



Monday	Tuesday	Wednesday	Thursday	Friday
Aug 3 VCHC closed CIVIC HOLIDAY	Aug 4 • EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687 • Summer Camp-Vaughan (Age 9-12) - Art & Craft 8:30am-11:30am ext. 2653 • Summer Camp-Vaughan (Age 9-12) - Science & STEM 12:30pm-3:30pm ext. 2653 • Summer Camp-Keswick (Age 10-13) 8:30am-3:30pm ext. 2601	Aug 5 • Summer Camp-Vaughan (Age 9-12) - Art & Craft 8:30am-11:30am ext. 2653 • Summer Camp-Vaughan (Age 9-12) - Science & STEM 12:30pm-3:30pm ext. 2653 • Summer Camp-Keswick (Age 10-13) 8:30am-3:30pm ext. 2601	Aug 6 • EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687 • Summer Camp-Vaughan (Age 9-12) - Art & Craft 8:30am-11:30am ext. 2653 • Summer Camp-Vaughan (Age 9-12) - Science & STEM 12:30pm-3:30pm ext. 2653 • Summer Camp-Keswick (Age 10-13) 8:30am-3:30pm ext. 2601	Aug 7 • Summer Camp-Vaughan (Age 9-12) - Art & Craft 8:30am-11:30am ext. 2653 • Summer Camp-Vaughan (Age 9-12) - Science & STEM 12:30pm-3:30pm ext. 2653 • Summer Camp-Keswick (Age 10-13) 8:30am-3:30pm ext. 2601
Aug 10	Aug 11 • EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687	Aug 12	Aug 13 • EarlyON program: Play Learn and Connect (0-6yrs) 9:00am-11:00am ext. 2687 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601	Aug 14
Aug 17	Aug 18 • EarlyON program: Play Learn and Connect (0-6yrs) 1:30pm-3:00pm ext. 2687	Aug 19	Aug 20 • EarlyON program: Play Learn and Connect (0-6yrs) 9:00am-11:00am ext. 2687 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601	Aug 21
Aug 24 • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601	Aug 25 • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601	Aug 26	Aug 27 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601	Aug 28
Aug 31 • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601				

AUGUST 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+):

 Summer Camp-Vaughan (Age 9-12) - Art & Craft	Dates: July 27-Aug 7 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).			
 Summer Camp-Vaughan (Age 9-12) - Science & STEM	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).			
 Summer Camp-Keswick (Age 10-13)	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).			
 EarlyON Program: Play Learn and Connect (0-6 years)	Dates: July 7-Aug 20, 2026	Day: TUE & THUR	Time: 1:30pm-3:00pm (TUE) Time: 9:00am-11:00am (THUR)
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
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.			
 Coffee and Chats (Keswick)	Dates: Aug 13-Dec 17, 2026	Day: THUR	Time: 10:30am-12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.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: Aug 24-Dec 14, 2026	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
"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.

AUGUST 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+):

 Watercolour Wellness: Crafting Calmness	Dates: Aug 25-Dec15, 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
“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.



Monday	Tuesday	Wednesday	Thursday	Friday
Aug 3 VCHC closed CIVIC HOLIDAY	Aug 4	Aug 5 - COPD Virtual Care 10:30am-11:30am ext. 2671 - Diabetes Group Session (in-person) 1:00pm-3:00pm ext. 2667	Aug 6	Aug 7
Aug 10 COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 11	Aug 12 COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 13	Aug 14
Aug 17 COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 18	Aug 19 - Diabetes Group Session (virtual) 9:30am-11:30am ext. 2667 - COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 20	Aug 21
Aug 24 COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 25 COPD Virtual Support Group 1:30pm-3:00pm ext. 2671	Aug 26 COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 27 Diabetes Group Session (in-person) 5:30pm-7:30pm ext. 2667	Aug 28
Aug 31 COPD Virtual Care 10:30am- 11:30am ext. 2671				

AUGUST 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: Aug 25, 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: Aug 5, 2026 Dates: Aug 19, 2026 Dates: Aug 27, 2026	Day: WED Day: WED Day: THUR	Time: 1:00pm-3:00pm (in-person) Time: 9:30am-11:30pm (virtual) Time: 5:30pm-7:30pm (in-person)
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			

UPCOMING 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 <i>Please note:</i> Fitness instructors will not provide personal training For more information visit: www.vaughanchc.com			
 Total Body Conditioning (Virtual)	Dates: Oct 19, 2026-Mar 22, 2027 Dates: Oct 15, 2026-Mar 11, 2027 Dates: Oct 16, 2026-Mar 12, 2027	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: Oct 13, 2026-Mar 9, 2027	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: Oct 14, 2026-Mar 10, 2027	Day: WED	Time: 12:00pm-1:00pm
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: Oct 15, 2026-Mar 11, 2027	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: Oct 13, 2026-Mar 9, 2027 Dates: Oct 15, 2026-Mar 11, 2027	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.

UPCOMING 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.vaughanchc.com

 **Low Impact Exercise
(In-person)**

Dates: Oct 15, 2026-Mar 11, 2027

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.





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



**Ontario Health****VAUGHAN**
COMMUNITY HEALTH CENTRE

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

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 www.vaughanchc.com

Please let us know if you need any specific accommodations.
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This calendar can be provided in an alternative format.

 **Ontario Health**

 **VAUGHAN**
COMMUNITY HEALTH CENTRE

A Different Kind of Healthcare



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