



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	Saturday
Sep 1 VCHC closed - Labour Day	Sep 2	Sep 3	Sep 4 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movements 9:30am-11:30am • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	Sep 5	Sep 6
Sep 8 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 • Train Your Brain (Keswick) 2:00pm-3:00pm ext. 2601 	Sep 9 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Sep 10 <ul style="list-style-type: none"> • Refresh! Morning Mindfulness Program 10:00am-11:00am ext. 2642 	Sep 11 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movements 9:30am-11:30am • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Nourishing Possibilities (Keswick) 4:30pm-6:00pm ext. 2601 	Sep 12	Sep 13
Sep 15 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 • Train Your Brain (Keswick) 2:00-3:00pm ext. 2601 	Sep 16 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Sep 17 <ul style="list-style-type: none"> • Refresh! Morning Mindfulness Program 10:00am-11:00am ext. 2642 	Sep 18 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movements 9:30am-11:30am • VCHC Open House (Keswick Site) 10:00am-1:00pm • Expressive Art 10:00am-11:30am ext. 2653 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Feet In Motion 1:00pm-2:00pm ext. 2642 	Sep 19	Sep 20 <ul style="list-style-type: none"> • VCHC Open House (Vaughan Site) 10:00am-2:00pm
Sep 22 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 • Train Your Brain (Keswick) 2:00pm-3:00pm ext. 2601 	Sep 23 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Sep 24 <ul style="list-style-type: none"> • Refresh! Morning Mindfulness Program 10:00am-11:00am ext. 2642 	Sep 25 <ul style="list-style-type: none"> • EarlyON Program: Baby Music and Movements 9:30am-11:30am • Expressive Art 10:00am-11:30am ext. 2653 • Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 • Feet In Motion 1:00pm-2:00pm ext. 2642 • Cooking On A Budget 3:00pm-5:00pm ext. 2601 	Sep 26	Sep 27
Sep 29 <ul style="list-style-type: none"> • Watercolour Wellness: Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 • Train Your Brain (Keswick) 2:00pm-3:00pm ext. 2601 	Sep 30 <ul style="list-style-type: none"> • Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 				

SEPTEMBER 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 11, 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: Sep 18 - Dec 18, 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: Sep 9-Dec 16, 2025	Day: TUE	Time: 10:00am - 12:00pm
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
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!			
Expressive Art	Dates: Sep 18-Dec 11, 2025	Day: THUR	Time: 10:00am - 11:30am
Program Contact: Kelly Lo 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 wellbeing. For more information or to register, contact Kelly at klo@vaughanchc.com			
Refresh! Morning Mindfulness Program	Dates: Sep 10-Oct 29, 2025	Day: WED	Time: 10:00am - 11:00am
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
Please join us for a 8-week wellness program that will provide an opportunity to learn mindful affirmations and teachings to reduce stress and promote wellness. The program will offer guided meditation to help release stress.			

This calendar can be provided in an alternative format.



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Monday	Tuesday	Wednesday	Thursday	Friday
Sep 1 <p>VCHC closed - Labour Day</p>	Sep 2	Sep 3 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 4 <ul style="list-style-type: none"> Diabetes Group Session (Virtual) 5:30pm-7:30pm ext. 2637 	Sep 5
Sep 8 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 9	Sep 10 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 11	Sep 12
Sep 15 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 16 <ul style="list-style-type: none"> Diabetes Group Session (In-person) 9:30am-11:30am ext. 2637 Craving Change 1:00pm-3:00pm ext. 2637 	Sep 17 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 18	Sep 19
Sep 22 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 23 <ul style="list-style-type: none"> Craving Change 1:00pm-3:00pm ext. 2637 	Sep 24 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 25	Sep 26
Sep 29 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Sep 30 <ul style="list-style-type: none"> Diabetes Group Session (Virtual) 1:00pm-3:00pm ext. 2637 Craving Change 1:00pm-3:00pm ext. 2637 COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 			

SEPTEMBER 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: Sep 30, 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: Sep 4, 2025	Day: THUR	Time: 5:30pm-7:30pm (Virtual)
	Dates: Sep 16, 2025	Day: TUE	Time: 9:30am-11:30am (In-person)
	Dates: Sep 30, 2025	Day: TUE	Time: 1:00pm-3:00pm (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.			
Craving Change	Dates: Sep 16, 23 & 30, 2025	Day: TUE	Time: 1:00pm-3:00pm
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637			Location: In-person at VCHC 9401 Jane St., Suite 206 (Entrance B), Vaughan, ON, L6A 4H7
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.			



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