

# APRIL 2024 HEALTH PROMOTION GROUP PROGRAMS



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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>April 1</b></p>	<p><b>April 2</b></p> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687</li> <li>Mixed Media Art for Kids 4:30pm-5:30pm ext. 2687</li> </ul>	<p><b>April 3</b></p>	<p><b>April 4</b></p>	<p><b>April 5</b></p>
<p><b>April 8</b></p> <ul style="list-style-type: none"> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<p><b>April 9</b></p> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687</li> <li>Mixed Media Art for Kids 4:30pm-5:30pm ext. 2687</li> <li>Restful Sleep 6:00pm-7:30pm ext. 2687</li> </ul>	<p><b>April 10</b></p>	<p><b>April 11</b></p> <ul style="list-style-type: none"> <li>Feet In Motion 2:00pm-3:00pm ext. 2642</li> </ul>	<p><b>April 12</b></p>
<p><b>April 15</b></p> <ul style="list-style-type: none"> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<p><b>April 16</b></p> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687</li> <li>Sense of Self 2:00pm-3:00pm ext. 2601</li> <li>Mixed Media Art for Kids 4:30pm-5:30pm ext. 2687</li> <li>Restful Sleep 6:00pm-7:30pm ext. 2687</li> </ul>	<p><b>April 17</b></p> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:30pm-2:30pm ext. 2687</li> </ul>	<p><b>April 18</b></p> <ul style="list-style-type: none"> <li>Expressive Art 9:30am-11:30am ext. 2653</li> <li>Feet In Motion 2:00pm-3:00pm ext. 2642</li> </ul>	<p><b>April 19</b></p>
<p><b>April 22</b></p> <ul style="list-style-type: none"> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<p><b>April 23</b></p> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687</li> <li>Sense of Self 2:00pm-3:00pm ext. 2601</li> <li>Mixed Media Art for Kids 4:30pm-5:30pm ext. 2687</li> <li>Restful Sleep 6:00pm-7:30pm ext. 2687</li> </ul>	<p><b>April 24</b></p> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:30pm-2:30pm ext. 2687</li> </ul>	<p><b>April 25</b></p> <ul style="list-style-type: none"> <li>Expressive Art 9:30am-11:30am ext. 2653</li> <li>Feet In Motion 2:00pm-3:00pm ext. 2642</li> </ul>	<p><b>April 26</b></p>
<p><b>April 29</b></p> <ul style="list-style-type: none"> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<p><b>April 30</b></p> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2687</li> <li>Sense of Self 2:00pm-3:00pm ext. 2601</li> <li>Mixed Media Art for Kids 4:30pm-5:30pm ext. 2687</li> <li>Restful Sleep 6:00pm-7:30pm ext. 2687</li> </ul>	<p><b>May 1</b></p> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:30pm-2:30pm ext. 2687</li> </ul>	<p><b>May 2</b></p> <ul style="list-style-type: none"> <li>Expressive Art 9:30am-11:30am ext. 2653</li> <li>Feet In Motion 2:00pm-3:00pm ext. 2642</li> </ul>	<p><b>May 3</b></p>

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

<b>Train Your Brain</b>	<b>Date: Apr 8-June 24, 2024</b>	<b>Day: MON</b>	<b>Time: 2:00pm-3:00pm</b>
Program Contact: Jennyvie: Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: Platform: 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! You will need access to the Internet and working video/microphone on a phone, tablet or computer device. A link to the program will be emailed weekly to participants.			
<b>Mixed Media Art for Kids</b>	<b>Date: Apr 2-May 7</b>	<b>Day: TUE</b>	<b>Time: 4:30pm-5:30pm</b>
Program Contact: Busra Email: bkotan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In Person at VCHC 9401 Jane Street, Vaughan, ON. Entrance A	
Program description: To foster creativity and self-expression in children through mixed media art, enhancing their artistic skills and promoting positive well-being.			
<b>Tech Savvy Seniors</b>	<b>Date: Apr 17-May 22</b>	<b>Day: WED</b>	<b>Time: 1:30pm-2:30pm</b>
Program Contact: Busra Email: bkotan@vaughanchc.com Phone: 905-303-8490 ext. 2687		Location: In Person at VCHC 9401 Jane Street, Vaughan, ON. Entrance A	

[Client Online Booking](#)

[Client and Community Resources](#)

[Programs Calendar](#)

### Programs & Services



Primary Care



Allied Health - PACT



Diabetes Education Program



Exercise Education Program



Chronic Obstructive Pulmonary Disease Program



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

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<b>Coffee and Chats (19+)</b>	<b>Dates: January 9-August 13</b>	<b>Day: TUE</b>	<b>Time: 10:00am-12:00pm</b>
Program Contact: Kelly Email: klo@vaughanchc.com Phone: 905-476-5621 ext. 2653		Location: In Person at VCHC 9401 Jane Street, Vaughan, ON	
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>Expressive Art</b>	<b>Date: April 18-June 13</b>	<b>Day: THUR</b>	<b>Time: 9:30 am-11:30am</b>
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.			
<b>Feet In Motion</b>	<b>Date: Jan 11 - Aug 15</b>	<b>Day: THURS</b>	<b>Time: 2:00pm-3:00pm</b>
Program Contact: Cindy 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	
Keep active through dance , socialize & make new friends, help increase your overall health and well-being			
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<b>Restful Sleep</b>	<b>Date: Apr 9-May 14</b>	<b>Day: TUE</b>	<b>Time: 6:00pm-7:30pm</b>
Program Contact: Busra Email: bkotan@vaughanchc.com Phone: 905-303-8490 ext. 2687		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	
Comprehensive program designed to enhance your sleep quality			
<b>Sense of Self: The Art of Communication</b>	<b>Date: Apr 16-May 21</b>	<b>Day: TUE</b>	<b>Time: 2:00pm-3:00pm</b>
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	
This 6-week Social Emotional Learning Forum provides opportunities to build on communication skills and promote the growth of positive relationships with others and one's self.			

