
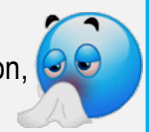








MONDAY (9AM to 8PM)	TUESDAY (8AM to 12PM, 2PM to 8PM)	WEDNESDAY (8AM to 8PM)	THURSDAY (8AM to 8PM)	FRIDAY (9AM to 5PM)	SATURDAY (9AM to 12PM, 1PM to 5PM)
 <p>Get the flu shot, NOT the flu.</p> <p>Did you know that getting the flu shot helps prevent serious complications of the flu, which can include heart attack, stroke, pneumonia, hospitalization, and death? The flu virus can change every year, so you should get the flu shot once a year. Call 416-778-5858 to book your FREE flu shot!</p> 					
<p>3</p> <p>12:45pm – 1:45pm GLA:D™ Program*</p> <p>3:15pm – 4:15pm Gentle Fit 1*</p> <p>4:15pm – 5:15pm Gentle Fit 2*</p> <p>6:00pm – 7:00pm GLA:D™ Program*</p>	<p>4</p> <p>10:00am – 11:00am Active Walk*</p> <p>6:15pm – 7:30pm Gentle Yoga*</p>	<p>5</p> <p>11:00am – 12:30pm Baby's First Year*</p> <p>12:45pm – 1:45pm GLA:D™ Program*</p> <p>1:00pm – 3:00pm Brain Booster</p> <p>3:15pm – 4:15pm Gentle Fit 1*</p> <p>4:15pm – 5:15pm Gentle Fit 2*</p> <p>6:00pm – 7:00pm GLA:D™ Program*</p>	<p>6</p> <p>10:00am – 12:00pm Creative Play</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP</p> <p>2:30pm – 4:30pm Art Café Drop-In</p> <p>3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>7</p> <p>11:00am – 2:00pm Healthy Lifestyles Program*</p>	<p>1</p> <p>1:30pm – 2:30pm Taking Care of Me (Dental Health)</p>
<p>10</p> <p>12:45pm – 1:45pm GLA:D™ Program*</p> <p>3:15pm – 4:15pm Gentle Fit 1*</p> <p>4:15pm – 5:15pm Building Better Backs*</p> <p>6:00pm – 7:00pm GLA:D™ Program*</p>	<p>11</p> <p>10:00am – 11:00am Active Walk*</p> <p>2:30pm – 4:30pm Holiday Drop-In</p> <p>6:15pm – 7:30pm Gentle Yoga*</p>	<p>12</p> <p>11:00am – 12:30pm Baby's First Year*</p> <p>12:45pm – 1:45pm GLA:D™ Program*</p> <p>1:00pm – 3:00pm Healthy Living for Immigrant Women @AP</p> <p>3:15pm – 4:15pm Gentle Fit 1*</p> <p>4:15pm – 5:15pm Gentle Fit 2*</p> <p>6:00pm – 7:00pm GLA:D™ Program*</p>	<p>13</p> <p>10:00am – 12:00pm Creative Play</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP</p> <p>2:00pm – 3:30pm Coping with Holiday Stress Drop-In</p> <p>3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>14</p> <p>11:00am – 12:00pm Money Matters 30-Day Challenge</p> <p>11:00am – 2:00pm Healthy Lifestyles Program*</p>	<p>8</p> <p>1:30pm – 2:30pm Taking Care of Me (Solutions for Better Sleep)</p> 
<p>17</p> <p>12:45pm – 1:45pm GLA:D™ Program*</p> <p>3:15pm – 4:15pm Gentle Fit 1*</p> <p>4:15pm – 5:15pm Gentle Fit 2*</p> <p>6:00pm – 7:00pm GLA:D™ Program*</p>	<p>18</p> <p>10:00am – 11:00am Active Walk*</p> <p>6:15pm – 7:30pm Gentle Yoga*</p>	<p>19</p> <p>11:00am – 12:30pm Baby's First Year*</p> <p>12:45pm – 1:45pm GLA:D™ Program*</p> <p>3:15pm – 4:15pm Gentle Fit 1*</p> <p>4:15pm – 5:15pm Gentle Fit 2*</p> <p>5:00pm – 7:30pm Good Food Box*</p> <p>6:00pm – 7:00pm GLA:D™ Program*</p>	<p>20</p> <p>10:00am – 12:00pm Creative Play</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP</p> <p>3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>21</p> 	<p>15</p> <p>12:00pm – 2:00pm Holiday Activities for Parents and Kids (2 to 12 Years)*</p> 
<p>24</p> <p>CENTRE CLOSSES AT 3PM</p>	<p>25</p> <p>CHRISTMAS CENTRE CLOSED</p>	<p>26</p> <p>BOXING DAY CENTRE CLOSED</p>	<p>27</p> <p>10:30am – 12:30pm Breastfeeding Support Group @AP</p> <p>3:30pm – 4:30pm Sexual Health Drop-In</p>	<p>28</p> <p>11:00am – 12:00pm Money Matters 30-Day Challenge</p>	<p>22</p> 
<p>31</p> <p>CENTRE CLOSSES AT 3PM</p>	 <p style="text-align: center;"><i>East End CHC wishes you a Happy New Year!</i></p> <p style="text-align: center;"><i>January holiday hours: New Year's Day.</i></p> <p style="text-align: center;">The Centre will be closed on January 1st</p> 				

