VAUGHAN COMMUNITY HEALTH CENTRE

NOVEMBER 2026 HEALTH PROMOTION 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.

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2 • The Knitting Club 10:00am-11:30am ext. 2653 • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 • Train Your Brain 2:00pm-3:00pm ext. 2601	**Nov 3** • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 • Coffee & Chats (Vaughan) 10:00am-12:00pm ext. 2642 • Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 • Creative and Crafty 6:00pm-7:00pm ext. 2653	**Nov 4** • Go With Your Gut 10:00am-11:30am ext. 2642 • Step & Groove 2:00pm-3:00pm ext. 2642 • Nutri-Life Cooking Program 6:00pm-7:30pm ext. 2687	**Nov 5** • EarlyON: Play Learn & Connect 9:00am-11:00am ext. 2687 • Expressive Art 10:00am-11:30am ext. 2653 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Decluttering 101 12:30pm-1:30pm ext. 2642 • Nourishing Possibilities 3:00pm-5:00pm ext. 2601	**Nov 6** • The Thinking Room 10:00am-11:30am ext. 2687
Nov 9 • The Knitting Club 10:00am-11:30am ext. 2653 • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 • Train Your Brain 2:00pm-3:00pm ext. 2601	**Nov 10** • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 • Coffee & Chats (Vaughan) 10:00am-12:00pm ext. 2642 • Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 • Creative and Crafty 6:00pm-7:00pm ext. 2653	**Nov 11** • Go With Your Gut 10:00am-11:30am ext. 2642 • Step & Groove 2:00pm-3:00pm ext. 2642 • Nutri-Life Cooking Program 6:00pm-7:30pm ext. 2687	**Nov 12** • EarlyON: Play Learn & Connect 9:00am-11:00am ext. 2687 • Expressive Art 10:00am-11:30am ext. 2653 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Nourishing Possibilities 3:00pm-5:00pm ext. 2601	**Nov 13** • The Thinking Room 10:00am-11:30am ext. 2687
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Nov 30 • The Knitting Club 10:00am-11:30am ext. 2653 • Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 • Train Your Brain 2:00pm-3:00pm ext. 2601				

NOVEMBER 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+):

Coffee and Chats (Vaughan)	Dates: Sep 8-Dec 1, 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!			
Decluttering 101	Dates: Sep 17-Nov 5, 2026	Day: THUR	Time: 12:30pm-1:30pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.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.			
Nutri-Life Cooking Program	Dates: Oct 28-Dec 2, 2026	Day: WED	Time: 6:00pm-7:30pm
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 Nutri - Life Nutrition & Healthy Eating Program are for Individuals with Sickle Cell Disease and caregivers. The program is designed to provide education, hands-on support, and culturally sensitive nutrition programming to empower people with SCD to make healthy food choices, understand the role of diet in disease management, and improve their overall quality of life.			
EarlyON Program: Play Learn and Connect (0-6 years)	Dates: Nov 5-Dec 17, 2026	Day: THUR	Time: 9:00am-11:00am
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 Queesway S., Keswick, ON, L4P 4C9. Limited spots are available.			

This calendar can be provided in an alternative format.

NOVEMBER 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 Queesway S., Keswick, ON, L4P 4C9. Limited spots are available.			
Train Your Brain	Dates: Sep 14-Dec 7, 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.			
Expressive Art	Dates: Sep 17-Dec10, 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.			
The Knitting Club	Dates: Sep 14-Dec 7, 2026	Day: MON	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
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.			
Ready for Success Tutoring	Dates: Sep 22-Dec1, 2026	Day: TUE	Time: 4:45pm-5:45pm
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
Free Math and English group tutoring program for students in grades 1 to 6.			
Creative and Crafty	Dates: Sep 22-Dec1, 2026	Day: TUE	Time: 6:00pm-7:00pm
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
Creative and Crafty is a craft and social program designed for children 6-12 years of age. The program activities are designed to support participants to relieve stress, reduce social isolation and encourage creativity.			

