




EAST END CHC PROGRAM CALENDAR

APRIL 2024

MONDAY (9AM to 8PM)	TUESDAY (8AM to 12PM, 2PM to 8PM)	WEDNESDAY (8AM to 8PM)	THURSDAY (8AM to 8PM)	FRIDAY (9AM TO 5PM)	SATURDAY (9AM to 12PM, 1PM to 5PM)
1 11:00 AM - 12:00 PM Shoulder Program In-Person 12:00 - 1:00 PM Back to Movement In-Person 2:00 - 3:00 PM Gentle Fit Virtual 3:00 - 4:30 PM Diabetes Support (DECNET) In-Person	2 10:30 - 11:30 AM GLA:D™ In-Person 2:30 - 3:30 PM GLA:D™ In-Person	3 10:30 - 11:30 AM Gentle Fit In-Person 12:00 - 1:00 PM Intuitive Eating Support Virtual 1:00 - 2:00 PM Tai Chi In-Person Drop-In	4 10:30 - 11:30 AM Women Empowerment Self-Defense In-Person 12:00 - 1:00 PM Back to Movement In-Person 5:30 - 7:00 PM Finding Peace with Food In-Person	5 10:30 - 11:30 AM GLA:D™ In-Person 12:00 - 1:00 PM Balance Program In-Person 2:30 - 3:30 PM GLA:D™ In-Person	<div>National Oral Health Month</div> <div></div> <div>Oral Health Tips:</div> <div><div>1. Brush your teeth twice a day using fluoride toothpaste and floss every day.</div><div>2. Check your mouth regularly for signs of gum disease & oral cancer.</div><div>3. Limit alcohol and avoid chewing tobacco, smoking, smokeless tobacco, and vaping.</div><div>4. Eat a well-balanced diet.</div><div>5. Visit your dentist regularly.</div></div> <div></div>
8 11:00 AM - 12:00 PM Shoulder Program In-Person 12:00 - 1:00 PM Back to Movement In-Person 2:00 - 3:00 PM Gentle Fit Virtual	9 10:30 - 11:30 AM GLA:D™ In-Person 2:30 - 3:30 PM GLA:D™ In-Person	10 10:30 - 11:30 AM Gentle Fit In-Person 1:00 - 2:00 PM Tai Chi In-Person Drop-In 1:00 - 2:30 PM Gardening/Planting Group In-Person	11 12:00 - 1:00 PM Back to Movement In-Person 5:30 - 7:00 PM Finding Peace with Food In-Person	12 10:30 - 11:30 AM GLA:D™ In-Person 12:00 - 1:00 PM Balance Program In-Person 12:00 –1:30 PM Seniors Health Education @AccessPoint on Danforth 2:30 - 3:30 PM GLA:D™ In-Person	
15 11:00 AM - 12:00 PM Shoulder Program In-Person 12:00 - 1:00 PM Back to Movement In-Person 2:00 - 3:00 PM Gentle Fit Virtual	16 10:30 - 11:30 AM GLA:D™ In-Person 2:30 - 3:30 PM GLA:D™ In-Person	17 10:30 - 11:30 AM Gentle Fit In-Person 1:00 - 2:00 PM Tai Chi In-Person Drop-In 2:00 - 3:00 PM Seniors Health Education @Applegrove	18 12:00 - 1:00 PM Back to Movement In-Person	19 10:30 - 11:30 AM GLA:D™ In-Person 12:00 - 1:00 PM Balance Program In-Person 2:30 - 3:30 PM GLA:D™ In-Person	
22 Happy Earth Day! 11:00 AM - 12:00 PM Shoulder Program In-Person 12:00 - 1:00 PM Back to Movement In-Person 2:00 - 3:00 PM Gentle Fit Virtual	23 10:30 - 11:30 AM GLA:D™ In-Person 2:30 - 3:30 PM GLA:D™ In-Person	24 10:30 - 11:30 AM Gentle Fit In-Person 1:00 - 2:00 PM Tai Chi In-Person Drop-In 1:00 - 2:30 PM Gardening/Planting Group In-Person	25 12:00 - 1:00 PM Back to Movement In-Person 2:00 - 3:00 PM Brain Games Hybrid 5:30 - 7:00 PM Finding Peace with Food In-Person 4:30 - 5:30 PM GLA:D™ Virtual 6:00 - 7:00 PM GLA:D™ In-Person	26 10:30 - 11:30 AM GLA:D™ In-Person 12:00 - 1:00 PM Balance Program In-Person 12:00 –1:30 PM Seniors Health Education @AccessPoint on Danforth 2:30 - 3:30 PM GLA:D™ In-Person	
29 11:00 AM - 12:00 PM Shoulder Program In-Person 12:00 - 1:00 PM Back to Movement In-Person 2:00 - 3:00 PM Gentle Fit Virtual	30 10:30 - 11:30 AM GLA:D™ In-Person 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ Virtual 6:00 - 7:00 PM GLA:D™ In-Person	<div>April is Parkinson’s Awareness Month</div> <div>Parkinson’s is the world’s fastest growing neurological disease. Canada has some of the world's highest rates, and it is growing quickly. To learn more about Parkinson’s; visit parkinson.ca</div> <div></div>			

PROGRAM DESCRIPTIONS

All programs are free. For more information, or to register, please call the contacts listed below.