PROGRAM DESCRIPTIONS

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

Healthy Child, Healthy Families

Baby's First Year

Drop-In

Get out of the house and meet other moms, Wednesdays from 11:00 am – 12:30 pm. This post-natal support group discusses infant feeding and healthy development.

Contact: Jackie at 416-778-5805 x220

Breastfeeding Support Group @AP

Drop-In

Are you pregnant or breastfeeding? Our Thursday program from 10:30 am – 12:30 pm at AccessPoint, 3079 Danforth Avenue, connects mothers and provides a nurse or lactation consultant for questions and concerns. Childcare is available.

Contact: Farzana at 416-778-5805 x212

Creative Play

Drop-In

A fun free program for parents and children, ages 18 months to 4 years, Thursdays from 10:00 am – 12:00 pm. Parents learn about parenting and child development while enjoying storytelling, music, and interactive play with other toddlers and their parents.

Contact: Sudha at 416-778-5805 x224

Personal Health and Wellness

Active Walk

* Must register in advance

Get the most out of your walk Tuesdays from 10:00 am – 11:00 am. Focus on posture, technique, goal setting, balance, and stretches for walkers. Pedometers will be loaned out to track your steps and help measure your success.

Contact: Shirin at 416-778-5805 x226

Art Café Drop-In

Drop-In

Join us on the 1st Thursday of the month from 2:30 pm – 4:30 pm to express yourself, this month featuring holiday crafts. No artistic skill required. Some supplies available – feel free to bring your own!

Contact: Zari at 416-778-5805 x222

Brain Booster

Drop-In

The human brain has an astonishing ability to adapt and change even into old age. On the 1st Wednesday of the month from 1:00 pm – 3:00 pm, learn how memory works and try activities to improve yours.

Contact: Farzana at 416-778-5805 x212

Building Better Backs

* Must register in advance

Learn to manage your back pain through exercise and education. Practice core strengthening, improve your posture, and learn to relieve back pain properly. This program takes place on the 2nd and 4th Monday of the month from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

Coping with Holiday Stress Drop-In

Drop-In

Drop by to empower yourself to cope with the holidays on Thursday December 13th from 2:00 pm – 3:30 pm. Learn practical strategies to deal with stress, achieve balance and positive thinking.

Contact: Joanne at 416-778-5805 x218

NEW!

Gentle Fit 1

* Must register in advance

A stretch and strengthen exercise group aims to help you maintain flexibility, reduce falls, and manage joint pain. This program is available Mondays and Wednesdays from 3:15 pm – 4:15 pm and is designed for seniors with low conditioning, low mobility, arthritis, or who are in wheelchairs.

Contact: Leslie at 416-778-5805 x237

Gentle Fit 2

* Must register in advance

Continue to build your strength, increase your balance, and improve your posture and flexibility. Gentle Fit 2 will help clients that would like to try exercises that are more challenging, and still practice age-appropriate and safe movements. This group meets on the 1st, 3rd and 5th Monday of the month and Wednesdays from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

Gentle Yoga

* Must register in advance

Accessible yoga for everyone! Learn stretching exercises and relaxation techniques on Tuesdays from 6:15 pm – 7:30 pm. Please call for more information.

