



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CANADA DAY CENTRE CLOSED	3 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	4 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Brain Booster 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	5 10:00am – 12:00pm School Readiness* 10:30am – 12:30pm Breastfeeding Support Group @AP 1:30pm – 3:30pm For the Health of It* 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In	6	7
9 9:30am – 11:30am Helping Our Babies Grow @AG 10:00am – 11:30am Diabetes Support Group 11:00am – 1:00pm 55+ Gardening Group* 1:30pm – 3:00pm Diabetes Support Group 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs*	10 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	11 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	12 10:00am – 12:00pm School Readiness* 10:30am – 12:30pm Breastfeeding Support Group @AP 1:30pm – 3:30pm For the Health of It* 3:30pm – 4:30pm Sexual Health Drop-In	13 10:00am – 4:00pm Free Summer Camp for Parents and Kids (3-7)*	14
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23 9:30am – 11:30am Helping Our Babies Grow @AG 11:00am – 1:00pm 55+ Gardening Group* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Building Better Backs*	24 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	25 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for Immigrant Women @AP 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	26 10:00am – 12:00pm School Readiness* 10:30am – 12:30pm Breastfeeding Support Group @AP 1:30pm – 3:30pm For the Health of It* 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In	27 10:00am – 4:00pm Free Summer Camp for Parents and Kids (3-7)*	28
30 9:30am – 11:30am Helping Our Babies Grow @AG 11:00am – 1:00pm 55+ Gardening Group* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*	31 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*	 <p>On hot summer days, BEAT THE HEAT by taking these precautions:</p> <ul style="list-style-type: none"> ❖ Drink lots of cool water and take cool showers ❖ Never leave a person or a pet inside a parked car or in direct sunlight ❖ Stay in the shade or use an umbrella ❖ Consult with your doctor or pharmacist on medications that increase your risk to heat 			

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. This post-natal support group discusses infant feeding and healthy development.

Contact: Jackie Carruthers 416-778-5805 x220

Breastfeeding Support Group

Drop-In

Are you pregnant or breastfeeding? Join us Thursday mornings to meet other moms, or to consult a nurse or lactation consultant. At AccessPoint, 3079 Danforth Avenue. Childcare is available.

Contact: Farzana Yusuf 416-778-5805 x212

Free Summer Camp

* Must register in advance

Join us in this free three session summer camp for parents and their children (3-7 years old). Learn capoeira an Afro-Brazilian martial art that combines elements of dance, acrobatics, and music. Parents will learn quick healthy recipes, and kids help with meal preparation. Space is limited – Call to register!

Contact: Sudha Ellie 416-778-5805 x224

NEW!

Helping our Babies Grow

Drop-In

Weekly drop-in for pregnant women offers information on having a healthy pregnancy and baby. Mondays at Applegrove Community Centre. Staff speaks Mandarin, Cantonese, Urdu, Hindi, and Kutchi.

Contact: Farzana Yusuf 416-778-5805 x212

School Readiness

* Must register in advance

This four session group will help parents and their children (3-5 years old) get ready for school. Learning through play-based activities and enhance early literacy skills.

Contact: Sudha Ellie 416-778-5805 x224

NEW!

Personal Health and Wellness

55+ Gardening Group

* Must register in advance

If you are 55+ and you are interested in planting, growing and eating herbs and vegetables then this group is for you! Join us in this 8 week program to plant an edible vertical garden in our court yard. Understand the different types of herbs and how to cook with them. Learn what you can grow on your window sill or balcony. Enjoy good company while keeping active.

Contact: Jackie Carruthers 416-778-5805 x220

Active Walk

* Must register in advance

Get the most out of your walk. Focus on posture, technique, goal setting, balance, and stretches for walkers. Pedometers will be loaned out to help measure your success.

Contact: Leslie Brown 416-778-5805 x237

Art Café Drop-In

Drop-In

Join us to express and explore your emotions and thoughts through drawing, painting, poetry writing, etc. No artistic skill required.

Some supplies available – feel free to bring your own!

Contact: Zari Atai 416-778-5805 x222

Brain Booster

Drop-In

The human brain has an astonishing ability to adapt and change even into old age. Learn how memory works, and try activities to improve yours.

Contact: Farzana Yusuf 416-778-5805 x212

Building Better Backs

* Must register in advance

Learn to manage your back pain through exercise and education. Practice deep core strengthening, improve your posture, and learn to relieve back pain properly.

Contact: Leslie Brown 416-778-5805 x237

Computer Café Drop-In

Drop-In

Drop by and check your email, explore the internet, or simply practice your computer skills with other community members. There is no lesson plan with this drop-in but staff or volunteers may be able to assist with computer questions.

Contact: Jackie Carruthers 416-778-5805 x220

Diabetes Support Group

Drop-In

Participants support each other in managing their diabetes and health. A dietitian is present as a resource person.

Contact: 416-461-9042

For the Health of It

* Must register in advance

Learn to plan healthy meals and control portions in this 9 week program. Cook well balanced meals on a budget, and increase your physical activity.

Contact: Olivia O'Young 416-778-5805x208

Gentle Fit 1

* Must register in advance

A stretch and strengthen exercise group to help maintain flexibility, reduce falls and joint pain. This program is designed for seniors with low conditioning, low mobility, arthritis, or in wheelchairs.

Contact: Leslie Brown 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.

Contact: Leslie Brown 416-778-5805 x237

Gentle Yoga

* Must register in advance

Accessible yoga for everybody, learn stretching exercises and relaxation techniques. Call for more information.

Contact: Sudha Ellie 416-778-5805 x224

Good Food Box

* Must call in advance

Get fresh fruits and vegetables once a month! Boxes are \$13-\$38 and are to be picked up from East End CHC on Wednesday evenings.

Contact: Zari Atai 416-778-5805 x222

Healthy Living for Immigrant Women

Drop-In

Try healthy recipes, get information about health issues and meet other women. Provided in Urdu/Hindi and English. Held on the 2nd and 4th Wednesday of the month at AccessPoint, 3079 Danforth Ave.

Contact: Farzana Yusuf 416-778-5805 x212

Live with Less Clutter

* Must register in advance

Ever wondered why we accumulate so much stuff and why it can be so difficult to stay organized? In this program, you will learn practical strategies to reduce existing clutter, tips for spring cleaning, and how to limit the accumulations of new items.

Contact: Zari Atai 416-778-5805 x222

Diabetes Education Network of East Toronto

Get up-to-date information on how to manage your diabetes and practice healthy living. Programs are offered at various locations.

Contact: 416-461-9042

Special News

Drop-In Sexual Health Clinic

Drop-in 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, STI and HIV testing, sexuality and gender counselling, and more.

Contact: 416-778-5858



PROGRAM CALENDAR

JULY 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

