



Monday	Tuesday	Wednesday	Thursday	Friday
February 3 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10am-12pm ext. 2601 Train Your Brain 2:00-3:00pm ext. 2601 	February 4 <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 	February 5 <ul style="list-style-type: none"> Play and Laugh Family Game Day 6:00pm-7:30pm ext. 2642 	February 6 <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 	February 7
February 10 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10am-12pm ext. 2601 Train Your Brain 2:00-3:00pm ext. 2601 	February 11 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687 	February 12 <ul style="list-style-type: none"> Mental Health and Nutrition Program 10:00am-11:00am ext. 2642 Play and Laugh Family Game Day 6:00pm-7:30pm ext. 2642 	February 13 <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 	February 14
February 17 VCHC closed for Family Day	February 18 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687 	February 19 <ul style="list-style-type: none"> Mental Health and Nutrition Program 10:00am-11:00am ext. 2642 Play and Laugh Family Game Day 6:00pm-7:30pm ext. 2642 	February 20 <ul style="list-style-type: none"> EarlyOn - Creative Chefs 9:30am-11:30am Weight-Diet-Health 10:00am-11:00am ext. 2642 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 	February 21
February 24 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10am-12pm ext. 2601 Train Your Brain 2:00-3:00pm ext. 2601 	February 25 <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 	February 26 <ul style="list-style-type: none"> Mental Health and Nutrition Program 10:00am-11:00am ext. 2642 	February 27 <ul style="list-style-type: none"> EarlyOn - Creative Chefs 9:30am-11:30am Weight-Diet-Health 10:00am-11:00am ext. 2642 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 	February 28

FEBRUARY 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.			
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.			

This calendar can be provided in an alternative format.

FEBRUARY 2025 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

Weight. Diet. Health	Dates: Feb 20-Mar 20, 2025	Day: THUR	Time: 10:00am-11:00am
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.			
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.			
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.			
Mental Health and Nutrition Program	Dates: Feb 12-Mar 5, 2025	Day: WED	Time: 10:00am-11:00am
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642			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
4-week program for adults in which we explore the role of optimal nutrition in improving vitality, mood and coping. Topics include: Summarizing known dietary recommendations for psychotic anxiety and depressive disorders with specific emphasis on dietary patterns; Vitamin and mineral deficiencies; Supplementation and lifestyle strategies.			

This calendar can be provided in an alternative format.