Contact: Sudha at 416-778-5805 x224

GLA:D™ Program

* Must register in advance

The GLA:D™ Canada program is an education and exercise program to help people with hip and knee osteoarthritis. Join us Mondays and Wednesdays from 12:45 pm – 1:45 pm and 6:00 pm – 7:00 pm. Participate in neuromuscular exercise sessions twice a week for six weeks to improve muscle control and stability of the joint. A rapid assessment clinic referral is required, please speak to your Primary Health Care Provider. Registration is ongoing.

Contact: Julieth at 416-778-5805 x225

Good Food Box

* Must call in advance

Get fresh fruits and vegetables once a month! The Boxes are \$13 – \$38 and are to be picked up from East End CHC on the 3rd Wednesday of the month from 5:00 pm – 7:30 pm.

Contact: Zari at 416-778-5805 x222

Healthy Lifestyles Program

Drop-In

Join us for a 3 week program, Fridays 11:00 am – 2:00 pm. This program will enhance your knowledge and understanding of nutritious and healthy meal planning. Manage stress effectively by learning smart grocery shopping and improving your physical wellbeing to help achieve a healthier and happier lifestyle.

Contact: Naheed at 416-778-5805 x210

Healthy Living for Immigrant Women @AP

Drop-In

Try healthy recipes, get information about health issues, and meet other women. Provided in Urdu, Hindi, and English, and held at AccessPoint, 3079 Danforth Avenue, on the 2nd and 4th Wednesday of the month from 1:00 pm – 3:00 pm.

Contact: Farzana at 416-778-5805 x212

Holiday Drop-In

Drop-In

Drop-by Tuesday, December 11th from 2:30 pm – 4:30 pm for some fun seasonal activities such as arts & crafts, baking, carolling, and board games. All are welcome!

Contact: Zari at 416-778-5805 x222

NEW!

Holiday Activities for Parents and Kids (2 – 12 Years)

* Must register in advance

Join us on Saturday, December 15th from 12:00pm – 2:00pm for some fun family seasonal activities such as arts & crafts, decorating cookies, and carolling.

Contact: Sudha at 416-778-5805 x218

NEW!

Money Matters – 30-Day Challenge

Drop-In

Join us on Fridays, December 14th from 11:00 am – 12:00 pm and December 28th from 1:00pm – 2:00pm for an orientation session to the 30-day challenge. A few tips and simple practices can help you keep track of your money, tidy up your finances and start a life of less worry. This is an interactive program best suited for individuals living on a fixed income or social assistance.

Contact: Jackie at 416-778-5805 x220

NEW!

Taking Care of Me

Drop-In

A 6-week program held on Saturdays from 1:30pm – 2:30 pm for people who are interested in learning more about healthy living. Different topics each week, including: simple ways to achieve a healthy diet and active lifestyle, how to take medication properly, working with your healthcare team, strategies to reduce stress and burnout, resources for dental care and tips for better sleep.

Contact: Shirin Yilmaz 416-778-5805 x226

Special News

Drop-In Sexual Health Clinic

Drop-In

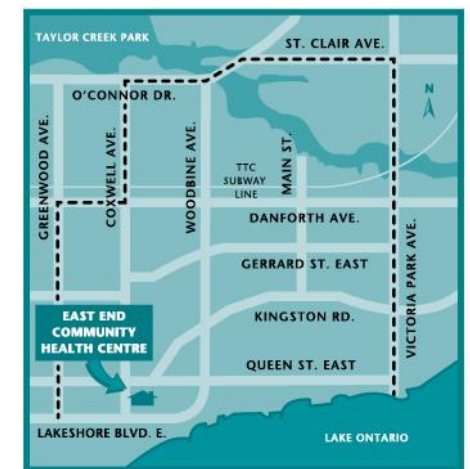
Drop-in Thursdays from 3:30 pm – 4:30 pm to speak to a health provider about questions you may have related to sexual health. The clinic provides services such as birth control counselling, free condoms, pregnancy testing, STI and HIV testing, sexuality and gender counselling, and more.

Contact: 416-778-5858



PROGRAM CALENDAR

December 2018



Programs are free and are open to people living in our catchment community.

For more information, visit www.eastendchc.on.ca

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

