



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>April 29</b> <ul style="list-style-type: none"> <li>Train Your Brain 2:00pm-3:00pm ext. 2601</li> </ul>	<b>April 30</b> <ul style="list-style-type: none"> <li>Coffee and Chats Vaughan 10:00am-12:00pm ext. 2653</li> <li>Decluttering 101 10:00am-11:00am ext. 2642</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> </ul>	<b>May 1</b> <ul style="list-style-type: none"> <li>Tech Savvy Seniors 1:30pm-2:30pm ext. 2687</li> <li>Healthy Living Now 11:00am-12:00pm ext. 2642</li> </ul>	<b>May 2</b> <ul style="list-style-type: none"> <li>Let's Talk: Choosing Quality Childcare 9:30am-11:30am ext 2642</li> <li>Expressive Art 10:00am-11:30am ext .2653</li> <li>Coffee and Chats Keswick 10:30am-12:00pm ext 2601</li> <li>Feet In Motion 2:00pm-3:00pm ext. 2642</li> <li>Mini Chefs 5:00pm-6:30pm ext. 2653</li> </ul>	<b>May 3</b>
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## MAY 2024 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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

<b>Train Your Brain</b>	Date: Apr 8-June 24, 2024	Day: MON	Time: 2:00pm-3:00pm
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>	Date: Apr 2-May 7	Day: TUE	Time: 4:30pm-5:30pm
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>	Date: Apr 17-May 22	Day: WED	Time: 1:30pm-2:30pm
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	
Empowering seniors in the digital age			
<b>Coffee and Chats (19+)</b>	Dates: January 9-August 13	Day: TUE	Time: 10:00am-12:00pm
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. 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>	Date: April 18-June 13	Day: THUR	Time: 10:00 am-11:30am
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>	Date: Jan 11 - June 27	Day: THUR	Time: 2:00pm-3:00pm
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			
<b>Healthy Living Now</b>		Day: WED	Time: 11:00am-12:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 Ext. 2642		Date: Apr 24-May 29 Location: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
This program teaches the skills to help manage the day to day challenges of caregiving The workshop provides you with tools to increase your self care sand confidence, helping you handle difficult situations, emotions and decisions			

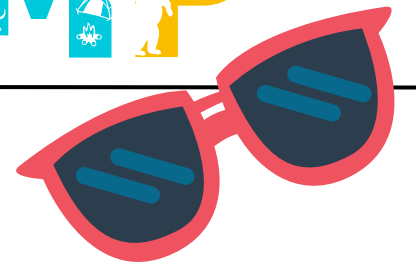
*This calendar can be provided in an alternative format.*

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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.			
<b>Mini Chefs</b>	<b>Date: May 2-June 13</b>	<b>Day: THUR</b>	<b>Time: 5:00pm-6:30pm</b>
Program Contact: Kelly: Email: klo@vaughanchc.com Phone: 905-303-8490 ext. 2653			Location: In Person at VCHC, 9401 Jane Street, Vaughan, ON
A program for children to learn about nutrition, food preparation, follow recipes, and kitchen safety.			
<b>Decluttering 101</b>	<b>Date: April 23-May 28</b>	<b>Day: TUE</b>	<b>Time: 10:00am-11:00am</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
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.			
<b>Coffee and Chats</b>	<b>Dates: ongoing</b>	<b>Day: THUR</b>	<b>Time: 10:30am-12:00pm</b>
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
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>Early ON: Songs, Rhymes and Stories (2-6 years)</b>	<b>Dates: May 6-27</b>	<b>Day: MON</b>	<b>Time: 10:00am-10:45am</b>
This program welcomes parents, caregivers and children to experience a variety of stories and musical activities. Music brings the community together and families will have the opportunity to hear and share songs, rhymes and stories. Registration is completed by Early On Program. To register, please visit: <a href="https://www.missioninc.com/cso/york/en-ca/earlyon/calendar">https://www.missioninc.com/cso/york/en-ca/earlyon/calendar</a>			
<b>Let's Talk: Choosing Quality Childcare</b>	<b>Dates: May 2, 2024</b>	<b>Day: THUR</b>	<b>Time: 9:30am-11:30am</b>
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642			Location: In Person at VCHC, 9401 Jane Street, Vaughan, ON
Parenting is not always easy and it helps to know we're not alone. This program provides time for parents/caregivers to come together to network and share their parenting experience and challenges. Community partners may also join to offer their expertise. Settle in for an hour just for you!			
<b>Creative Chefs (2 - 6 years)</b>	<b>Dates: May 9-30</b>	<b>Day: THUR</b>	<b>Time: 9:30am-11:30am</b>
Program Contact: Cindy Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642			Location: In Person at VCHC, 9401 Jane Street, Vaughan, ON
This program invites parents, caregivers and children 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 for families.			

