



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
		January 1	January 2	January 3
January 6	January 7 <ul style="list-style-type: none"> Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	January 8	January 9 <ul style="list-style-type: none"> Feet In Motion 1:00pm-2:00pm ext. 2642 	January 10
January 13 <ul style="list-style-type: none"> Train Your Brain 2:00-3:00pm ext. 2601 	January 14 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687 Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	January 15 <ul style="list-style-type: none"> Play and Laugh Family Game Day 6:00pm-7:30pm ext. 2642 	January 16 <ul style="list-style-type: none"> EarlyOn - Creative Chefs 9:30am-11:30am Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Feet In Motion 1:00pm-2:00pm ext. 2642 	January 17
January 20 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10am-12pm ext. 2601 Train Your Brain 2:00-3:00pm ext. 2601 	January 21 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687 Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	January 22 <ul style="list-style-type: none"> Weight. Diet. Health 2:00pm-3:00pm ext. 2642 Play and Laugh Family Game Day 6:00pm-7:30pm ext. 2642 An Empower Mental Health Presentation 6:30pm-7:30pm 	January 23 <ul style="list-style-type: none"> EarlyOn - Creative Chefs 9:30am-11:30am Expressive Art 101 10am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Feet In Motion 1:00pm-2:00pm ext. 2642 	January 24
January 27 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10am-12pm ext. 2601 Train Your Brain 2:00-3:00pm ext. 2601 	January 28 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687 Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	January 29 <ul style="list-style-type: none"> Weight. Diet. Health 2:00pm-3:00pm ext. 2642 Play and Laugh Family Game Day 6:00pm-7:30pm ext. 2642 	January 30 <ul style="list-style-type: none"> EarlyOn - Creative Chefs 9:30am-11:30am Expressive Art 101 10am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Feet In Motion 1:00pm-2:00pm ext. 2642 	January 31

JANUARY 2025 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 (19+) (Vaughan)	Dates: Jan 14-Apr 1, 2025	Day: TUE	Time: 10:00am-12noon
Program Contact: Vania Email: vdelgado@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
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.			
Expressive Art 101	Dates: Jan 23 - Mar27, 2025	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. (*No program on Mar 13, 2025)			
Ready for Success Tutoring Program	Dates: Jan 7 - Apr 1, 2025	Day: TUE	Time: 4:45pm-5:45pm
Program Contact: Kelly Email: Klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Free Math and English group tutoring program for students in grades 1-6. Tutoring and program activities are provided by York University's Teacher Candidates and VCHC staff. Through group tutoring, children and tutors focus on improving literacy and numeracy skills. (*No program on Feb 11, 18 & Mar 11, 2025)			
Brain, Logic and Tricks	Dates: Jan 7 - Apr 1, 2025	Day: TUE	Time: 6:00pm-7:00pm
Program Contact: Kelly Email: Klo@vaughanchc.com Phone: 905-303-8490 Ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Children (6-12 years old) will learn about the importance of brain health and participate in activities that support problem solving skills and memory development. (*No program on Feb 11, 18 & Mar 11, 2025)			
Feet In Motion	Dates:Jan 9-Aug14, 2025	Day: THUR	Time: 1:00pm - 2:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Dance, learn and share program led by a VCHC Peer Leader. To keep you active through dance, socialize and make new friends and help increase your overall health and well-being.			
Early ON - Creative Chefs	Date: Jan 16 - Mar 27, 2025	Day: THUR	Time: 9:30am -11:30am
Program Contact: Vania Email: vdelgado@vaughanchc.com for registration Phone: 905-303-8490 ext. 2687 Early-On Phone: 905-859-9941		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
This program is offered by Early ON. All new families are required to fill out a one-time registration form with VCHC upon arrival.			
An Empowering Mental Health Presentation	Date: Jan 22, 2025	Day: WED	Time: 6:30pm - 7:30pm
Program Contact: General Manager at YRAACC Email: gmgr@yorkregionaacc.ca Website: York Region Alliance of African Canadian Communities (www.yorkregionaacc.ca)		Location: Virtual; Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
An Empowering Mental Health Presentation to explore mental wellness self-care and navigating health services.			

This calendar can be provided in an alternative format.

JANUARY 2025 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

Weight. Diet. Health	Dates: Jan 22-Feb 26, 2025	Day: WED	Time: 2:00pm - 3:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642			Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device
Free community program facilitated by a Community Dietitian to learn about the role of healthy eating and its impact on your overall health; proper weight management; healthy weight.			
Play and Laugh Family Game Day	Dates: Jan 15-Feb 19, 2025	Day: WED	Time: 6:00pm - 7:30pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642			Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7
Family game day for all ages. Participants who are under 18 years of age must have a permission form signed by a parent or guardian. Participant will eat snacks, play old favorites, learn a new game, or bring one to share.			
Train Your Brain	Dates: Jan 13-Mar 10, 2025	Day: MON	Time: 2:00pm - 3:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601			Location: Virtual. 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.			
Coffee and Chats (19+) (Keswick)	Dates: Jan 16-Mar 27, 2025	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.			
Watercolour Wellness: Crafting Calmness (Keswick)	Dates: Jan 20-Mar 10, 2025	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
(Adult program 18+) Participants will engage in easy mindful art activities, connect and socialize, improve mental and emotional well-being through creative expression. Location for in-person is 716 The Queensway South, Keswick, ON, L4P 4C9. Prior to start date, online participants will need to pick up supplies at either Keswick site or Vaughan site.			

