



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>March 3</b> <ul style="list-style-type: none"> <li>Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601</li> <li>Creative Arts (Adult)- Tote bag Painting 1:00pm-3:00pm ext. 2651</li> <li>Train Your Brain 2:00-3:00pm ext. 2601</li> </ul>	<b>March 4</b> <ul style="list-style-type: none"> <li>Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687</li> <li>International Women's Day 11_00am-1:00pm ext. 2653</li> <li>Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653</li> <li>Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653</li> </ul>	<b>March 5</b> <ul style="list-style-type: none"> <li>Mental Health and Nutrition Program 10:00am-11:00am ext. 2642</li> </ul>	<b>March 6</b> <ul style="list-style-type: none"> <li>EarlyOn - Creative Chefs 9:30am-11:30am</li> <li>Expressive Art 101 10:00am-11:30am ext. 2653</li> <li>Weight-Diet-Health 10:00am-11:00am ext. 2642</li> <li>Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601</li> <li>Winter Staycation 11:30am-12:30pm ext. 2642</li> <li>Feet In Motion 1:00pm-2:00pm ext. 2642</li> </ul>	<b>March 7</b>
<b>March 10</b> <ul style="list-style-type: none"> <li>March Break Arts &amp; Craft (Age 6-12) 9:30am-11:00am ext. 2653</li> <li>Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601</li> <li>Creative Arts (Adult)- Artificial Floral Art 1:00pm-3:00pm ext. 2651</li> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>March 11</b> <ul style="list-style-type: none"> <li>Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687</li> </ul>	<b>March 12</b> <ul style="list-style-type: none"> <li>March Break Arts &amp; Craft (Age 6-12) 9:30am-11am ext. 2653</li> </ul>	<b>March 13</b> <ul style="list-style-type: none"> <li>March Break Arts &amp; Craft (Age 6-12) 9:30am-11am ext. 2653</li> <li>EarlyOn - Creative Chefs 9:30am-11:30am</li> <li>Weight-Diet-Health 10:00am-11:00am ext. 2642</li> <li>Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601</li> <li>Winter Staycation 11:30am-12:30pm ext. 2642</li> <li>Feet In Motion 1:00pm-2:00pm ext. 2642</li> </ul>	<b>March 14</b>
<b>March 17</b> <ul style="list-style-type: none"> <li>Creative Arts (Adult)- Pottery Painting 1:00pm-3:00pm ext. 2651</li> </ul>	<b>March 18</b> <ul style="list-style-type: none"> <li>Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687</li> <li>Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653</li> <li>Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653</li> </ul>	<b>March 19</b>	<b>March 20</b> <ul style="list-style-type: none"> <li>EarlyOn - Creative Chefs 9:30am-11:30am</li> <li>Weight-Diet-Health 10:00am-11:00am ext. 2642</li> <li>Expressive Art 101 10am-11:30am ext. 2653</li> <li>Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601</li> <li>Winter Staycation 11:30am-12:30pm ext. 2642</li> <li>Feet In Motion 1:00pm-2:00pm ext. 2642</li> </ul>	<b>March 21</b>
<b>March 24</b>	<b>March 25</b> <ul style="list-style-type: none"> <li>Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2687</li> <li>Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653</li> <li>Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653</li> </ul>	<b>March 26</b>	<b>March 27</b> <ul style="list-style-type: none"> <li>EarlyOn - Creative Chefs 9:30am-11:30am</li> <li>Expressive Art 101 10am-11:30am ext. 2653</li> <li>Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601</li> <li>Winter Staycation 11:30am-12:30pm ext. 2642</li> <li>Feet In Motion 1:00pm-2:00pm ext. 2642</li> </ul>	<b>March 28</b>
<b>March 31</b>				

# MARCH 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+):

<b>Coffee and Chats (19+) (Vaughan)</b>	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.			
<b>Expressive Art 101</b>	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)			
<b>Ready for Success Tutoring Program</b>	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)			
<b>Brain, Logic and Tricks</b>	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)			
<b>Feet In Motion</b>	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.			
<b>Early ON - Creative Chefs</b>	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.			
<b>Winter Staycation</b>	Dates:Mar 16-27, 2025	Day: THUR	Time: 11:30am - 12:30pm
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	
This 4-week program will offer an opportunity to de-stress and engage in mood-lifting activities to strengthen one's ability to cope with life stressors. Classes are designed to help you develop and practice self-care methods in a safe space; incorporating guided meditation, music therapy to encourage mental and emotional well-being.			