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



## VAUGHAN COMMUNITY HEALTH CENTRE SUMMER CAMP

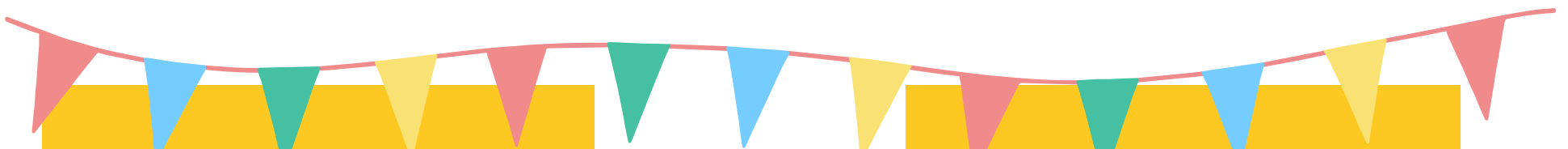
Summer Camp program is designed to provide children with an opportunity to develop new friendships, gain new experiences, learn basic life skills, and have fun.

The program will be held at: Mackenzie Glen Public School. Please note that VCHC's Summer Camp program is not an accredited camp and is facilitated by VCHC's Community Health Workers.

Enjoy fun activities like creative crafts, group games and field trip!

If you are interested in having your child participate in this program, please email Kelly at: [klo@vaughanhc.com](mailto:klo@vaughanhc.com)

**Pre - registration deadline is May 20, 2024**



<p><b>Ages 6-8</b> <b>In-Person Camp</b> <b>Monday to Friday</b> <b>July 8, 2024 - July 19, 2024</b> <b>8:30am-3:30pm</b></p>	<p><b>Ages 9-12</b> <b>In-Person Camp</b> <b>Monday to Friday</b> <b>July 29, 2024 - August 9, 2024</b> <b>8:30am- 3:30pm</b></p>
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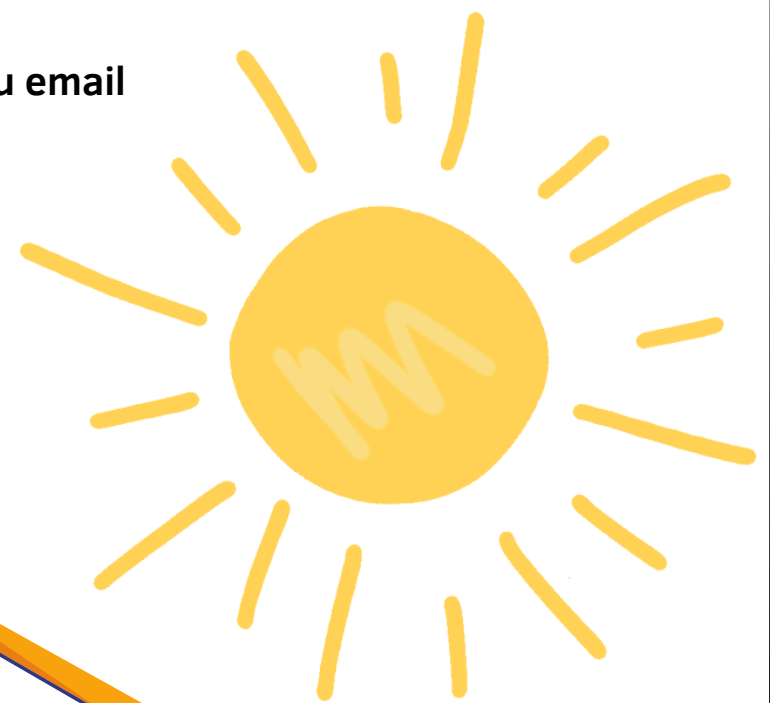
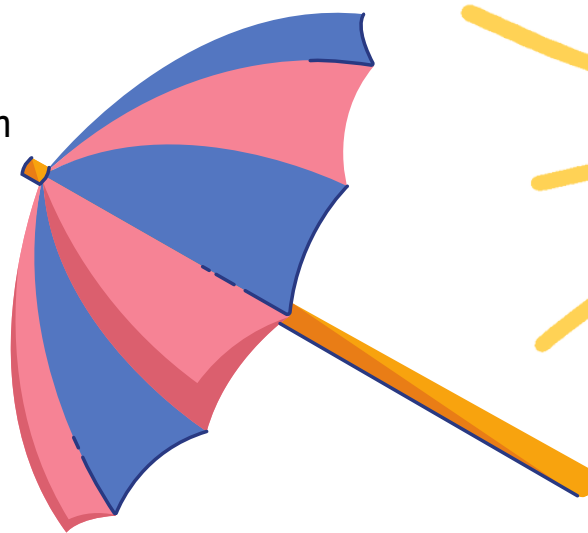
Please note the registration is on a first come first serve basis and confirmation will be provided within 48 - 72 hours.