Back To Movement (In-Person)
Do you have or are you looking to prevent back pain? Join us twice weekly on Mondays and Thursdays for an exercise program from 12:00 – 1:00 PM. Learn to reduce pain, move better, and enjoy life more by exercising and practicing strategies for a healthy back.
Contact: Keiko at 416-778-5805 x237

Balance Program (In-Person)
Improve stability and build your strength to reduce fall risks. Join our Friday program from 12:00 – 1:00 PM and get weekly home exercises. We're here to support you every step of the way.
Contact: Keiko at 416-778-5805 x237

Brain Games (Hybrid: In-Person & Virtual)
Join us on the last Thursday of the month from 2:00 – 3:00 PM for fun brain games and activities. Learn how memory works, improve it, and keep your brain healthy! Register by phone or [book online](#).
Contact: Justin at 416-778-5805 x212

Diabetes Support (DECNET) (In-Person)
Living with prediabetes or type 2 diabetes? Join DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health and well-being. Share experiences and support peers in a safe welcoming environment. Mondays, April 1st, 2024; May 6th, 2024; June 3rd, 2024; and July 8th, 2024 from 3:00 – 4:30 PM.
Contact: Asmita at 416-461-9043 x2362

Finding Peace with Food (In-Person) **NEW!**
Want to end an emotional overeating pattern? Join this 10-week program (April 11th – June 27th, 2024. *No class April 18th or June 20th*) to break free from a diet mindset and develop a healthy relationship with food and your body! Join our dietitian on Thursdays from 5:30 – 7:00 PM and learn to eat in a balanced way without dieting.
Contact: Yulia at 416-778-5805 x208

Gardening/ Planting Group (In-Person) **NEW!**
Let's get started on your journey to becoming a green thumb! Join us on the 2nd and 4th Wednesday of the month (April 10th and 24th, 2024) from 1:00 – 2:30 PM. Learn how to care for and grow plants in your home, balcony or window sill. Get advice on the plants you already have and receive supplies like seedlings, cuttings or seeds to get started. Start your plant-growing journey. Register by phone or [book online](#).
Contact: Jackie at 416-778-5805 x220

Gentle Fit (In-Person or Virtual)
Empower yourself and get fit in a program designed for beginners. Mondays (virtual - [book online](#)) from 2:00 – 3:00 PM. Wednesdays (in-person - call to book) from 10:30 – 11:30 AM. Get a complete body workout, reduce joint pain, and risk of falls.
Contact: Keiko at 416-778-5805 x237

GLA:D™ Canada Program (Virtual or In-Person)
Good Living with Arthritis: Denmark (GLA:D™) was designed for people with knee or hip osteoarthritis (OA). The program has 2 education sessions and 12 exercises, twice a week for 6 weeks. The group helps improve your muscular strength and joint stability. Our in-person groups run Tuesday & Friday from 10:30 – 11:30 AM OR 2:30 – 3:30 PM, OR Tuesday & Thursday 6:00 – 7:00 PM. The virtual group runs Tuesday & Thursday from 4:30 – 5:30 PM. Please speak with your Primary Health Care Provider to see if this program is right for you. A Rapid Access Clinic (RAC) referral is required for this free program. You can learn more at www.gladcanada.ca.
Contact: GLA:D™ Coordinator at 416-778-5805 x505

Intuitive Eating Support (Virtual)
Did you attend our Intuitive Eating groups? Join our dietitian on the first Wednesday of the month from 12:00 – 1:00 PM. Connect in a judgement-free space to share and support each other's journey to a balanced, guilt-free relationship with food.
Contact: Yulia at 416-778-5805 x208

Seniors Health Education (In-Person)
Join us in the community to discuss what affects health as we age. Learn simple ways to make small changes for better health with a new topic every week/session. Programs at **AccessPoint on Danforth** (3079 Danforth Ave. at Victoria Park Avenue) are on the second and fourth Friday of the month from 12:00 – 1:30PM. Programs at **Applegrove Community Complex** (60 Woodfield Road) are on the third Wednesday of the month from 2:00 – 3:00 PM.
Contact: Makeda at 416-778-5805 x216

Shoulder Program (In-Person)
Tackle shoulder pain or prevent it! Join us on Mondays from 11:00 AM – 12:00 PM. Understand shoulder functions, injuries, and posture. Learn pain management strategies, and get nutrition tips for muscle and joint health. Try shoulder strengthening/ stretching exercises.
Contact: Keiko at 416-778-5805 x237

Tai Chi (In-Person Drop-In)
Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. Drop-in on Wednesdays from 1:00 – 2:00 PM, you don't need to pre-register. You'll need to fill out forms when you attend for the first time. Improve strength, flexibility and balance. Relieve pain, enhance sleep and boost mood.
Contact: Sudha at 416-778-5805 x218

Women Empowerment Self-Defense (In-Person) **NEW!**
Stay Safe, Stay Strong: Simple Self-Defense! Join us with Nellie's Shelter on Thursday, April 4th, 2024 from 10:30 – 11:30 AM. All that identify as female are welcome. Learn about the 5 principals of self-defense: Think, Yell, Run, Fight, Tell. Use your body to protect yourself and trust your "gut feeling" to handle tough situations. Use verbal self-defense de-escalating strategies, including boundary setting and maintenance. No child-care? Bring your child with you! Register by phone or [book online](#).
Contact: Makeda at 416-778-5805 x216



PROGRAM CALENDAR

APRIL 2024



Programs are free and are open to people living in our catchment community.
For more information, visit www.eastendchc.on.ca

We may cancel groups with low attendance

1619 Queen Street East
General Inquiries: 416-778-5858