









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>July 1</b>  <div style="text-align: center; color: #e91e63; font-weight: bold; font-size: 1.2em;">VCHC closed CANADA DAY</div>		
<b>July 6</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 7</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 8</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 9</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 9:00am-11:00am ext. 2687</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 10</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>
<b>July 13</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 14</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 15</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 16</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 9:00am-11:00am ext. 2687</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 17</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 6-8) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 6-9) 8:30am-3:30pm ext. 2601</li> </ul>
<b>July 20</b>	<b>July 21</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687</li> </ul>	<b>July 22</b>	<b>July 23</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 9:00am-11:00am ext. 2687</li> </ul>	<b>July 24</b>
<b>July 27</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 10-13) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 28</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 10-13) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 29</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 10-13) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 30</b> <ul style="list-style-type: none"> <li>EarlyON program: Play Learn and Connect (0-6yrs) 9:00am-11:00am ext. 2687</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 10-13) 8:30am-3:30pm ext. 2601</li> </ul>	<b>July 31</b> <ul style="list-style-type: none"> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Art &amp; Craft 8:30am-11:30am ext. 2653</li> <li>Summer Camp-<b>Vaughan</b> (Age 9-12) - Science &amp; STEM 12:30pm-3:30pm ext. 2653</li> <li>Summer Camp-<b>Keswick</b> (Age 10-13) 8:30am-3:30pm ext. 2601</li> </ul>

## JULY 2026 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>Summer Camp-Vaughan (Age 6-8) - Art &amp; Craft</b>	Dates: July 6-July 17, 2026	Day: MON-FRI	Time: 8:30am-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	
Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun. Eligibility: Child is a York Region resident; Household income must be under \$70000 (based on a family of 4).			
 <b>Summer Camp-Vaughan (Age 6-8) - Science &amp; STEM</b>	Dates: July 6-July 17, 2026	Day: MON-FRI	Time: 12:30pm-3:30pm
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	
Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun. Eligibility: Child is a York Region resident; Household income must be under \$70000 (based on a family of 4).			
 <b>Summer Camp-Vaughan (Age 9-12) - Art &amp; Craft</b>	Dates: July 27-Aug 7, 2026	Day: MON-FRI	Time: 8:30am-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	
Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun. Eligibility: Child is a York Region resident; Household income must be under \$70000 (based on a family of 4).			
 <b>Summer Camp-Vaughan (Age 9-12) - Science &amp; STEM</b>	Dates: July 27-Aug 7, 2026	Day: MON-FRI	Time: 12:30pm-3:30pm
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	
Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun. Eligibility: Child is a York Region resident; Household income must be under \$70000 (based on a family of 4).			
 <b>Summer Camp-Keswick (Age 6-9)</b>	Dates: July 6-July 17, 2026	Day: MON-FRI	Time: 8:30am-3:30pm
Program Contact: Jennyvie Aromin Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In person at Keswick Public School 25 The Queensway N. Keswick, ON, L4P 1E2	
Our FREE Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun. Please note that VCHC's Summer Camp program is not an accredited camp and is facilitated by VCHC's Community Health Workers. Eligibility: Child is a York Region resident; Household income must be under \$70000 (based on a family of 4).			
 <b>Summer Camp-Keswick (Age 10-13)</b>	Dates: July 27-Aug 7, 2026	Day: MON-FRI	Time: 8:30am-3:30pm
Program Contact: Jennyvie Aromin Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In person at Keswick High School 100 Biscayne Blvd., Keswick, ON, L4P 3S2	
Our FREE Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun. Please note that VCHC's Summer Camp program is not an accredited camp and is facilitated by VCHC's Community Health Workers. Eligibility: Child is a York Region resident; Household income must be under \$70000 (based on a family of 4).			

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

# JULY 2026 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>EarlyON Program: Play Learn and Connect (0-6 years)</b>	<b>Dates:</b> July 7-Aug 20, 2026	<b>Day:</b> TUE & THUR	<b>Time:</b> 1:30pm-3:00pm (TUE) 9:00am-11:00am (THUR)
<b>Program Contact:</b> Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687		<b>Location:</b> In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
The program is provided to engage in experiences that promote early learning, social skills, and creativity. Together you may explore songs, stories, and hands-on activities through interactive play.			

*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
		<b>July 1</b>  <b>VCHC closed</b> <b>CANADA DAY</b>	<b>July 2</b>	<b>July 3</b>
<b>July 6</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 7</b> <ul style="list-style-type: none"> <li>Diabetes Group Session (virtual) 5:30pm-7:30pm ext. 2667</li> </ul>	<b>July 8</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 9</b>	<b>July 10</b>
<b>July 13</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 14</b>	<b>July 15</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 16</b>	<b>July 17</b>
<b>July 20</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 21</b> <ul style="list-style-type: none"> <li>Diabetes Group Session (virtual) 9:30am-11:30am ext. 2667</li> </ul>	<b>July 22</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 23</b>	<b>July 24</b>
<b>July 27</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>July 28</b> <ul style="list-style-type: none"> <li>COPD Virtual Support Group 1:30pm-3:00pm ext. 2671</li> </ul>	<b>July 29</b> <ul style="list-style-type: none"> <li>Diabetes Group Session (in-person) 1:00pm-3:00pm ext. 2667</li> </ul>	<b>July 30</b>	<b>July 31</b>



## JULY 2026 EXERCISE EDUCATION GROUP PROGRAMS

### How to Register for 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.vaughanhc.com](http://www.vaughanhc.com)




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.vaughanhc.com](http://www.vaughanhc.com)
- 9401 Jane Street Suite 206, Vaughan ON, L6A 4H7



### 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@vaughanhc.com](mailto:ekuzel@vaughanhc.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.vaughanhc.com](http://www.vaughanhc.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.*