Sep 17-Oct 22, 2024	Day: TUE	Time: 2:00pm-3:00pm	
Program Contact: Jennyvie:			Location: Platform: Online Platform Program will	

Email: jaromin@vaughanchc.com	be offered on Zoom Access to internet and
Phone: 905-476-5621 ext. 2601	working video/microphone on phone, tablet, or
	computer device

This 6-week social emotional learning forum provides opportunities to build on skills to effectively communicate personal boundaries to promote positive relationships with others and one's self.

Tech Savvy Seniors	ech Savvy Seniors Date: Sep 18-Nov 8, 2024 Day: WED		Time: 1:00pm-2:30pm	
Program Contact: Vania Email: vdelgado@vaughanchc.com Phone: 905-303-8490 ext. 2687			Location: In Person at VCHC 9401 Jane Street, Suite 106, Vaughan, ON, Entrance A	
This program is designed to empower seniors in the digital age.				

This calendar can be provided in an alternative format.









SEPTEMBER 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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



September 30, 2021, marks the first National Day for Truth and Reconciliation, a day that coincides with <u>Orange Shirt Day</u>. It recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions.

Start your learning journey by exploring the rich and diverse cultures, voices, experiences and histories of First Nations, Inuit and Métis peoples. For more information visit:

https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html.

VCHC will be acknowledging the day by offering information and resources about Truth & Reconciliation Day to our staff and clients. Staff and clients can also choose to wear orange shirt or related item to commemorate the day.

This calendar can be provided in an alternative format.

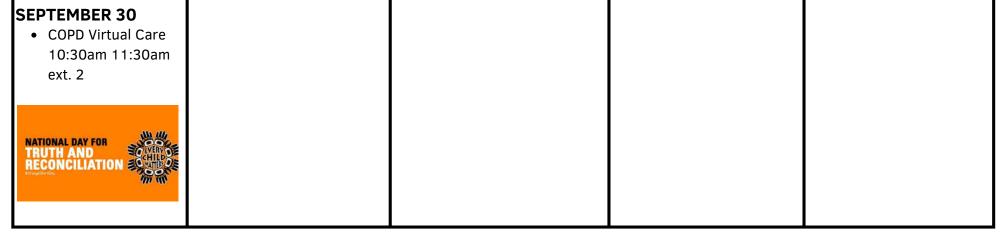








Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 2	SEPTEMBER 3 • Introduction to Diabetes 9:30am- 11:30am ext. 2637 (virtual)	SEPTEMBER 4 • COPD Virtual Care 10:30am11:30am ext. 2	SEPTEMBER 5	SEPTEMBER 6
SEPTEMBER 9 • COPD Virtual Care 10:30am-11:30am ext. 2	SEPTEMBER 10 • Introduction to Diabetes 5:30pm- 7:30pm ext. 2637 (in-person)	SEPTEMBER 11 • COPD Virtual Care 10:30am-11:30am ext. 2	SEPTEMBER 12	SEPTEMBER 13
SEPTEMBER 16 • COPD Virtual Care 10:30am 11:30am ext. 2	SEPTEMBER 17	SEPTEMBER 18 • COPD Virtual Care 1030am-1130am ext. 2	SEPTEMBER 19	SEPTEMBER 20 VCHC Open House Saturday Sep 21, 2024. Visit www.vaughanchc .com for more information
SEPTEMBER 23 • COPD Virtual Care 10:30am 11:30am ext. 2	SEPTEMBER 24 • COPD Virtual Support Group 1:30pm-3:00pm ext. 2	SEPTEMBER 25 • COPD Virtual Care 10:30am-11:30am ext. 2	SEPTEMBER 26	SEPTEMBER 27 • Introduction to Diabetes 1:00pm- 3:00pm ext. 2637 (virtual)



This calendar can be provided in an alternative format.









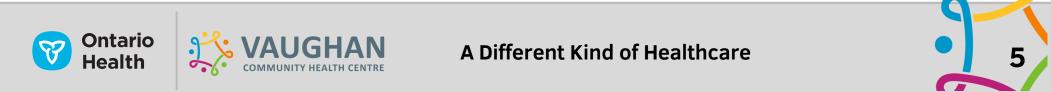
SEPTEMBER 2024 CHRONIC DISEASE GROUP PROGRAMS

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 educatior	and exercise in the comfor	rt of your own home!		
Introduction to Diabetes	Dates: Sep 3, 10 & 27, Day: TUE, FRI 2024		Time: Sep 3, 2024: 9:30am-11:30am (virtual Sep 10, 2024: 5:30pm-7:30pm (in-per Sep 27, 2024: 1:00pm-3:00pm (virtual	
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637			Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106	
activity can have an impact		ol. Our team of Regist	festyle such as food choices and physical tered Nurses and Dietitians are certified cation and insulin works	
COPD Virtual Support	Dates: Sep 24, 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		
understanding of COPD. Le		eir symptoms.		
			Client Testimonials	
	INE B	OOKI	Donate Now	
	Now Avai		Watch Our Video	
\rightarrow		GHAN HEALTH CENTRE	Become a Client	



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: <u>www.vaughanchc.co</u>m

This calendar can be provided in an alternative format.





