



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nov 3</b> <ul style="list-style-type: none"> <li>Watercolour Wellness Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601</li> <li>Train Your Brain (Keswick) 2:00pm-3:00pm ext. 2601</li> </ul>	<b>Nov 4</b> <ul style="list-style-type: none"> <li>Understanding Anxiety Disorders in Later Life 10:00am-11:30am ext. 2601</li> <li>Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653</li> </ul>	<b>Nov 5</b> <ul style="list-style-type: none"> <li>The Thinking Room 10:00am-11:30am ext. 2653</li> <li>Cooking on a Budget: International Cuisine 1:00pm-2:30pm ext. 2642</li> <li>Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653</li> <li>Decluttering (Part 2) 5:00pm-6:00pm ext. 2642</li> <li>Creative and Crafty 6:00pm-7:00pm ext. 2653</li> </ul>	<b>Nov 6</b> <ul style="list-style-type: none"> <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 1:00pm-2:00pm ext. 2642</li> </ul>	<b>Nov 7</b>
<b>Nov 10</b> <ul style="list-style-type: none"> <li>Watercolour Wellness Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601</li> <li>Train Your Brain (Keswick) 2:00pm-3:00pm ext. 2601</li> </ul>	<b>Nov 11</b> <ul style="list-style-type: none"> <li>Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653</li> </ul>	<b>Nov 12</b> <ul style="list-style-type: none"> <li>The Thinking Room 10:00am-11:30am ext. 2653</li> <li>Decluttering (Part 2) 5:00pm-6:00pm ext. 2642</li> </ul>	<b>Nov 13</b> <ul style="list-style-type: none"> <li>EarlyON Program: Infant Massage 9:30am-11:30am</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 1:00pm-2:00pm ext. 2642</li> </ul>	<b>Nov 14</b>
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# NOVEMBER 2025 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

<b>Coffee and Chats (19+) (Vaughan)</b>	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!			
<b>Feet In Motion</b>	Dates: Sep 18-Dec 18, 2025	Day: THUR	Time: 1:00pm-2:00pm
Program Contact: Cindy Sabolic 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.			
<b>Expressive Art</b>	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			
<b>Coffee and Chats (Keswick)</b>	Dates: Oct 2-Dec 18, 2025	Day: THUR	Time: 10:30am-12:00pm
Program Contact: Jennyvie Email: jaromin@vaughanchc.com Phone: 905-476-5621 ext. 2601		Location: In person at VCHC (Keswick Site-In Georgina Health Centre) 716 The Queensway South, Keswick, ON, L4P 4C9	
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!			
<b>Train Your Brain (Keswick)</b>	Dates: Sep 8-Nov 24, 2025	Day: MON	Time: 2:00pm-3:00pm
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	
Train Your Brain is a weekly educational and activity-based program that will educate the community on brain health and the benefits of self-care on cognition. The program will offer participants an opportunity to practice and improve cognitive skills used daily.			
<b>EarlyON Program: Infant Massage</b>	Dates: Nov 4-Dec 18, 2025	Day: THUR	Time: 9:30am-11:30am
Scan this QR code to register - Registration is now FULL		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
This program promotes nurturing touch and communication. It teaches parents how to massage their baby, read their baby's cues, and helps with bonding and attachment. Certified instructors will support and encourage parents to trust their ability and intuition as part of the process. It's a great way to connect with other families and educators. (Registration is now FULL)			

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

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

<b>Ready for Success Tutoring Program</b>	Dates: Oct 1-Dec 3, 2025	Day: WED	Time: 4:45pm-5:45pm
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	
Free Math and English group tutoring program for students in grades 1 to 6.			
<b>Watercolour Wellness Crafting Calmness (Keswick)</b>	Dates: Oct 6-Dec 15, 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.			
<b>Creative and Crafty</b>	Dates: Oct 1-Dec 3, 2025	Day: WED	Time: 6:00pm-7:00pm
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	
Creative and Crafty is a craft and social program designed for children 6-12 years of age. The program activities are designed to support participants to relieve stress, reduce social isolation and encourage creativity. (No program on Oct 15, 2025)			
<b>Understanding anxiety disorders in later life</b>	Dates: Nov 4, 2025	Day: TUE	Time: 10:00am-11:30am
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	
This workshop will help you understand different anxiety disorders. Feeling anxious or worried every now and then is normal, but how can you tell when it's something more? The workshop will explain what anxiety disorders can look like for older adults. You'll leave with new ways to manage your anxiety and knowing where you can turn to for support.			
<b>The Thinking Room</b>	Dates: Oct 1-Nov 19, 2025	Day: WED	Time: 10:00am-11:30am
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	
The Thinking Room is an activity-based program that will educate participants on brain health. The program offers participants an opportunity to practice and improve cognitive skills through a variety of games and hands-on activities.			
<b>The Power of Food</b>	Dates: Oct 1-Nov 19, 2025	Day: WED	Time: 11:00am-12:00pm
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	
"Power of food" is a virtual (19+) wellness program designed to educate people on the role of food in disease, fighting illness, and building and maintaining a strong and healthy body. This program will help participants increase nutritional knowledge that promotes healthy eating and living through educational topics.			

