



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
			Jan 1 VCHC closed	Jan 2
Jan 5	Jan 6 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Jan 7 <ul style="list-style-type: none"> Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Jan 8 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	Jan 9
Jan 12 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	Jan 13 <ul style="list-style-type: none"> Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Jan 14 <ul style="list-style-type: none"> Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Jan 15 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	Jan 16
Jan 19 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Traing Your Brain 2:00pm-3:00pm ext. 2601 	Jan 20 <ul style="list-style-type: none"> Winter Staycation 10:00am-11:00am ext. 2642 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Jan 21 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Jan 22 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	Jan 23
Jan 26 <ul style="list-style-type: none"> Watercolour Wellness: Crafting Calmness 10:00am-12:00pm ext. 2601 Train Your Brain 2:00pm-3:00pm ext. 2601 	Jan 27 <ul style="list-style-type: none"> Winter Staycation 10:00am-11:00am ext. 2642 Coffee and Chats (Vaughan) 10:00am-12:00pm ext. 2653 	Jan 28 <ul style="list-style-type: none"> Go With Your Gut 10:00am-11:30am ext. 2642 Ready for Success Tutoring 4:45pm-5:45pm ext. 2653 Taking Care of You: Even More 5:00pm-6:00pm ext. 2642 Brain, Logic and Tricks 6:00pm-7:00pm ext. 2653 	Jan 29 <ul style="list-style-type: none"> Infant Massage 9:30am-11:30am ext. 2687 Expressive Art 10:00am-11:30am ext. 2653 Coffee and Chats (Keswick) 10:30am-12:00pm ext. 2601 	Jan 30

JANUARY 2026 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+):

 Coffee and Chats (19+) (Vaughan)	Dates: Jan 6-Mar 31, 2026	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!			
 Taking Care of You: Even More	Dates: Jan 21-Mar 11, 2026	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	
"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.			
 Expressive Art	Dates: Jan 15-Mar 12, 2026	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.			
 Go With Your Gut	Dates: Jan 21-Mar 11, 2026	Day: WED	Time: 10:00am-11:30am
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	
Join our program and learn about how to prevent and manage digestive issues such as gastroesophageal reflux disease, heartburn, irritable bowel syndrome/small intestinal bacterial overgrowth, constipation and diarrhea, diverticulosis and diverticulitis, gut microbiome and probiotics. This program will be facilitated by a Community Dietitian and Community Healthy Worker.			
 Winter Staycation	Dates: Jan 20-Feb 24, 2026	Day: TUE	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	
This 6-week program will offer an opportunity to de-stress and engage in mood-lifting activities to strengthen one's ability to cope with life stressors. Classes are designed to help you develop and practice self-care methods in a safe space; incorporating guided meditation, music therapy to encourage mental and emotional well-being.			
 EarlyON Program: Infant Massage	Dates: Jan 8-Feb 12, 2026	Day: THUR	Time: 9:30am-11:30am
Program Contact: Zaynah Cadogan Email: zcadogan@vaughanchc.com Phone: 905-303-8490 ext. 2687		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.			

This calendar can be provided in an alternative format.

JANUARY 2026 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+):

 Ready for Success Tutoring	Dates: Jan 7-Apr 1, 2026	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. (No program on Feb 18 & Mar 18, 2026)			
 Brain, Logic and Tricks	Dates: Jan 7-Apr 1, 2026	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	
Help your child boost their brain power! In this fun and engaging program, children will explore the importance of brain health through hands-on activities, games, and challenges. Participants will practice problem-solving skills, strengthen memory, and discover simple habits that keep their brains active and healthy. (No program on Feb 18 & Mar 18, 2026)			
 Watercolour Wellness: Crafting Calmness	Dates: Jan 12-Mar 9, 2026	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.			
 Train Your Brain	Dates: Jan 12-Mar 9, 2026	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	
A fun, activity-based program to engage your mind.			
 Coffee and Chats (Keswick)	Dates: Jan 8-Mar 12, 2026	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!			

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Monday	Tuesday	Wednesday	Thursday	Friday
			Jan 1 VCHC closed	Jan 2
Jan 5 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Jan 6 <ul style="list-style-type: none"> Diabetes Group Session (Virtual) 9:30am-11:30am ext. 2637 Craving Change 1:00pm-3:00pm ext. 2637 	Jan 7 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Jan 8 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2637 	Jan 9
Jan 12 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Jan 13 <ul style="list-style-type: none"> Craving Change 1:00pm-3:00pm ext. 2637 	Jan 14 <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 	Jan 15 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2637 	Jan 16
Jan 19 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Jan 20 <ul style="list-style-type: none"> Craving Change 1:00pm-3:00pm ext. 2637 	Jan 21 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Jan 22 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2637 	Jan 23
Jan 26 <ul style="list-style-type: none"> COPD Virtual Care 10:30am-11:30am ext. 2671 	Jan 27 <ul style="list-style-type: none"> COPD Virtual Support Group 1:30pm-3:00pm ext. 2671 	Jan 28 <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 	Jan 29 <ul style="list-style-type: none"> Living a Healthy Life with Diabetes 6:00pm-7:30pm ext. 2637 	Jan 30

JANUARY 2026 CHRONIC DISEASE 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: Jan 27, 2026	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: Jan 6, 2026 Dates: Jan 14, 2026 Dates: Jan 28, 2026	Day: TUE Day: WED Day: WED	Time: 9:30am-11:30am (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			
 Craving Change	Dates: Jan 6- Jan 20, 2026	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.			
 Living a Healthy Life with Diabetes	Dates: Jan 8-Jan 29 2026	Day: THUR	Time: 6:00pm-7:30pm
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 a Healthy Life with Diabetes is a FREE four-week workshop for people living with type 2 diabetes. You will develop the skills to manage your type 2 diabetes daily and help to prevent complications. This workshop is designed to enhance your regular diabetes care.			



Monday	Tuesday	Wednesday	Thursday	Friday
			Jan 1 VCHC closed	Jan 2
Jan 5 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Jan 6 <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 	Jan 7 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Jan 8 <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 	Jan 9 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Jan 12 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Jan 13 <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 	Jan 14 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Jan 15 <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 	Jan 16 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
Jan 19 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 9:00am-10:00am/ 10:00am-11:00am ext. 2671 	Jan 20 <ul style="list-style-type: none"> Step It Up (In-person) 6:00pm-6:45pm ext. 2671 	Jan 21 <ul style="list-style-type: none"> Chair Yoga (Virtual) 2:00pm-3:00pm 	Jan 22 <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 	Jan 23 <ul style="list-style-type: none"> Total Body Conditioning (Virtual) 10:00am-11:00am/ 11:00am-12:00pm ext. 2671
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JANUARY 2026 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.			

This calendar can be provided in an alternative format.

JANUARY 2026 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

 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.

This calendar can be provided in an alternative format.