



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
Dec 1 <ul style="list-style-type: none"> Watercolour Wellness Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 	Dec 2 <ul style="list-style-type: none"> Understanding The Use of Opioids and Other Medications in Later Life (Keswick) 10:00am-11:30am ext. 2601 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Dec 3 <ul style="list-style-type: none"> The Power of Foods 11:00am-12:00pm ext. 2642 Ready for Success Tutoring Program 4:45pm-5:45pm ext. 2653 Creative and Crafty 6:00pm-7:00pm ext. 2653 	Dec 4 <ul style="list-style-type: none"> EarlyON Program: Infant Massage 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 	Dec 5
Dec 8 <ul style="list-style-type: none"> Watercolour Wellness Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 	Dec 9 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Dec 10	Dec 11 <ul style="list-style-type: none"> EarlyON Program: Infant Massage 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 	Dec 12
Dec 15 <ul style="list-style-type: none"> Watercolour Wellness Crafting Calmness (Keswick) 10:00am-12:00pm ext. 2601 	Dec 16 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Dec 17	Dec 18 <ul style="list-style-type: none"> EarlyON Program: Infant Massage 9:30am-11:30am Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 Feet In Motion 1:00pm-2:00pm ext. 2642 	Dec 19
Dec 22	Dec 23	Dec 24	Dec 25 VCHC closed	Dec 26 VCHC closed
Dec 29	Dec 30	Dec 31		

DECEMBER 2025 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

 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!			
 Feet In Motion	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.			
 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			
 Coffee and Chats (Keswick)	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!			
 The Power of Food	Dates: Dec 3, 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.			
 EarlyON Program: Infant Massage	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.

DECEMBER 2025 HEALTH PROMOTION PROGRAM DESCRIPTIONS

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

 Ready for Success Tutoring Program	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.			
 Creative and Crafty	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)			
 Watercolour Wellness Crafting Calmness (Keswick)	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 Quesway S., Keswick, ON, L4P 4C9. Limited spots are available.			
 Understanding The Use of Opioids and Other Medications in later life (Keswick)	Dates: Dec 2, 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	
Many older adults use prescription medications to cope with pain or feel calm. In this workshop you'll learn about two common prescription drugs (opioids and benzodiazepines) and understand what problematic use looks like. You'll leave with tips on how to use your prescription medications safely and know where to go for help. Location for in-person is 716 The Quesway S., Keswick, ON, L4P 4C9.			

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec 1 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 2 <ul style="list-style-type: none"> Diabetes Group Session (In-person) 1:00pm-3:00pm ext. 2637 Obesity Management Program 5:00pm-7:00pm ext. 2637 	Dec 3 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 4	Dec 5
Dec 8 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 9	Dec 10 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 Diabetes Group Session (Virtual) 1:00pm-3:00pm ext. 2637 	Dec 11	Dec 12
Dec 15 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 16	Dec 17 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 18 <ul style="list-style-type: none"> Diabetes Group Session (In-person) 5:30pm-7:30pm ext. 2637 	Dec 19
Dec 22 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 23	Dec 24 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 25 <p style="text-align: center;">VCHC closed</p>	Dec 26 <p style="text-align: center;">VCHC closed</p>
Dec 29 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Dec 30	Dec 31 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 		

DECEMBER 2025 CHRONIC DISEASE 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!			
 Obesity Management Program	Dates: 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.			
 Diabetes Group Sessions	Dates: Dec 2, 2025 Dates: Dec 10, 2025 Dates: Dec 18, 2025	Day: TUE Day: WED Day: THUR	Time: 1:00pm-3:00pm (In-person) Time: 1:00pm-3:00pm (Virtual) Time: 5:30pm-7:30pm (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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Monday	Tuesday	Wednesday	Thursday	Friday
Dec 1 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Dec 2 <ul style="list-style-type: none"> Total Body Conditioning (In-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	Dec 3 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Dec 4 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	Dec 5 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Dec 8 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Dec 9 <ul style="list-style-type: none"> Total Body Conditioning (In-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	Dec 10 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Dec 11 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	Dec 12 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Dec 15 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Dec 16 <ul style="list-style-type: none"> Total Body Conditioning (In-person) 1:15pm-2:15pm/ 2:30pm-3:30pm ext. 2671 Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	Dec 17 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Dec 18 <ul style="list-style-type: none"> Low Impact Exercise (In-person) 11:00am-12:00pm ext. 2671 Total Body Conditioning (Virtual) 5:15pm-6:15pm ext. 2671 Step It Up (In-person) 6:00-6:45pm ext. 2671 Energize with Exercise (Virtual) 6:30pm-7:30pm 	Dec 19 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Dec 22	Dec 23	Dec 24	Dec 25 VCHC closed	Dec 26 VCHC closed
Dec 29	Dec 30	Dec 31		

DECEMBER 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

 Total Body Conditioning (Virtual)	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.			
 Total Body Conditioning (In-person)	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.			
 Chair Yoga (Virtual)	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.			
 Energize with Exercise (Virtual)	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.			
 Step It Up (In-person)	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.			

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DECEMBER 2025 EXERCISE EDUCATION GROUP PROGRAMS

How to Register for Virtual Physical Education Programs:

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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

Low Impact Exercise (In-person)	Dates: Oct 16, 2025-Mar 12, 2026	Day: THUR	Time: 11:00am-12:00pm
Program Contact: Barbara Phone: 905-303-8490 Ext. 2671			Location: In Person Suite 206 (Entrance B), 9401 Jane Street, Vaughan, ON

This program focuses on improving your overall strength and endurance. Safe and easy to do movements. Gain confidence and ability to progress to more intense programs.

Don't have a Family Doctor or Nurse Practitioner for your ongoing health care needs? We can help.

Vaughan Community Health Centre is accepting new clients for primary care services. Please call 905-303-8490 ext. 1 to be added to the waitlist.

For more information:

- 905-303-8490 ext. 1
- www.vaughanchc.com
- 9401 Jane Street Suite 206, Vaughan ON, L6A 4H7

A Different Kind of Healthcare

VCHC Community Ambassadors

Are you looking to educate the African, Caribbean, Black and Newcomer at your community groups, place of worship or organization about Type 2 Diabetes? We're here to support you!

OUR SERVICES INCLUDE

Tabling at Events
Engage with our team, collect resources, and ask questions in person.

Health Presentations
Presentations to raise awareness about Type 2 Diabetes and promote healthy living. Available both In-Person or Virtually!

Community Education & Awareness
We collaborate with you to create health-conscious, informed spaces where everyone thrives

Referral Services
We can refer you to VCHC Primary health physician, dietician, system navigation team, social workers and others

Why Type 2 Diabetes Awareness Matters?
Early detection saves lives
Lifestyle changes can prevent or delay onset
Community knowledge builds healthier futures

TO BOOK A PRESENTATION OR EVENTS

EMAIL: ekuzel@vaughanchc.com

CALL: Liz (905)303- 8490 ext 2627

[@vaughan_chc](https://twitter.com/vaughan_chc)

[vaughan.vchc](https://facebook.com/vaughan.vchc)

[@vaughancommunityhealthtre](https://instagram.com/vaughancommunityhealthtre)

www.vaughanchc.com

Please let us know if you need any specific accommodations. This flyer is available in an alternative format.

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