



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
	July 1 <div style="text-align: center; color: red; font-weight: bold;"> <p>VCHC closed - Canada Day</p> </div>	July 2 <ul style="list-style-type: none"> • Taking Care of You: Self Care Program (Keswick) 1:00pm-2:00pm ext. 2642 	July 3 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movement 9:30am-11:30am • Refresh: Morning Mindfulness 10:00am-11:00am ext. 2642 • Feet In Motion 1:00pm-2:00pm ext. 2642 	July 4
July 7 <ul style="list-style-type: none"> • EarlyON Program: Play, Learn and Connect in Urdu 3:00pm-4:00pm 	July 8 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 • EarlyON Program: Play, Learn and Connect in Cantonese 3:00pm-4:00pm 	July 9 <ul style="list-style-type: none"> • Taking Care of You: Self Care Program (Keswick) 1:00pm-2:00pm ext. 2642 	July 10 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movement 9:30am-11:30am • Refresh: Morning Mindfulness 10:00am-11:00am ext. 2642 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Feet In Motion 1:00pm-2:00pm ext. 2642 	July 11
July 14 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 • EarlyON Program: Play, Learn and Connect in Urdu 3:00pm-4:00pm 	July 15 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 • EarlyON Program: Play, Learn and Connect in Cantonese 3:00pm-4:00pm 	July 16 <ul style="list-style-type: none"> • Taking Care of You: Self Care Program (Keswick) 1:00pm-2:00pm ext. 2642 • Vaughan Focus Group 1:30 pm-2:30 pm & 6:30 pm-7:30 pm ext. 2627 	July 17 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movement 9:30am-11:30am • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Feet In Motion 1:00pm-2:00pm ext. 2642 • Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	July 18
July 21 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 • EarlyON Program: Play, Learn and Connect in Urdu 3:00pm-4:00pm 	July 22 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 • EarlyON Program: Play, Learn and Connect in Cantonese 3:00pm-4:00pm 	July 23 <ul style="list-style-type: none"> • Food Safety Program 10:00am-11:00am ext. 2642 	July 24 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movement 9:30am-11:30am • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Feet In Motion 1:00pm-2:00pm ext. 2642 • Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	July 25
July 28 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 	July 29 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2642 • EarlyON Program: Play, Learn and Connect in Cantonese 3:00pm-4:00pm 	July 30 <ul style="list-style-type: none"> • Food Safety Program 10:00am-11:00am ext. 2642 	July 31 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movement 9:30am-11:30am • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Feet In Motion 1:00pm-2:00pm ext. 2642 • Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	

JULY 2025 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+):

Feet In Motion	Dates: Jan 9-Aug 14, 2025	Day: THUR	Time: 1:00pm - 2:00pm
Program Contact: Cindy Email: csabolic@vaughanhc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Dance, learn and share program led by a VCHC Peer Leader. To keep you active through dance, socialize and make new friends and help increase your overall health and well-being.			
Taking Care of You: Self Care Program (Keswick)	Dates: May 28-July 16, 2025	Day: WED	Time: 1:00pm - 2:00pm
Program Contact: Cindy Email: csabolic@vaughanhc.com Phone: 905-303-8490 ext. 2642		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	
"Taking Care of You - Self-Care Program" is an 8-week program for participants (19+) who seek to have wellness and self-care in their life. This program will provide activities, practices and healthy habits to bare against stress, unhappiness, illness, depression, and many more negative emotions. Topics include learning about the different forms of self-care, while also participants being able to share their own experiences, personal stories and reflections." Location for in-person is 716 The Queensway South, Keswick, ON, L4P 4C9 (inside Georgina Health Centre).			
Coffee and Chats (19+) (Vaughan)	Dates: July 8-Aug 12, 2025	Day: TUE	Time: 10:00am - 12:00pm
Program Contact: Cindy Email: csabolic@vaughanhc.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! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
Refresh: Morning Mindfulness	Dates: May 29 - July 10, 2025	Day: THUR	Time: 10:00am - 11:00am
Program Contact: Cindy Email: csabolic@vaughanhc.com Phone: 905-303-8490 ext. 2642		Location: Virtual. Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device	
"Refresh, Morning Mindfulness Program" (19+) is a 6-week wellness program that will provide an opportunity for participants to learn mindful affirmations and teachings to reduce stress and promote mental wellness. The program will offer guided meditation to help release stress.			
Food Safety Program	Dates: July 23 & 30, 2025	Day: WED	Time: 10:00am - 11:00am
Program Contact: Cindy Email: csabolic@vaughanhc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
Join us to learn about the potential risks of foodborne illnesses, the path our food takes from farm to plate and all the steps to keep our food safe from purchasing and preparing to storing. Topics such as personal hygiene, cross contamination and minimum internal cooking temperatures are also highlighted. The program information will help you be more confident in your food safety knowledge.			
Watercolour Wellness: Crafting Calmness (Keswick)	Dates: July 14 - Sep 29, 2025	Day: MON	Time: 10:00am - 12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanhc.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.			
Coffee and Chats (Keswick)	Dates: July 14 - Sep 29, 2025	Day: MON	Time: 10:00am - 12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanhc.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	
"Coffee and Chats" is a socialization program providing an opportunity for individuals feeling isolated and to socialize with peers and meet new community members. This program will provide a safe space for individuals to connect with friends to discuss topics of their choice and engage in activities. Location for in-person is 716 The Queensway South, Keswick, ON, L4P 4C9.			

