



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>OCTOBER 1</b> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>Sense of Self 2:00pm-3:00pm ext 2601</li> <li>Ready for Success Tutoring 4:45pm-5:45pm ext 2653</li> <li>Creative &amp; Crafty 6:00pm-7:00pm ext 2653</li> </ul>	<b>OCTOBER 2</b> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:00pm-2:30pm ext 2687</li> </ul>	<b>OCTOBER 3</b> <ul style="list-style-type: none"> <li>Expressive Art 10:00am-11:30am ext 2653</li> <li>Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>The Power of Food 10:00am-11:00am ext 2642</li> <li>Feet in Motion 1:00pm-2:00pm ext 2642</li> <li>Restful Sleep 4:00pm-5:30pm ext .2601</li> </ul>	<b>OCTOBER 4</b>
<b>OCTOBER 7</b> <ul style="list-style-type: none"> <li>Walking Group 9:30am-10:30am ext. 2642</li> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>OCTOBER 8</b> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>Sense of Self 2:00pm-3:00pm ext 2601</li> <li>Ready for Success Tutoring 4:45pm-5:45pm ext 2653</li> <li>Creative &amp; Crafty 6:00pm-7:00pm ext 2653</li> </ul>	<b>OCTOBER 9</b> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:00pm-2:30pm ext 2687</li> </ul>	<b>OCTOBER 10</b> <ul style="list-style-type: none"> <li>Expressive Art 10:00am-11:30am ext 2653</li> <li>Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>The Power of Food 10:00am-11:00am ext 2642</li> <li>Feet in Motion 1:00pm-2:00pm ext 2642</li> <li>Restful Sleep 4:00pm-5:30pm ext .2601</li> </ul>	<b>OCTOBER 11</b>
<b>OCTOBER 14</b>  <b>VCHC CLOSED</b>	<b>OCTOBER 15</b> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>Sense of Self 2:00pm-3:00pm ext 2601</li> <li>Ready for Success Tutoring 4:45pm-5:45pm ext 2653</li> <li>Creative &amp; Crafty 6:00pm-7:00pm ext 2653</li> </ul>	<b>OCTOBER 16</b> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:00pm-2:30pm ext 2687</li> </ul>	<b>OCTOBER 17</b> <ul style="list-style-type: none"> <li>Expressive Art 10:00am-11:30am ext 2653</li> <li>Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>The Power of Food 10:00am-11:00am ext 2642</li> <li>Feet in Motion 1:00pm-2:00pm ext 2642</li> <li>Restful Sleep 4:00pm-5:30pm ext .2601</li> </ul>	<b>OCTOBER 18</b>
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## OCTOBER 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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

<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>Feet in Motion</b>	Dates: Oct 3-Dec 19, 2024	Day: THUR	Time: 1:00pm- 2:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Location: In person VCHC 9401 Jane Street, Vaughan, ON, Suite 106	
Keep active through dance , socialize & make new friends, help increase your overall health and well-being			
<b>Ready for Success Tutoring Program</b>	Dates: Oct 1- Nov 26, 2024	Day: TUE	Time: 4:45pm-5:45pm
Program Contact: Kelly Email: Klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: In person VCHC 9401 Jane Street, Vaughan, ON, Suite 106	
Free Math and English group tutoring program for students in grades 1 to 6 Through group tutoring, children and tutors focus on improving literacy and numeracy skills. PROGRAM ELIGIBILITY: The program is free of charge and is offered to families with a gross annual household income of \$70,000.00 or less (based on a family of 4).			
<b>Creative &amp; Crafty</b>	Dates: Oct 1- Nov 26	Day: TUE	Time: 6:00pm-7:00pm
Program Contact: Kelly Email: Klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: In person VCHC 9401 Jane Street, Vaughan, ON	
A craft and social program designed for children 6-12 years of age, to increase engagement in socialization and reduce isolation, enhance productivity and feelings of accomplishment.			
<b>Expressive Art 101</b>	Dates: 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.			
<b>The Power of Food</b>	Dates: Oct 3-Nov 7, 2024	Day: THUR	Time: 10:00am-11:00am
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	
Join our program to learn about foods that help fight diseases, to support healthy immunity, brain function and digestion, promote good health and positive aging.			
<b>Watercolour Wellness: Crafting Calmness</b>	Dates: Oct 21-Dec 2, 2024	Day: MON	Time: 10:00am-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	
Join the program to engage in easy mindful art activities, connect and socialize, improve mental and emotional well-being through creative expression.			

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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.			
<b>Train Your Brain</b>	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.			
<b>Restful Sleep (16+)</b>	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.			
<b>Sense of Self: boundary setting &amp; communication</b>	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.			
<b>Tech Savvy Seniors</b>	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.			
<b>The Walking Group</b>	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.			

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Monday	Tuesday	Wednesday	Thursday	Friday
	<b>OCTOBER 1</b>	<b>OCTOBER 2</b> <ul style="list-style-type: none"> <li>Diabetes Group Session 9:30am-11:00am ext. 2637</li> <li>COPD Virtual Care 10:30am 11:30am ext. 2</li> </ul>	<b>OCTOBER 3</b>	<b>OCTOBER 4</b>
<b>OCTOBER 7</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am 11:30am ext. 2</li> </ul>	<b>OCTOBER 8</b>	<b>OCTOBER 9</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am 11:30am ext. 2</li> </ul>	<b>OCTOBER 10</b>	<b>OCTOBER 11</b>
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<b>OCTOBER 28</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am 11:30am ext. 2</li> </ul>	<b>OCTOBER 29</b> <ul style="list-style-type: none"> <li>Diabetes Group Session 1:00pm-3:00pm ext. 2637</li> <li>COPD Virtual Support Group 1:30pm-3:00pm ext. 2</li> </ul>	<b>OCTOBER 30</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am 11:30am ext. 2</li> <li>Insulin Education Program 1:30pm-3:00pm ext. 2</li> </ul>	<b>OCTOBER 31</b>	

# OCTOBER 2024 CHRONIC DISEASE GROUP PROGRAMS


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<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>Insulin Education program</b>	Dates: Oct 23 & 30, 2024	Day: WED	Time: 1:30pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671		Location: In person VCHC 9401 Jane Street, Vaughan, ON, Suit 206 (entrance B)	
Come and join us for free interactive insulin education session to discuss various topics related to insulin.			
<b>Diabetes Group Session</b>	Dates: Oct 2, 15 & 29, 2024	Day: TUE & WED	Time: Oct 2, 2024: 9:30am-11:30am- in-person Time: Oct 15, 2024: 5:30pm-7:30pm- virtual Time: Oct 29, 2024: 1:00pm-3:00pm- in-person
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206	
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			
<b>COPD Virtual Support</b>	Dates: Oct 29, 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.			



## ONLINE BOOKING

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Client Online Booking

Client and Community Resources

Programs Calendar

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



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# OCTOBER 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)

<b>Total Body Conditioning</b>	Dates: Oct 7-Mar 17, 2025	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			
<b>Step It Up</b>	Dates: Oct 8-Mar 6, 2025	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.			
<b>Chair Yoga</b>	Dates: Oct 9-Mar 5, 2025	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			
<b>Low Impact Exercise</b>	Dates: Oct 10- Mar 6, 2025	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			
<b>Energize with Exercise</b>	Dates: Oct 10-Mar 6, 2025	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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