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NOVEMBER 2026 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

Step & Groove Line Dance Program	Dates: Sep 16-Dec 9, 2026	Day: WED	Time: 2:00pm-3:00pm
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
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.			
Nourishing Possibilities	Dates: Oct 29-Nov 26, 2026	Day: THUR	Time: 3:00pm-5:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601			Location: In person at The Link (Kitchen) 20849 Dalton Rd., Sutton, ON L0E 1R0
Nourishing Possibilities is an in-person program where community members learn about nutrition, cook affordable healthy meals together, and connect with others. Led by VCHC's Dietitian and Community Health Worker, each session includes hands-on meal prep, practical tips, and engaging nutrition education to support overall health and well-being. Limited spots are available, please contact us to register.			
The Thinking Room	Dates: Sep 18-Dec 4, 2026	Day: FRI	Time: 10:00am-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
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.			
Go With Your Gut	Dates: Oct 21-Dec 9, 2026	Day: WED	Time: 10:00am-11:30am
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
Digestive Health is a weekly learning-based program designed for adults (aged 19+) to learn about the digestive system. Participants in this program will learn about how to prevent and manage the following issues: Gastro Esophageal Reflux Disease/Heartburn, Irritable Bowel Syndrome/Small Intestinal Bowl Overgrowth, Constipation and Diarrhea, Diverticulosis and Diverticulitis, Gut Microbiome and Probiotics.			

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VAUGHAN COMMUNITY HEALTH CENTRE

NOVEMBER 2026 CHRONIC DISEASE PROGRAMS



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Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2 • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 3** • Insulin Education Program (in-person) 1:00pm-3:00pm ext. 2667 • Living a Healthy Life with Chronic Pain 1:30pm-4:00pm ext. 2601	**Nov 4** • COPD Virtual Care 10:30am-11:30am ext. 2671 • Diabetes Group Session (virtual) 1:00pm-3:00pm ext. 2667	**Nov 5**	**Nov 6**
Nov 9 • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 10** • Insulin Education Program (in-person) 1:00pm-3:00pm ext. 2667 • Living a Healthy Life with Chronic Pain 1:30pm-4:00pm ext. 2601	**Nov 11** • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 12**	**Nov 13**
Nov 16 • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 17** • Living a Healthy Life with Chronic Pain 1:30pm-4:00pm ext. 2601 • Diabetes Group Session (in-person) 5:30pm-7:30pm ext. 2667	**Nov 18** • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 19**	**Nov 20**
Nov 23 • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 24** • COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 • Living a Health Life with Chronic Pain 1:30pm-4:00pm ext. 2601	**Nov 25** • Diabetes Group Session (virtual) 9:30am-11:30am ext. 2667 • COPD Virtual Care 10:30am-11:30am ext. 2671	**Nov 26**	**Nov 27**
Nov 30 • COPD Virtual Care 10:30am-11:30am ext. 2671				

NOVEMBER 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: Nov 24, 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: Nov 4, 2026 Dates: Nov 17, 2026 Dates: Nov 25, 2026	Day: WED Day: TUE Day: WED	Time: 1:00pm-3:00pm (virtual) Time: 5:30pm-7:30pm (in-person) Time: 9:30am-11:30pm (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**			
Living a Healthy Life with Chronic Pain	Dates: Oct 20-Nov 24, 2026	Day: TUE	Time: 1:30pm-4:00pm
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
"Living a Health Life with Chronic Pain" is a free six-week workshop for people with primary or secondary diagnosis of chronic pain. The workshop teaches skills needed to help you manage the day to day challenges of living with chronic pain.			
Insulin Education Program	Dates: Nov 3 &10, 2026	Day: TUE	Time: 1:00pm-3:00pm
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
Learn about different kinds of insulin and their actions, insulin storage and injection technique. Learn how to prevent and treat hypoglycemia (low blood sugar). Understand how carbohydrate counting can help with meal planning and better blood sugar control.			

VAUGHAN COMMUNITY HEALTH CENTRE

NOVEMBER 2026 EXERCISE EDUCATION 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.

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2 • Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671	**Nov 3** • 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	**Nov 4** • Chair Yoga (Virtual) 12:00pm-1:00pm ext. 2671	**Nov 5** • 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 ext. 2671	**Nov 6** • Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Nov 9 • Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671	**Nov 10** • 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	**Nov 11** • Chair Yoga (Virtual) 12:00pm-1:00pm ext. 2671	**Nov 12** • 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 ext. 2671	**Nov 13** • Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
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Nov 30 • Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671				

VAUGHAN COMMUNITY HEALTH CENTRE

NOVEMBER 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.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.

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NOVEMBER 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.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.





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