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

<b>Cooking On A Budget (Keswick)</b>	Dates: Sep 25, Oct 30, & Nov 27, 2025	Day: THUR	Time: 3:00pm-5:00pm
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, L0E 1R0	
This workshop provides an opportunity for individuals to meet in a safe, empowering environment where they can learn and share skills of food budgeting, meal planning, grocery shopping, and learning new healthy recipes. There are lots of ways for individuals to enjoy the benefits of healthy eating on a budget. Safe food and good nutrition are important. Eating a nutritious and balanced diet is one of the best ways to protect and promote good health. Participants will learn to prepare healthy meals that are budget friendly and delicious and participate in an education session and discussion.			
<b>Cooking On A Budget: Internation Cuisine (Vaughan)</b>	Dates: Oct 1-Nov 5, 2025	Day: WED	Time: 1:00pm-2:30pm
Program Contact: Cindy Sabolic Email: csabolic@vaughanchc.com Phone: 905-303-8490 ext. 2642		Location: In person at VCHC Suite 106, 9401 Jane Street, Vaughan, ON, L6A 4H7	
This program is an opportunity for individuals to meet in a safe, empowering environment where they can learn and share skills of food budgeting, meal planning, grocery shopping, and learning new healthy recipes.			
<b>Decluttering (Part 2)</b>	Dates: Oct 8-Nov 26, 2025	Day: WED	Time: 5:00pm-6:00pm
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	
This program will provide advanced guidelines, ideas and step by step guides to decluttering sentimental items, digital decluttering, cleaning and organization tips and how to maintain a clutter free lifestyle.			
 <p>The flyer is titled "VCHC Community Ambassadors" and is a recruitment tool for individuals to educate African, Caribbean, Black, and Newcomer communities about Type 2 Diabetes. It lists services such as "Tabling at Events", "Health Presentations", "Community Education &amp; Awareness", and "Referral Services". It includes contact information for booking presentations or events, such as email (ekuzel@vaughanchc.com) and phone (905)303-8490 ext 2627. Social media handles for @vaughan_chc, vaughan.vchc, and @vaughancommunityhealthtre are also provided, along with the website www.vaughanchc.com. A note at the bottom states: "Please let us know if you need any specific accommodations. This flyer is available in an alternative format."</p>			

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**Monday**

**Tuesday**

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**Thursday**

**Friday**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nov 3</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 4</b> <ul style="list-style-type: none"> <li>Insulin Education Program 10:00am-12:00pm ext. 2637</li> </ul>	<b>Nov 5</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 6</b> <ul style="list-style-type: none"> <li>Diabetes Group Session (Virtual) 5:30pm-7:30pm ext. 2637</li> </ul>	<b>Nov 7</b>
<b>Nov 10</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 11</b> <ul style="list-style-type: none"> <li>Obesity Management Program 10:00am-12:00pm ext. 2637</li> </ul>	<b>Nov 12</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 13</b>	<b>Nov 14</b>
<b>Nov 17</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 18</b> <ul style="list-style-type: none"> <li>Diabetes Group Session (In-person) 1:00pm-3:00pm ext. 2637</li> <li>Obesity Management Program 5:00pm-7:00pm ext. 2637</li> </ul>	<b>Nov 19</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 20</b>	<b>Nov 21</b>
<b>Nov 24</b> <ul style="list-style-type: none"> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 25</b> <ul style="list-style-type: none"> <li>COPD Virtual Support Group 1:30pm-3:00pm ext. 2671</li> <li>Obesity Management Program 5:00pm-7:00pm ext. 2637</li> </ul>	<b>Nov 26</b> <ul style="list-style-type: none"> <li>Diabetes Group Session (Virtual) 9:30am-11:30am ext. 2637</li> <li>COPD Virtual Care 10:30am-11:30am ext. 2671</li> </ul>	<b>Nov 27</b>	<b>Nov 28</b>

