




Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER 2 VCHC CLOSED	SEPTEMBER 3	SEPTEMBER 4	SEPTEMBER 5 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 	SEPTEMBER 6
SEPTEMBER 9 <ul style="list-style-type: none"> Walking Group 9:30am-10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 	SEPTEMBER 10 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 	SEPTEMBER 11	SEPTEMBER 12 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 	SEPTEMBER 13
SEPTEMBER 16 <ul style="list-style-type: none"> Walking Group 9:30am-10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 	SEPTEMBER 17 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Sense of Self 2:00pm-3:00pm ext 2601 	SEPTEMBER 18 <ul style="list-style-type: none"> Tech Savvy Seniors 1:00pm-2:30pm ext 2687 	SEPTEMBER 19 <ul style="list-style-type: none"> Coffee and Chats Keswick 10:30am-12:00pm ext 2601 	SEPTEMBER 20 <div style="background-color: #e0f0ff; padding: 10px; text-align: center;"> VCHC Open House Saturday Sep 21, 2024. Visit www.vaughanhc.com for more information </div>
SEPTEMBER 23 <ul style="list-style-type: none"> Walking Group 9:30am-10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 	SEPTEMBER 24 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Sense of Self 2:00pm-3:00pm ext 2601 	SEPTEMBER 25 <ul style="list-style-type: none"> Tech Savvy Seniors 1:00pm-2:30pm ext 2687 	SEPTEMBER 26 <ul style="list-style-type: none"> 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 27
SEPTEMBER 30 <ul style="list-style-type: none"> Walking Group 9:30am-10:30am ext. 2642 Train Your Brain 2:00pm-3:00pm ext. 2601 				



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+):

Train Your Brain	Date: Sep 9-Dec 9, 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.			
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.			
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: 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	
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	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+):

The Walking Group	Date: Sep 9-Oct 28, 2024	Day: MON	Time: 9:30am-10:30am
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: In Person at VCHC 9401 Jane Street, Suite 106, Vaughan, ON, Entrance A	

Join and participate in trail walking. Participants are welcome to use VCHC's nordic walking sticks.

Acknowledgement of Truth & Reconciliation Day



Description of the three icons

- The eagle to represent First Nations
- The narwhal to represent Inuit
- The beaded flower to represent Métis

September 30, 2021, marks the first National Day for Truth and Reconciliation, a day that coincides with Orange Shirt Day. 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.

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SEPTEMBER 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
SEPTEMBER 2 VCHC CLOSED	SEPTEMBER 3 <ul style="list-style-type: none"> Introduction to Diabetes 9:30am-11:30am ext. 2637 (virtual) 	SEPTEMBER 4 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 5	SEPTEMBER 6
SEPTEMBER 9 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 10 <ul style="list-style-type: none"> Introduction to Diabetes 5:30pm-7:30pm ext. 2637 (in-person) 	SEPTEMBER 11 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 12	SEPTEMBER 13
SEPTEMBER 16 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 17	SEPTEMBER 18 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 19	SEPTEMBER 20 <div style="background-color: #e0f2f7; padding: 5px; text-align: center;"> VCHC Open House Saturday Sep 21, 2024. Visit www.vaughanhc.com for more information </div>
SEPTEMBER 23 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 24 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2 	SEPTEMBER 25 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	SEPTEMBER 26	SEPTEMBER 27 <ul style="list-style-type: none"> Introduction to Diabetes 1:00pm-3:00pm ext. 2637 (virtual)
SEPTEMBER 30 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 				

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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 education and exercise in the comfort of your own home!			
Introduction to Diabetes	Dates: Sep 3, 10 & 27, 2024	Day: TUE, FRI	Time: Sep 3, 2024: 9:30am-11:30am (virtual) Sep 10, 2024: 5:30pm-7:30pm (in-person) 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	
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			
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	
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.			



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[Programs Calendar](#)

This calendar can be provided in an alternative format.

SEPTEMBER 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

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