- Client Online Booking
- Client and Community Resources
- Programs Calendar

### Programs & Services



Primary Care



Allied Health - PACT



Diabetes Education Program



Exercise Education Program



Chronic Obstructive Pulmonary Disease Program



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# APRIL 2024 CHRONIC DISEASE PROGRAMS




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Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 1</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 2</b>	<b>April 3</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> <li>Introduction to Diabetes 9:30am-11:30am ext. 2637 (virtual)</li> </ul>	<b>April 4</b>	<b>April 5</b>
<b>April 8</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 9</b> <ul style="list-style-type: none"> <li>Introduction to Diabetes 1:00pm-3:00pm ext. 2637 (virtual)</li> </ul>	<b>April 10</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 11</b>	<b>April 12</b>
<b>April 15</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 16</b>	<b>April 17</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 18</b>	<b>April 19</b>
<b>April 22</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 23</b>	<b>April 24</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 25</b>	<b>April 26</b>
<b>April 29</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>April 30</b> <ul style="list-style-type: none"> <li>COPD Virtual Support Group 1:30pm-3:00pm ext. 2</li> <li>Introduction to Diabetes 5:30pm-7:30pm ext. 2637 (in-person)</li> </ul>	<b>May 1</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>May 2</b>	<b>May 3</b>

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# APRIL 2024 CHRONIC DISEASE GROUP PROGRAMS

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<b>COPD Virtual Care Program</b>	<b>Dates: Ongoing</b>	<b>Day: MON &amp; WED</b>	<b>Time: 10:30am-11:30am</b>
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com		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</b>	<b>Dates: April 30, 2024</b>	<b>Day: TUES</b>	<b>Time: 1:30pm-3:00pm</b>
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com		Location: Platform: 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>Introduction to Diabetes</b>	<b>Dates: Apr 3, 9, 30</b>	<b>Day: TUES &amp; WED</b>	<b>Time: April 3- 9:30am-11:30am (virtual) April 9- 1:00pm-3:00pm (virtual) April 30- 5:30pm-7:30pm (in person)</b>
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637 Email: msadat@vaughanchc.com		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106	
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			
   <p>Client Online Booking   Client and Community Resources   Programs Calendar</p>			

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# APRIL 2024 EXERCISE EDUCATION GROUP PROGRAMS



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

April 1	April 2	April 3	April 4	April 5
<b>April 8</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 9:00am-10:00am 10:00am-11:00am</li> </ul>	<b>April 9</b> <ul style="list-style-type: none"> <li>Step It Up 6:00pm-6:45pm</li> </ul>	<b>April 10</b>	<b>April 11</b> <ul style="list-style-type: none"> <li>Low Impact Exercise 11:00am-12:00pm</li> <li>Total Body Conditioning 5:15 pm-6:15pm</li> <li>Step it Up 6:00pm-6:45pm</li> <li>Energize with Exercise 6:30pm-7:30pm</li> </ul>	<b>April 12</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 10:00 a.m. -11:00a.m. 11:00am-12:00pm</li> </ul>
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<b>April 22</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 9:00am-10:00am 10:00am-11:00am</li> </ul>	<b>April 23</b> <ul style="list-style-type: none"> <li>Step It Up 6:00pm-6:45pm</li> </ul>	<b>April 24</b> <ul style="list-style-type: none"> <li>Chair Yoga 2:00pm-3:00pm</li> </ul>	<b>April 25</b> <ul style="list-style-type: none"> <li>Low Impact Exercise 11:00am-12:00pm</li> <li>Total Body Conditioning 5:15 pm-6:15pm</li> <li>Step it Up 6:00pm-6:45pm</li> <li>Energize with Exercise 6:30pm-7:30pm</li> </ul>	<b>April 26</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 10:00 a.m. -11:00a.m. 11:00am-12:00pm</li> </ul>
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# APRIL 2024 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 is 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)

<b>Total Body Conditioning</b>	<b>Dates: Apr 8-June 10</b>	<b>Day: MON, THURS, FRI</b>	<b>Time:</b> 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 Email: BGaffling@vaughanhc.com			Location: Platform: 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			
<b>Step It Up</b>	<b>Dates: Apr 8-June 10</b>	<b>Day: TUES &amp; THURS</b>	<b>Time: Tuesday 6:00pm-6:45pm</b> <b>Thursday 6:00pm-6:45pm</b>
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanhc.com			Location: In Person 9401 Jane Street, Vaughan, ON
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>	<b>Dates: Apr 17- June 19</b>	<b>Day: WED</b>	<b>Time: 2:00pm-3:00pm</b>
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanhc.com			Location: Platform: 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			

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<b>Low Impact Exercise</b>	<b>Dates: Apr 8-June 10</b>	<b>Day: THURS</b>	<b>Time: 11:00am-12:00pm</b>
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: Location: In Person 9401 Jane Street, Vaughan, ON
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>	<b>Dates: Apr 8-June 10</b>	<b>Day: THURS</b>	<b>Time: 6:30pm-7:30pm</b>
Improve your overall strength and endurance, safe and easy to do moments. Gain confidence and ability to progress to more intense programs			
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671 Email: BGaffling@vaughanchc.com			Location: Platform: 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			

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