# NOVEMBER 2025 CHRONIC DISEASE 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 Group</b>	Dates: Nov 25, 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.			
<b>Diabetes Group Sessions</b>	Dates: Nov 6, 2025 Dates: Nov 18, 2025 Dates: Nov 26, 2025	Day: THUR Day: TUE Day: WED	Time: 5:30pm-7:30pm (Virtual) Time: 1:00pm-3:00pm (In-person) Time: 9:30am-11:30am (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			
<b>Insulin Education Program</b>	Dates: Nov 4, 2025	Day: TUE	Time: 10:00am-12:00am
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: In person at VCHC Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON, L6A 4H7	
This program to help you understanding insulin, types of insulin, insulin administration, dosage and timing on insulin injection, proper storage of insulin, monitoring and adjustment, possible side effects and carbohydrate counting.			
<b>Obesity Management Program</b>	Dates: Nov 11, 18, 25 & Dec 2, 2025	Day: TUE	Time: 5:00pm-7:00pm
Program Contact: Mehria Phone: 905-303-8490 Ext. 2637		Location: In person at VCHC Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON, L6A 4H7	
This four-week program will support individuals in their obesity management journey. Information will be provided on; what is "obesity" and obesity management. The group will serve as a supportive and confidential space where clients can discuss their experiences in a non biased environment. Participants will be introduced to the recognition of obesity as a chronic disease and acknowledge that obesity is a complex heterogeneous chronic disease that requires individualized treatment and long-term support. They also will be introduced to different reliable resources such as Obesity Canada, Health Canada, Diabetes Canada and Canadian Cardiovascular Society.			
  <div style="display: flex; justify-content: center; gap: 10px; margin-top: 10px;"> <span>Client Online Booking</span> <span>Client and Community Resources</span> <span>Programs Calendar</span> </div>			

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Monday

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Wednesday

Thursday

Friday

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<b>Nov 3</b> <ul style="list-style-type: none"> <li>Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671</li> </ul>	<b>Nov 4</b> <ul style="list-style-type: none"> <li>Total Body Conditioning (In-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671</li> <li>Step It Up (In-person) 6:00pm-6:45pm ext. 2671</li> </ul>	<b>Nov 5</b> <ul style="list-style-type: none"> <li>Chair Yoga (Virtual) 2:00pm-3:00pm</li> </ul>	<b>Nov 6</b> <ul style="list-style-type: none"> <li>Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671</li> <li>Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671</li> <li>Step It Up (In-person) 6:00-6:45pm ext. 2671</li> <li>Energize with Exercise (Virtual) 6:30pm-7:30pm</li> </ul>	<b>Nov 7</b> <ul style="list-style-type: none"> <li>Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671</li> </ul>
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## NOVEMBER 2025 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 are 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 (Virtual)</b>	Dates: Oct 20, 2025-Mar 23, 2026 Dates: Oct 16, 2025-Mar 12, 2026 Dates: Oct 17, 2025-Mar 13, 2026	Day: MON THUR 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: 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>Total Body Conditioning (In-person)</b>	Dates: Oct 14, 2025-Jan 13, 2026	Day: TUE	Time: 1:15pm-2:15pm/ 2:30pm-3:30pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON
An integrative exercise class that will work all areas of the body. Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.			
<b>Chair Yoga (Virtual)</b>	Dates: Oct 15, 2025-Mar 11, 2026	Day: WED	Time: 2:00pm-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
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>Energize with Exercise (Virtual)</b>	Dates: Oct 16, 2025-Mar 12, 2026	Day: THUR	Time: 6:30pm-7:30pm
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
Circuit exercise class with a focus on the prevention and management of chronic conditions, improves, balance + coordination, muscular strength + endurance, mobility + flexibility.			
<b>Step It Up (In-person)</b>	Dates: Oct 14, 2025-Mar 10 2026 Dates: Oct 16, 2025-Mar 12, 2026	Day: TUE Day: THUR	Time: 6:00pm-6:45pm Time: 6:00pm-6:45pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON
This full body fitness class incorporates resistance training and cardiovascular training all in one. This program is meant to be a “step up” from the other classes available in the Chronic Disease Centre.			

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