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Monday

Tuesday

Wednesday


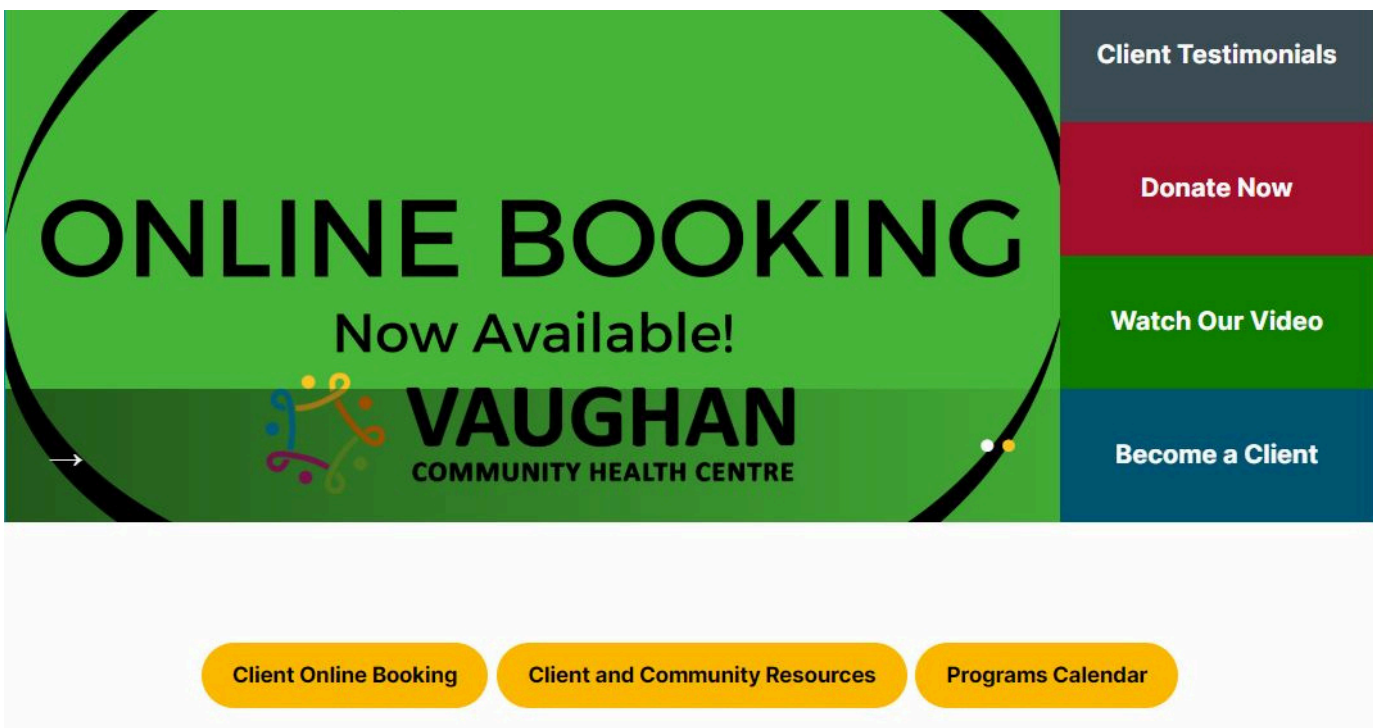
Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
February 3 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	February 4 <ul style="list-style-type: none"> Introduction to Diabetes (in-person) 1pm-3pm ext. 2637 	February 5 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 Insulin Education Program 1pm-3pm ext. 2637 	February 6	February 7
February 10 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	February 11	February 12 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 Insulin Education Program 1pm-3pm ext. 2637 	February 13 <ul style="list-style-type: none"> Introduction to Diabetes (virtual) 1pm-3pm ext. 2637 	February 14
February 17 <p>VCHC closed for Family Day</p>	February 18	February 19 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	February 20	February 21
February 24 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	February 25 <ul style="list-style-type: none"> Introduction to Diabetes (in-person) 1pm-3pm ext. 2637 COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 	February 26 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	February 27	February 28

FEBRUARY 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: Feb 25, 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.			
Insulin Education Program	Dates: Feb 5 & 12, 2025	Day: WED	Time: 1:00pm-3:00pm
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON	
This program to help you understanding insulin, types of insulin, insulin administration, dosage and timing on insulin injection, proper storage of insulin, monitoring and adjustment, possible side effects and carbohydrate counting.			
Introduction to Diabetes	Dates: Feb 4, 2025 Dates: Feb 13, 2025 Dates: Feb 25, 2025	Day: TUE Day: THUR Day: TUE	Time: 1:00pm-3:00pm (in-person) Time: 1:00pm-3:00pm (virtual) Time: 1:00pm-3:00pm (in-person)
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.			
			
			

This calendar can be provided in an alternative format.



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
February 3 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	February 4 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext. 2671 	February 5 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	February 6 <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 	February 7 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671
February 10 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	February 11 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext. 2671 	February 12 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	February 13 <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 	February 14 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm
February 17 <p style="color: #e91e63;">VCHC closed for Family Day</p>	February 18 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext.2671 	February 19 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	February 20 <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 	February 21 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671
February 24 <ul style="list-style-type: none"> Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	February 25 <ul style="list-style-type: none"> Step It Up 6:00pm-6:45pm ext. 2671 	February 26 <ul style="list-style-type: none"> Chair Yoga 2:00pm-3:00pm ext. 2671 	February 27 <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 	February 28 <ul style="list-style-type: none"> Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671

FEBRUARY 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 Suite 206 (Entrance B), 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: In Person Suite 206 (Entrance B), 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

This calendar can be provided in an alternative format.