This calendar can be provided in an alternative format.

JULY 2025 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+):

Nourishing Possibilities (Keswick)	Dates: Jul 17 - Sep 4, 2025	Day: THUR	Time: 4:30pm - 6:00pm
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 LOE 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.			
EarlyON Program: Baby Music and Movement	Dates: Jul 3 - Aug 28, 2025	Day: THUR	Time: 9:30am - 11:30am
Scan this QR code to register			Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7
This program invites you and your baby to enjoy music and movement together. We'll sing songs, play with instruments and materials that help support healthy development while connecting with other families and educators. Pre-registration is required. To register, scan the QR code on the program flyer.			
EarlyON Program: Play, Learn and Connect in Urdu	Dates: Jul 7 - Aug 18, 2025	Day: MON	Time: 3:00pm - 4:00pm
Scan this QR code to register			Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7
This program invites you and your child(ren) 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. It's a great way to connect with other families and educators. Pre-registration is required. To register, scan the QR code on the program flyer.			
EarlyON Program: Play, Learn and Connect in Cantonese	Dates: Jul 8 - Aug 19, 2025	Day: TUE	Time: 3:00pm - 4:00pm
Scan this QR code to register			Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7
This program invites you and your child(ren) 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. It's a great way to connect with other families and educators. Pre-registration is required. To register, scan the QR code on the program flyer.			
Vaughan Focus Group	Dates: Jul 16, 2025	Day: WED	Time: 1:30pm - 2:30pm Time: 6:30pm - 7:30pm
Program Contact: Liz Kuzel Email: ekuzel@vaughanchc.com Phone: 905-303-8490 ext. 2627		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
We are seeking input from our African, Caribbean and Black community members on their experience living with type 2 Diabetes. Please refer to our flyer for eligibility criteria and sign up method.			

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

	<p>July 1</p> <p>VCHC closed - Canada Day</p>	<p>July 2</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 3</p>	<p>July 4</p>
<p>July 7</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 8</p>	<p>July 9</p> <ul style="list-style-type: none"> • Diabetes Group Session (Virtual) 9:30am-11:30am ext. 2637 • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 10</p>	<p>July 11</p>
<p>July 14</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 15</p>	<p>July 16</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 • Diabetes Group Session (In-person) 1:00pm-3:00pm ext. 2637 	<p>July 17</p>	<p>July 18</p>
<p>July 21</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 22</p>	<p>July 23</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 24</p>	<p>July 25</p>
<p>July 28</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 29</p> <ul style="list-style-type: none"> • COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 	<p>July 30</p> <ul style="list-style-type: none"> • COPD Virtual Care 10:30am-11:30am ext. 2671 	<p>July 31</p> <ul style="list-style-type: none"> • Diabetes Group Session (Virtual) 5:30pm-7:30pm ext. 2637 	

JULY 2025 CHRONIC DISEASE 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.

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: July 29, 2025	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: July 9, 2025 Dates: July 16, 2025 Dates: July 31, 2025	Day: WED Day: WED Day: THUR	Time: 9:30am-11:30am (Virtual) Time: 1:00pm-3:00pm (In-person) Time: 5:30pm-7:30pm (Virtual)
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637			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.			



ONLINE BOOKING

Now Available!



Client Testimonials

Donate Now

Watch Our Video

Become a Client

Client Online Booking

Client and Community Resources

Programs Calendar

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
	July 1 <p style="text-align: center; color: red;">VCHC closed - Canada Day</p>	July 2	July 3 <ul style="list-style-type: none"> Low Impact Exercise (in-person) 11:00am-12:00pm ext. 2671 Step It Up (in-person) 6:00pm-6:45pm ext. 2671 	July 4
July 7	July 8 <ul style="list-style-type: none"> Step It Up (in-person) 6:00pm-6:45pm ext. 2671 	July 9	July 10 <ul style="list-style-type: none"> Low Impact Exercise (in-person) 11:00am-12:00pm ext. 2671 Step It Up (in-person) 6:00pm-6:45pm ext.2671 	July 11
July 14	July 15 <ul style="list-style-type: none"> Step It Up (in-person) 6:00pm-6:45pm ext. 2671 	July 16	July 17	July 18
July 21	July 22	July 23	July 24	July 25
July 28	July 29	July 30	July 31	

