



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

				Aug 1
Aug 4 VCHC closed - Civic Holiday	Aug 5 <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 	Aug 6	Aug 7 <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 	Aug 8
Aug 11 <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 	Aug 12 <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 	Aug 13	Aug 14 <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 	Aug 15
Aug 18 <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 	Aug 19 <ul style="list-style-type: none"> EarlyON Program: Play, Learn and Connect in Cantonese 3:00pm-4:00pm 	Aug 20	Aug 21 <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 Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	Aug 22
Aug 25 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 	Aug 26	Aug 27	Aug 28 <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 Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	Aug 29

AUGUST 2025 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

Coffee and Chats (Keswick)	Dates: July 10 - Sep 25, 2025	Day: THUR	Time: 10:30am - 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
"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.			
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.			
Watercolour Wellness: Crafting Calmness (Keswick)	Dates: July 14 - Sep 29, 2025	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.			
Feet In Motion	Dates: Jan 9-Aug14, 2025	Day: THUR	Time: 1:00pm - 2:00pm
Program Contact: Cindy Email: csabolic@vaughanchc.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.			
Coffee and Chats (19+) (Vaughan)	Dates: July 8-Aug12, 2025	Day: TUE	Time: 10:00am - 12:00pm
Program Contact: Cindy 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! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
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.			

This calendar can be provided in an alternative format.



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Monday

Tuesday

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Friday

Monday	Tuesday	Wednesday	Thursday	Friday
				Aug 1
Aug 4 VCHC closed - Civic Holiday	Aug 5	Aug 6 <ul style="list-style-type: none">Diabetes Group Session (Virtual) 1:00pm-3:00pm ext. 2637COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 7	Aug 8
Aug 11 <ul style="list-style-type: none">COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 12 <ul style="list-style-type: none">Diabetes Group Session (In-person) 5:30pm-7:30pm ext. 2637	Aug 13 <ul style="list-style-type: none">COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 14	Aug
Aug 18 <ul style="list-style-type: none">COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 19	Aug 20 <ul style="list-style-type: none">COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 21	Aug 22
Aug 25 <ul style="list-style-type: none">Diabetes Group Session (In-person) 9:30am-11:30am ext. 2637COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 26 <ul style="list-style-type: none">COPD Virtual Support Group 1:30pm-3:00pm ext. 2671	Aug 27 <ul style="list-style-type: none">COPD Virtual Care 10:30am-11:30am ext. 2671	Aug 28	Aug 29

AUGUST 2025 CHRONIC DISEASE GROUP PROGRAMS

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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 26, 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: Aug 6, 2025	Day: WED	Time: 1:00pm-3:00am (Virtual)
	Dates: Aug 12, 2025	Day: TUE	Time: 5:30pm-7:30pm (In-person)
	Dates: Aug 25, 2025	Day: MON	Time: 9:30am-11:30am (In-person)
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.			



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Programs Calendar

This calendar can be provided in an alternative format.