



Monday	Tuesday	Wednesday	Thursday	Friday
				NOVEMBER 1
NOVEMBER 4 <ul style="list-style-type: none"> Watercolour Wellness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	NOVEMBER 5 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Ready for Success Tutoring 4:45pm-5:45pm ext 2653 Creative & Crafty 6:00pm-7:00pm ext 2653 	NOVEMBER 6 <ul style="list-style-type: none"> Digestive Health Education 10:00am-11:30am ext 2642 Tech Savvy Seniors 1:00pm-2:30pm ext 2687 	NOVEMBER 7 <ul style="list-style-type: none"> Expressive Art 10:00am-11:30am ext 2653 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 The Power of Food 10:00am-11:00am ext 2642 Feet in Motion 1:00pm-2:00pm ext 2642 Restful Sleep 4:00pm-5:30pm ext .2601 	NOVEMBER 8
NOVEMBER 11 <ul style="list-style-type: none"> Watercolour Wellness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	NOVEMBER 12 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Ready for Success Tutoring 4:45pm-5:45pm ext 2653 Creative & Crafty 6:00pm-7:00pm ext 2653 	NOVEMBER 13 <ul style="list-style-type: none"> Digestive Health Education 10:00am-11:30am ext 2642 	NOVEMBER 14 <ul style="list-style-type: none"> Expressive Art 10:00am-11:30am ext 2653 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet in Motion 1:00pm-2:00pm ext 2642 Restful Sleep 4:00pm-5:30pm ext .2601 	NOVEMBER 15
NOVEMBER 18 <ul style="list-style-type: none"> Watercolour Wellness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	NOVEMBER 19 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Ready for Success Tutoring 4:45pm-5:45pm ext 2653 Creative & Crafty 6:00pm-7:00pm ext 2653 	NOVEMBER 20 <ul style="list-style-type: none"> Digestive Health Education 10:00am-11:30am ext 2642 	NOVEMBER 21 <ul style="list-style-type: none"> Expressive Art 10:00am-11:30am ext 2653 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet in Motion 1:00pm-2:00pm ext 2642 Restful Sleep 4:00pm-5:30pm ext .2601 	NOVEMBER 22
NOVEMBER 25 <ul style="list-style-type: none"> Watercolour Wellness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	NOVEMBER 26 <ul style="list-style-type: none"> Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653 Ready for Success Tutoring 4:45pm-5:45pm ext 2653 Creative & Crafty 6:00pm-7:00pm ext 2653 	NOVEMBER 27 <ul style="list-style-type: none"> Digestive Health Education 10:00am-11:30am ext 2642 	NOVEMBER 28 <ul style="list-style-type: none"> Expressive Art 10:00am-11:30am ext 2653 Coffee and Chats Keswick 10:30am-12:00pm ext 2601 Feet in Motion 1:00pm-2:00pm ext 2642 Restful Sleep 4:00pm-5:30pm ext .2601 	NOVEMBER 29

NOVEMBER 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+):

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.			
Feet in Motion	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			
Ready for Success Tutoring Program	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).			
Creative & Crafty	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.			
Expressive Art 101	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.			
The Power of Food	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.			
Watercolour Wellness: Crafting Calmness	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.			

This calendar can be provided in an alternative format.

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

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.			
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.			
Tech Savvy Seniors	Date: Sep 18-Nov 6, 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.			
Digestive Health Education Program	Date: Oct 9-Nov 27, 2024	Day: WED	Time: 10:00am-11:30am
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 this program to learn how to prevent and manage various digestive health issues.			

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Monday

Tuesday

Wednesday

Thursday

Friday

				NOVEMBER 1
NOVEMBER 4 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 5	NOVEMBER 6 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 7 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2 	NOVEMBER 8
NOVEMBER 11 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 12 <ul style="list-style-type: none"> Obesity Management 5:00pm-7:00pm ext. 2 	NOVEMBER 13 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 14 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2 	NOVEMBER 15
NOVEMBER 18 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 19 <ul style="list-style-type: none"> Obesity Management 5:00pm-7:00pm ext. 2 	NOVEMBER 20 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 21 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2 	NOVEMBER 22
NOVEMBER 25 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 26 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2 Obesity Management 5:00pm-7:00pm ext. 2 	NOVEMBER 27 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2 	NOVEMBER 28 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2 	NOVEMBER 29

NOVEMBER 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!			
Living a Healthy Life with Diabetes	Dates: Nov 7, 14, 21, 28 2024	Day: THUR	Time: 6:00pm-7:30pm
Program Contact: Mehria Phone: 905-303-8490 Ext. 2		Location: In person VCHC 9401 Jane Street, Vaughan, ON, Suit 206 (entrance B)	
This is a free 4 week workshop for people living with prediabetes or type 2 diabetes. You will develop the skills to manage your prediabetes and type 2 diabetes daily and help prevent complications.			
Obesity Management Program	Dates: Nov 12, 19, 26 and Dec 3, 2024	Day: TUE	Time: 5:00pm-7:00pm
Program Contact: Mehria Phone: 905-303-8490 Ext. 2		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206 (entrance B)	
A 4 week program to support with insights on obesity management, gain practical knowledge and skills and learn about resources for sustainable success.			
COPD Virtual Support	Dates: Nov 26, 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.



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Monday	Tuesday	Wednesday	Thursday	Friday
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NOVEMBER 4 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	NOVEMBER 5 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm 	NOVEMBER 6 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	NOVEMBER 7 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm Total Body Conditioning 5:15 pm-6:15pm Step it Up 6:00pm-6:45pm Energize with Exercise 6:30pm-7:30pm 	NOVEMBER 8 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm
NOVEMBER 11 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	NOVEMBER 12 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm 	NOVEMBER 13 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	NOVEMBER 14 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm Total Body Conditioning 5:15 pm-6:15pm Step it Up 6:00pm-6:45pm Energize with Exercise 6:30pm-7:30pm 	NOVEMBER 15 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm
NOVEMBER 18 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	NOVEMBER 19 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm 	NOVEMBER 20 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	NOVEMBER 21 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm Total Body Conditioning 5:15 pm-6:15pm Step it Up 6:00pm-6:45pm Energize with Exercise 6:30pm-7:30pm 	NOVEMBER 22 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm
NOVEMBER 25 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am 10:00am-11:00am 	NOVEMBER 26 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm 	NOVEMBER 27 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm 	NOVEMBER 28 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm Total Body Conditioning 5:15 pm-6:15pm Step it Up 6:00pm-6:45pm Energize with Exercise 6:30pm-7:30pm 	NOVEMBER 29 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm

NOVEMBER 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

Total Body Conditioning	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			
Step It Up	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.			
Chair Yoga	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			
Low Impact Exercise	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			
Energize with Exercise	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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