









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
				May 1 <ul style="list-style-type: none"> The Thinking Room 10:00am-11:00am ext. 2653
May 4 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	May 5 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Tech Savvy Seniors 2:00pm-3:00pm ext. 2642 	May 6 <ul style="list-style-type: none"> Step & Groove Line Dane 11:00am-12:00pm ext. 2642 The Giving Stitch 1:00pm-2:00pm ext. 2653 Female Empowered Minds (F.E.M.) 3:30pm-5:30pm ext. 2687 Brain, Logic and Tricks 5:00pm-6:00pm ext. 2653 Decluttering 101 5:00pm-6:00pm ext. 2642 	May 7 <ul style="list-style-type: none"> EarlyON Program: Creative Chefs 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	May 8
May 11 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	May 12 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Tech Savvy Seniors 2:00pm-3:00pm ext. 2642 	May 13 <ul style="list-style-type: none"> Step & Groove Line Dane 11:00am-12:00pm ext. 2642 The Giving Stitch 1:00pm-2:00pm ext. 2653 Female Empowered Minds (F.E.M.) 3:30pm-5:30pm ext. 2687 Brain, Logic and Tricks 5:00pm-6:00pm ext. 2653 Decluttering 101 5:00pm-6:00pm ext. 2642 	May 14 <ul style="list-style-type: none"> EarlyON Program: Creative Chefs 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	May 15 <ul style="list-style-type: none"> The Thinking Room 10:00am-11:00am ext. 2653
May 18 <p style="text-align: center;">VCHC Closed -Victoria Day-</p>	May 19 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Tech Savvy Seniors 2:00pm-3:00pm ext. 2642 	May 20 <ul style="list-style-type: none"> Step & Groove Line Dane 11:00am-12:00pm ext. 2642 The Giving Stitch 1:00pm-2:00pm ext. 2653 Female Empowered Minds (F.E.M.) 3:30pm-5:30pm ext. 2687 Brain, Logic and Tricks 5:00pm-6:00pm ext. 2653 Decluttering 101 5:00pm-6:00pm ext. 2642 	May 21 <ul style="list-style-type: none"> EarlyON Program: Infant Massage 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	May 22 <ul style="list-style-type: none"> The Thinking Room 10:00am-11:00am ext. 2653
May 25 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	May 26 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Tech Savvy Seniors 2:00pm-3:00pm ext. 2642 	May 27 <ul style="list-style-type: none"> Step & Groove Line Dane 11:00am-12:00pm ext. 2642 The Giving Stitch 1:00pm-2:00pm ext. 2653 Female Empowered Minds (F.E.M.) 3:30pm-5:30pm ext. 2687 Brain, Logic and Tricks 5:00pm-6:00pm ext. 2653 	May 28 <ul style="list-style-type: none"> EarlyON Program: Infant Massage 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	May 29 <ul style="list-style-type: none"> The Thinking Room 10:00am-11:00am ext. 2653

MAY 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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







 Coffee and Chats (19+) (Vaughan)	Dates: Apr 7-Jun 30, 2026	Day: TUE	Time: 10:00am-12:00pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642		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!			
 Expressive Art	Dates: Apr 9-Jun 11 2026	Day: THUR	Time: 10:00am-11:30am
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
In a relaxed environment, facilitators will lead instructions in art-based activities and share strategies to enhance participants' mental wellbeing.			
 Brain, Logic and Tricks	Dates: Apr 1-Jun 10, 2026	Day: WED	Time: 5:00pm-6:00pm
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Help your child boost their brain power! In this fun and engaging program, children will explore the importance of brain health through hands-on activities, games, and challenges. Participants will practice problem-solving skills, strengthen memory, and discover simple habits that keep their brains active and healthy.			
 The Thinking Room	Dates: Apr 10-Jun 12, 2026	Day: FRI	Time: 10:00am-11:00am
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
A fun, interactive program designed to sharpen your mind and support cognitive wellness! Through hands-on activities and engaging games, you'll learn how to keep your brain healthy while actively improving memory, focus, and problem-solving skills. (No program on May 8, 2026)			
 The Giving Stitch	Dates: Apr 8-May 27, 2026	Day: WED	Time: 1:00pm-2:00pm
Program Contact: Kelly Lo Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Join us to knit, chat, and connect in a supportive environment where creativity and companionship go hand in hand. Bring your own project or take part in group creations such as scarves, hats, and special items made for community donation.			
 EarlyON Program: Creative Chefs (30 months - 6 years)	Dates: Apr 2-May 14 26, 2026	Day: THUR	Time: 9:30am-11:30am
Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
This program invites you and your child(ren) to participate in fun and interactive early learning experiences while preparing healthy and nutritious food. Resources on healthy eating and nutrition will be made available. It's a great way to connect with other families and educators. (Pre-registration required)			

This calendar can be provided in an alternative format.

