

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|--|
|  | 1 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga* | 2 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* | 3 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 11:00am – 1:00pm Chase the Blues Away* 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In | 4 1:00pm – 3:00pm Taking Care of Me* | 5 |
| 7 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2* | 8 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga* | 9 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* | 10 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 11:00am – 1:00pm Chase the Blues Away* 3:30pm – 4:30pm Sexual Health Drop-In | 11 1:00pm – 3:00pm Taking Care of Me* | 12 |
| 14 9:30am – 11:30am Helping Our Babies Grow @AG 10:00am – 11:30am Diabetes Support Group 1:30pm – 3:00pm Diabetes Support Group 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs* | 15 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 3:00pm – 5:30pm Craving Change* 6:15pm – 7:30pm Gentle Yoga* | 16 11:00am – 12:30pm Baby's First Year* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2* 5:00pm – 7:30pm Good Food Box* | 17 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 11:00am – 1:00pm Chase the Blues Away* 3:30pm – 4:30pm Sexual Health Drop-In | 18 1:00pm – 2:30pm Community Services for Seniors* | 19 |
| 21 VICTORIA DAY CENTRE CLOSED | 22 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 3:00pm – 5:30pm Craving Change* 6:15pm – 7:30pm Gentle Yoga* | 23 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* | 24 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 11:00am – 1:00pm Chase the Blues Away* 2:30pm – 4:00pm Live with Less Clutter* 3:30pm – 4:30pm Sexual Health Drop-In | 25 1:00pm – 2:30pm Community Services for Seniors* | 26 10:00am – 11:30pm Advanced Care Planning* |
| 28 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Building Better Backs* | 29 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Computer Café Drop-In 3:00pm – 5:30pm Craving Change* 6:15pm – 7:30pm Gentle Yoga* | 30 11:00am – 12:30pm Baby's First Year* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2* | 31 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 11:00am – 1:00pm Chase the Blues Away* 3:30pm – 4:30pm Sexual Health Drop-In | May is National Physiotherapy Month Physiotherapists are highly skilled professionals that help people with injuries, illness, or disability through movement and exercise, manual therapy, education, and advice. They maintain health for people of all ages, helping patients manage pain, and prevent disease. If you are a clinical client of the Centre and feel you could benefit from seeing a physiotherapist, call reception and ask to book an appointment.  | |

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

Creative Play *Drop-In*
For parents and children, 18 months to 4 years. Participate in child-centred and age-appropriate activities. Learn about parenting and child development.
Contact: Sudha Ellie 416-778-5805 x224

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

Personal Health and Wellness

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

Advance Care Planning ** Must register in advance*
Get more information about Advance Care Plans and Power of Attorney. Learn how to discuss your plans and decisions with the significant people and healthcare providers in your life. Tools and resources provided to help your planning process.
Contact: Joanne Gallagher 416-778-5805 x218 **NEW!**

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

Chase the Blues Away ** Must register in advance*
This is a 6-week educational group on living with depression. Join us to improve your mood and energy, learn problem-solving, stress management, self-care, and coping skills.
Contact: Zari Atai 416-778-5805 x222 **NEW!**

Community Services for Seniors ** Must register in advance*
Join this 3-week workshop to learn about services that can help you connect with others in the east end and live independently. Topics include leisure and recreation programs, transportation assistance, community meal programs, and in-home supports.
Contact: Shirin Yilmaz 416-778-5805 x226 **NEW!**

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

Craving Change ** Must register in advance*
Join us in this 6-week workshop aimed at helping you understand what can affect your eating behaviours and how to change your relationship with food. Registration is required.
Contact: Miriam Page 416-778-5805x210 **NEW!**

Diabetes Support Group *Drop-In*
Participants support each other in managing their diabetes and health. A dietitian is present as a resource person.
Contact: Miriam Page 416-778-5805 x210

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

Taking Care of Me ** Must register in advance*
A 4-week program for people who are interested in learning more on living a healthy life with chronic illness. Topics include: 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 and coping with persistent symptoms.
Contact: Shirin Yilmaz 416-778-5805 x226

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 or Miriam Page 416-778-5805 x210

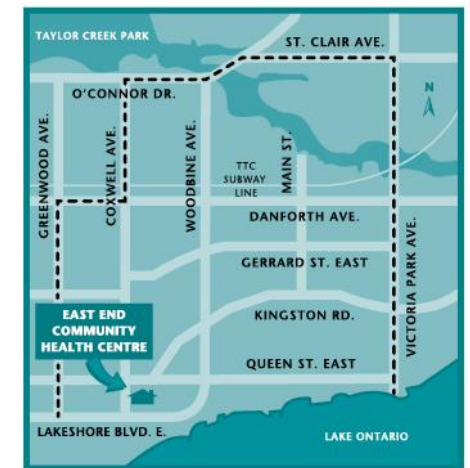
Special News

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

MAY 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