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Monday

Tuesday

Wednesday

Thursday

Friday

		January 1	January 2	January 3
January 6 <ul style="list-style-type: none"> COPD Virtual Care 10:30am 11:30am ext. 2 	January 7 <ul style="list-style-type: none"> Diabetes Group Session (Virtual) 9:30am 11:30am ext. 2 	January 8 <ul style="list-style-type: none"> COPD Virtual Care 10:30am 11:30am ext. 2 	January 9	January 10
January 13 <ul style="list-style-type: none"> COPD Virtual Care 10:30am- 11:30am ext. 2 	January 14 <ul style="list-style-type: none"> Craving Change 1:00pm- 3:00pm ext. 2 	January 15 <ul style="list-style-type: none"> COPD Virtual Care 10:30am- 11:30am ext. 2 	January 16 <ul style="list-style-type: none"> Diabetes Group Session (In-person) 5:30pm- 7:30pm ext. 2 	January 17
January 20 <ul style="list-style-type: none"> COPD Virtual Care 10:30am -11:30am ext. 2 	January 21 <ul style="list-style-type: none"> Craving Change 1:00pm- 3:00pm ext. 2 	January 22 <ul style="list-style-type: none"> COPD Virtual Care 10:30am -11:30am ext. 2 	January 23	January 24
January 27 <ul style="list-style-type: none"> COPD Virtual Care 10:30am -11:30am ext. 2 	January 28 <ul style="list-style-type: none"> Craving Change 1:00pm- 3:00pm ext. 2 COPD Virtual Support Group 1:30pm-3:00pm ext. 2 	January 29 <ul style="list-style-type: none"> Diabetes Group Session (Virtual) 9:30am -11:30am ext. 2 	January 30	January 31

JANUARY 2025 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 Group	Dates: Jan 28, 2025	Day: TUE	Time: 1:30pm-3:00pm
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	
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.			
Diabetes Group Sessions	Dates: Jan 7, 16 & 29, 2025	Day: TUE Day: THUR Day: WED	Time: Jan 7, 2025: 9:30am-11:30am (Virtual) Time: Jan 16, 2025: 5:30pm-7:30pm (In-person) Time: Jan 29, 2025: 9:30am-11:30am (Virtual)
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
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.			
Craving Change	Dates: Jan 14, 21 & 28, 2025	Day: TUE	Time: 1:00pm - 3:00pm
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: In person VCHC 9401 Jane Street, Vaughan, ON, 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.			



ONLINE BOOKING

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Programs Calendar

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Monday	Tuesday	Wednesday	Thursday	Friday
		January 1	January 2	January 3
January 6 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	January 7 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext. 2671 	January 8 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	January 9 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm ext. 2671 Total Body Conditioning 5:15 pm-6:15pm ext. 2671 Step it Up 6:00pm-6:45pm ext. 2671 Energize with Exercise 6:30pm-7:30pm ext. 2671 	January 10 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671
January 13 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	January 14 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext. 2671 	January 15 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	January 16 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm ext. 2671 Total Body Conditioning 5:15 pm-6:15pm ext. 2671 Step it Up 6:00pm-6:45pm ext. 2671 Energize with Exercise 6:30pm-7:30pm ext. 2671 	January 17 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm
January 20 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	January 21 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext.2671 	January 22 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	January 23 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm ext. 2671 Total Body Conditioning 5:15 pm-6:15pm ext. 2671 Step it Up 6:00pm-6:45pm ext. 2671 Energize with Exercise 6:30pm-7:30pm ext. 2671 	January 24 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671
January 27 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	January 28 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext. 2671 	January 29 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	January 30 <ul style="list-style-type: none"> Low Impact Exercise 11:00am-12:00pm ext. 2671 Total Body Conditioning 5:15 pm-6:15pm ext. 2671 Step it Up 6:00pm-6:45pm ext. 2671 Energize with Exercise 6:30pm-7:30pm ext. 2671 	January 31 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671

JANUARY 2025 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
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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
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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
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Program Contact: Barbara Phone: 905-303-8490 Ext. 2671	Location: In Person 9401 Jane Street, Vaughan, ON
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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
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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
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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
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Program Contact: Barbara Phone: 905-303-8490 Ext. 2671	Location: Location: In Person 9401 Jane Street, Vaughan, ON
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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
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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
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Circuit exercise class with a focus on the prevention and management of chronic conditions, improves, balance + coordination, muscular strength + endurance, mobility + flexibility

All exercise classes will be on hold from Dec 23-Jan 3, 2025. Programs will resume normal schedule on Jan 6, 2025

This calendar can be provided in an alternative format.