MAY 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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




 Tech Savvy Seniors	Dates: Apr 21-May 26, 2026	Day: TUE	Time: 2:00pm-3:00pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanhc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Tech Savvy" is an in-person program for seniors, where participants will have the opportunity to learn the basics of navigating Google, email, and social media, engage in practical exercises integrating Word, Excel, and PowerPoint skills, while learning to recognize phishing scams and avoiding online threats.			
 Female Empowered Minds (F.E.M.) Youth 10-13 years	Dates: Apr 8-Jun 3, 2026	Day: WED	Time: 3:30pm-5:30pm
Program Contact: Zaynah Cadogan Email: zcadogan@vaughanhc.com Phone: 905-303-8490 ext. 2687		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
The F.E.M. program is a blend of personal development, self-love and health. The program gives youth (10-13 years of age) the opportunity to explore different weekly topics on empowerment, confidence building, self-esteem, health and making informed life choices.			
 Decluttering 101	Dates: Apr 15-May 20, 2026	Day: WED	Time: 5:00pm-6:00pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanhc.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	
Decluttering your physical space and calming the mind has become a popular trend...but where does one start? This program will provide tips, ideas and step by step guide to help you clear out unwanted clutter in your home.			
 Step & Groove Line Dance	Dates: Apr 15-Jun 24, 2026	Day: WED	Time: 11:00am-12:00pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanhc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
The "Step and Groove: Line Dance" program has been created for older adults who are 55 years of age and older of any ability and dance experience. The program offers a mixture of dance forms and music, dancing without partners, and emphasis on gentle movement. The sessions are led by a trained senior peer leader and consists of elements of jazz, line dancing and contemporary, creative and expressive elements.			
 Coffee and Chats (Keswick)	Dates: Apr 9-Jun 25, 2026	Day: THUR	Time: 10:30am-12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanhc.com Phone: 905-476-5621 ext. 2601		Location: In-person at VCHC Keswick Site - (In Georgina Health Centre) 716 The Queensway South, Keswick, ON, L4P 4C9	
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!			
 Watercolour Wellness: Crafting Calmness	Dates: Apr 13-Jun 29, 2026	Day: MON	Time: 10:00am-12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanhc.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	
"Watercolour Wellness: Crafting Calmness" is a stress relief program that provides an opportunity for participants to come together connect and engage in art and reflection-based activities. The Watercolour Wellness program will incorporate both water colour and neurographic art activities to support participants to reach a mindful, meditative and calm state. Location for in-person is 716 The Queensway S., Keswick, ON, L4P 4C9. Limited spots are available.			

This calendar can be provided in an alternative format.

MAY 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

 Train Your Brain	Dates: Apr 13-Jun 29, 2026	Day: MON	Time: 2:00pm-3:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: 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.			
 Watercolour Wellness: Crafting Calmness	Dates: Apr 14-Jun 30, 2026	Day: TUE	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	
<p>“Watercolour Wellness: Crafting Calmness” is a stress relief program that provides an opportunity for participants to come together connect and engage in art and reflection-based activities. The Watercolour Wellness program will incorporate both water colour and neurographic art activities to support participants to reach a mindful, meditative and calm state. Location for in-person is 716 The Quesway S., Keswick, ON, L4P 4C9. Limited spots are available.</p>			
 EarlyON Program: Infant Massage	Dates: May 21-Jun 25, 2026	Day: THUR	Time: 9:30am-11:30am
Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
<p>This program promotes nurturing touch and communication. It teaches parents how to massage their baby, read their baby's cues, and helps with bonding and attachment. Certified instructors will support and encourage parents to trust their ability and intuition as part of the process. It's a great way to connect with other families and educators.</p>			

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Monday	Tuesday	Wednesday	Thursday	Friday
				May 1
May 4 <ul style="list-style-type: none"> Diabetes Group Session (virtual) 9:30am-11:30am ext. 2667 COPD Virtual Care 10:30am-11:30am ext. 2671 	May 5	May 6 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	May 7	May 8
May 11 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	May 12 <ul style="list-style-type: none"> Diabetes Group Session (in-person) 1:00pm-3:00pm ext. 2667 	May 13 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	May 14	May 15
May 18 VCHC Closed -Victoria Day-	May 19	May 20 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	May 21	May 22
May 25 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	May 26 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 	May 27 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 Diabetes Group Session (virtual) 1:00pm-3:00pm ext. 2667 Introduction to Metabolic Liver Disease 1:30pm-3:00pm ext. 2667 	May 28	May 29