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

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

<b>Weight. Diet. Health</b>	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.			
<b>Watercolour Wellness: Crafting Calmness (Keswick)</b>	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.			
<b>Train Your Brain</b>	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.			
<b>Coffee and Chats (19+) (Keswick)</b>	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.			
<b>Mental Health and Nutrition Program</b>	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.			
<b>International Women's Day</b>	Dates: Mar 4, 2025	Day: TUE	Time: 11:00am-1:00pm
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 (Entrance A)	
Join us for table discussions, group activity and a light lunch. <b>**Register via email by Feb. 24. Registration will close when maximum capacity is reached.</b>			
<b>Creative Arts (For Adults)</b>	Dates: Mar 3, 10 & 17, 2025	Day: MON	Time: 1:00pm-3:00pm
Program Contact: Stacey Email: ssalmon@vaughanchc.com Phone: 905-303-8490 Ext. 2651		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7 (Entrance A)	
Creative is a Therapeutic Art activity for adults and seniors. This program will increase social connections, reduce isolation and support positive mental health. (Please specify which session you would like to attend.) Session 1: Monday March 3, 2025 - Activity: Tote Bag Painting Session 2: Monday March 10, 2025 - Activity: Artificial Floral Art Session 3 Monday March 17, 2025 - Activity: Pottery Painting			

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Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>March 3</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 4</b></p> <ul style="list-style-type: none"> <li>• Diabetes group sessions (Virtual) 5:30pm-7:30am ext. 2637</li> </ul>	<p><b>March 5</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 6</b></p>	<p><b>March 7</b></p>
<p><b>March 10</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 11</b></p>	<p><b>March 12</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 13</b></p>	<p><b>March 14</b></p>
<p><b>March 17</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 18</b></p> <ul style="list-style-type: none"> <li>• Diabetes group sessions (In-person) 1:00pm-3:00pm ext. 2637</li> </ul>	<p><b>March 19</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 20</b></p>	<p><b>March 21</b></p>
<p><b>March 24</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 25</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Support Group 1:30pm-3:00pm ext. 2671</li> </ul>	<p><b>March 26</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<p><b>March 27</b></p> <ul style="list-style-type: none"> <li>• Diabetes group sessions (Virtual) 5:30pm-7:30am ext. 2637</li> </ul>	<p><b>March 28</b></p>
<p><b>March 31</b></p> <ul style="list-style-type: none"> <li>• COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>				

# MARCH 2025 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>COPD Virtual Support Group</b>	Dates: Mar 25, 2025	Day: TUE	Time: 1:30m-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.			
<b>Diabetes Group Sessions</b>	Dates: Mar 4, 2025 Dates: Mar 18, 2025 Dates: Mar 27, 2025	Day: TUE Day: TUE Day: THUR	Mar 4, 2025 - Time: 5:30m-7:30pm (virtual) Mar 18, 2025 - Time: 1:00m-3:00pm (in-person) Mar 27, 2025 - Time: 5:30m-7:30pm (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.			



## ONLINE BOOKING

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Programs Calendar

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



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 3</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671</li> </ul>	<b>March 4</b> <ul style="list-style-type: none"> <li>Step It Up 6:00pm-6:45pm ext. 2671</li> </ul>	<b>March 5</b> <ul style="list-style-type: none"> <li>Chair Yoga 2:00pm-3:00pm ext. 2671</li> </ul>	<b>March 6</b> <ul style="list-style-type: none"> <li>Low Impact Exercise 11:00am-12:00pm ext. 2671</li> <li>Total Body Conditioning 5:15 pm-6:15pm ext. 2671</li> <li>Step it Up 6:00pm-6:45pm ext. 2671</li> <li>Energize with Exercise 6:30pm-7:30pm ext. 2671</li> </ul>	<b>March 7</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 10:00 am-11:00am/ 11:00am-12:00pm ext. 2671</li> </ul>
<b>March 10</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671</li> </ul>	<b>March 11</b>	<b>March 12</b>	<b>March 13</b>	<b>March 14</b>
<b>March 17</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 9:00am-10:00am/ 10:00am-11:00am ext. 2671</li> </ul>	<b>March 18</b>	<b>March 19</b>	<b>March 20</b>	<b>March 21</b>
<b>March 24</b>	<b>March 25</b>	<b>March 26</b>	<b>March 27</b>	<b>March 28</b>
<b>March 31</b>				

# MARCH 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 are 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
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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

<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
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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.

<b>Chair Yoga</b>	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

<b>Low Impact Exercise</b>	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

<b>Energize with Exercise</b>	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.*