Please note: Vaughan Community Health Centre is a health care organization and will be following the current Ministry of Health guidelines as it pertains to the health care organizations for the summer camp program. Eligibility Criteria and Registration Requirements.

- Child is a York Region resident between 6-12 years of age.
- Child's household income must be \$70,000 or less (based on a family of 4).

**To pre- register please provide the following information in you email**

- First and last name of parent or guardian
- First and last name of child
- Choice of summer camp date
- Date of birth for child
- Phone number of parent or guardian



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# MAY 2024 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<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> <ul style="list-style-type: none"> <li>Introduction to Diabetes 4:30pm-6:30pm ext. 2637 (in-person)</li> </ul>	<b>May 3</b>
<b>May 6</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>May 7</b>	<b>May 8</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>May 9</b>	<b>May 10</b>
<b>May 13</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>May 14</b>	<b>May 15</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> <li>Introduction to Diabetes 9:15am-11:15am ext. 2637 (in-person)</li> </ul>	<b>May 16</b>	<b>May 17</b>
<b>May 20</b>  <b>VCHC Closed</b>	<b>May 21</b>	<b>May 22</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>May 23</b>	<b>May 24</b>
<b>May 27</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2</li> </ul>	<b>May 28</b> <ul style="list-style-type: none"> <li>COPD Virtual Support Group 1:30pm-3:00pm ext. 2</li> </ul>	<b>May 29</b>	<b>May 30</b> <ul style="list-style-type: none"> <li>Introduction to Diabetes 5:30pm-7:30pm ext. 2637 (virtual)</li> </ul>	<b>May 31</b>

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# MAY 2024 CHRONIC DISEASE GROUP PROGRAMS

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<b>COPD Virtual Care Program</b>	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!			
<b>COPD Virtual Support</b>	Dates: May 28, 2024	Day: TUES	Time: 1:30pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671		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>	Dates: May 2, 6, 15, 30	Day: Mon-Fri	Time: May 2- 4:30pm-5:30pm (in-person) May 6- 9:30am-11:00am (virtual) May 15- 9:15am-11:15am (in person) May 30-5:30pm-7:30pm (virtual)
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		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			



## ONLINE BOOKING

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[Client Online Booking](#)

[Client and Community Resources](#)

[Programs Calendar](#)

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<b>April 29</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 9:00am-10:00am 10:00am-11:00am</li> </ul>	<b>April 30</b> <ul style="list-style-type: none"> <li>Step It Up 6:00pm-6:45pm</li> </ul>	<b>May 1</b> <ul style="list-style-type: none"> <li>Chair Yoga 2:00pm-3:00pm</li> </ul>	<b>May 2</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>May 3</b> <ul style="list-style-type: none"> <li>Total Body Conditioning 10:00 am-11:00am, 11:00am-12:00pm</li> </ul>
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## MAY 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.vaughanchc.com](http://www.vaughanchc.com)

<b>Total Body Conditioning</b>	Dates: Apr 8-June 10	Day: MON, THURS, 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: 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>	Dates: Apr 8-June 10	Day: TUES & THURS	Time: Tuesday 6:00pm-6:45pm Thursday 6:00pm-6:45pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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>	Dates: Apr 17- June 19	Day: WED	Time: 2:00pm-3:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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			
<b>Low Impact Exercise</b>	Dates: Apr 8-June 10	Day: THURS	Time: 11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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>	Dates: Apr 8-June 10	Day: THURS	Time: 6:30pm-7:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			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			

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