MAY 2026 CHRONIC DISEASE 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: May 26, 2026	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: May 4, 2026 Dates: May 12, 2026 Dates: May 27, 2026	Day: MON Day: TUE Day: WED	Time: 9:30am-11:30am (virtual) Time: 1:00pm-3:00pm (in-person) Time: 1:00pm-3:00pm (virtual)
Program Contact: Deepika Phone: 905-303-8490 Ext. 2667		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. In-person session location is at Suite 206 (Entrance B) 9401 Jane St., Vaughan, ON, L6A 4H7			
 Introduction to Metabolic Liver Disease	Dates: May 27, 2026	Day: WED	Time: 1:30pm-3:00pm (in-person)
Program Contact: Deepika Phone: 905-303-8490 Ext. 2667		Location: In person at VCHC Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON, L6A 4H7	
Join our Non-Alcoholic Fatty Liver (NAFLD/MALSD) program to learn about “What is NAFLD/MALSD”, facts about liver, NAFLD/MALSD spectrum and symptoms, causes and risk factors, diagnosis and prevention and exercise and nutrition guidelines.			



Monday	Tuesday	Wednesday	Thursday	Friday
				May 1 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
May 4 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	May 5 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	May 6 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	May 7 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	May 8 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
May 11 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	May 12 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	May 13 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	May 14 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	May 15 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
<p style="text-align: center; color: #800080; font-weight: bold;">VCHC Closed -Victoria Day-</p>	May 19 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	May 20 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	May 21 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	May 22 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
May 25 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	May 26 <ul style="list-style-type: none"> Total Body Conditioning (in-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	May 27 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	May 28 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	May 29 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671


MAY 2026 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

 Total Body Conditioning (Virtual)	Dates: April 13-June 22, 2026 Dates: April 16-June 18, 2026 Dates: April 17-June 19, 2026	Day: MON THUR 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: 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.

 Total Body Conditioning (In-person)	Dates: April 14-June 16, 2026	Day: TUE	Time: 1:15pm-2:15pm Time: 2:30pm-3:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 106 (Entrance A), 9401 Jane Street, Vaughan, ON


An integrative exercise class that will work all areas of the body. Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.

 Chair Yoga (Virtual)	Dates: April 15-June 17, 2026	Day: WED	Time: 2:00pm-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

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.

 Energize with Exercise (Virtual)	Dates: April 16-June 18, 2026	Day: THUR	Time: 6:30pm-7:30pm
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

Circuit exercise class with a focus on the prevention and management of chronic conditions, improves, balance + coordination, muscular strength + endurance, mobility + flexibility.

 Step It Up (In-person)	Dates: April 14-June 16, 2026 Dates: April 16-June 18, 2026	Day: TUE Day: THUR	Time: 6:00pm-6:45pm Time: 6:00pm-6:45pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON

This full body fitness class incorporates resistance training and cardiovascular training all in one. This program is meant to be a “step up” from the other classes available in the Chronic Disease Centre.

This calendar can be provided in an alternative format.


MAY 2026 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

 Low Impact Exercise (In-person)	Dates: April 16-June 18, 2026	Day: THUR	Time: 11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671		Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON	

This program focuses on improving your overall strength and endurance. Safe and easy to do movements. Gain confidence and ability to progress to more intense programs.



VAUGHAN
COMMUNITY HEALTH CENTRE

Don't have a Family Doctor or Nurse Practitioner for your ongoing health care needs? We can help.

Vaughan Community Health Centre is accepting new clients. Please scan the QR code to complete the services request form.

For more information, please visit our website or call us.

-  905-303-8490 ext. 1
-  www.vaughanchc.com
-  9401 Jane Street Suite 206, Vaughan ON, L6A 4H7





 A Different Kind of Healthcare




VCHC Community Ambassadors

Are you looking to educate the African, Caribbean, Black and Newcomer at your community groups, place of worship or organization about Type 2 Diabetes? We're here to support you!

OUR SERVICES INCLUDE

- 
Tabling at Events
Engage with our team, collect resources, and ask questions in person.
- 
Health Presentations
Presentations to raise awareness about Type 2 Diabetes and promote healthy living. Available both In-Person or Virtually!
- 
Community Education & Awareness
We collaborate with you to create health-conscious, informed spaces where everyone thrives
- 
Referral Services
We can refer you to VCHC Primary health physician, dietician, system navigation team, social workers and others

Why Type 2 Diabetes Awareness Matters?
Early detection saves lives
Lifestyle changes can prevent or delay onset
Community knowledge builds healthier futures

TO BOOK A PRESENTATION OR EVENTS
 EMAIL: ekuzel@vaughanchc.com
 CALL: Liz (905)303- 8490 ext 2627

 [@vaughan_chc](https://twitter.com/vaughan_chc)
 [vaughan.vchc](https://facebook.com/vaughan.vchc)
 [@vaughancommunityhealthtre](https://instagram.com/vaughancommunityhealthtre)
 www.vaughanchc.com

Please let us know if you need any specific accommodations. This flyer is available in an alternative format.

This calendar can be provided in an alternative format.