

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)
	<b>1</b>  <b>NEW YEAR'S DAY</b>  <b>CENTRE CLOSED</b>	<b>2</b> 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Brain Booster 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*	<b>3</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In	<b>4</b> 11:00am – 12:00pm Money Matters 30-Day Challenge	<b>5</b>
	<b>7</b> 12:45pm – 1:45pm GLA:D™ Program* 2:00pm – 3:30pm ACP- Spanish Focus Group 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*	<b>8</b> 10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*	<b>9</b> 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*	<b>10</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 12:00pm – 1:30pm Young Adult Focus Group* 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In	<b>11</b> 11:00am – 12:00pm Money Matters 30-Day Challenge
<b>14</b> 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 6:00pm – 7:00pm GLA:D™ Program*	<b>15</b> 10:00am – 11:00am Active Walk 6:15pm – 7:30pm Gentle Yoga*	<b>16</b> 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box* 6:00pm – 7:00pm GLA:D™ Program*	<b>17</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In	<b>18</b> 11:00am – 12:00pm Money Matters 30-Day Challenge	<b>19</b>
<b>21</b> 12:30pm – 2:00pm Strong and Steady* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*	<b>22</b> 10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*	<b>23</b> 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*	<b>24</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In	<b>25</b> 11:00am – 12:00pm Money Matters 30-Day Challenge	<b>26</b>
<b>28</b> 12:30pm – 2:00pm Strong and Steady* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* 6:00pm – 7:00pm GLA:D™ Program*	<b>29</b> 10:00am – 11:00am Active Walk* 6:15pm – 7:30pm Gentle Yoga*	<b>30</b> 11:00am – 12:30pm Baby's First Year* 12:45pm – 1:45pm GLA:D™ Program* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Gentle Fit 2* 6:00pm – 7:00pm GLA:D™ Program*	<b>31</b> 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>It's not too late to get the flu shot!</b></p> <p>Call <b>416-778-5858</b> to book an appointment or just drop-in!</p> <p><b>IT'S FREE</b></p> </div>  </div>	

# 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

### ACP – Spanish Focus GRP Drop-In

Advance Care Planning (ACP) is the process of making decisions now about how you want to be cared for at the end of your life. We are looking for people who speak Spanish to participate in a discussion group on advance care planning. If you speak Spanish, join us on Monday, January 7<sup>th</sup> from 2:00 pm – 3:30 pm. Help us by sharing your wishes, values, preferences and beliefs related to medical care at the end of your life.

Contact: Joanne at 416-778-5805 x218 **NEW!**

### 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 2<sup>nd</sup> 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 1<sup>st</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month from 4:15 pm – 5:15 pm.

Contact: Leslie at 416-778-5805 x237

### Focus Group for Young Adults \* Must register in advance

We are looking for young adults between the ages of 18 – 35 to participate in a discussion group on feeling isolated, forming new supports and connections. Help us by sharing your needs, challenges and beliefs related to mental health on Thursday, January 10<sup>th</sup> from 12:00 pm – 1:30 pm.

Contact: Shirley at 416 778 5805 x216 **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 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> 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 3<sup>rd</sup> Wednesday of the month from 5:00 pm – 7:30 pm.

Contact: Zari at 416-778-5805 x222

### 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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 1:00 pm – 3:00 pm.

Contact: Farzana at 416-778-5805 x212

### Live with Less Clutter \* Must register in advance

Ever wondered why we keep so much stuff and why it can be so difficult to stay organized? Join us the 4<sup>th</sup> Thursday of the month from 2:30 pm – 4:00 pm. In this program, you will learn useful strategies to reduce existing clutter, tips for spring cleaning and how to limit the accumulations of new items.

Contact: Zari at 416-778-5805 x222

### Money Matters – 30-Day Challenge Drop-In

Join us on Mondays from 11:00 am – 12:00 pm to participate in 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!**

### Strong and Steady \* Must register in advance

Join us on Mondays from 12:30 pm – 2:00 pm in a 9 week physiotherapy led exercise program aimed at making you stronger, improve your balance, and prevent you from falling. If you have fallen in the past, or are afraid of falling, this program is especially for you!

Contact: Daysha at 416 778 5805 x206 **NEW!**

## 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

## January 2019



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

For more information, visit [www.eastendchc.on.ca](http://www.eastendchc.on.ca)

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

