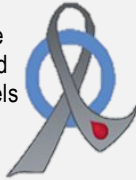





MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<p><b>November is diabetes awareness month and world diabetes day is November 14!</b> <b>What is Diabetes?</b> Diabetes is a disease in which the body cannot produce insulin or cannot use the insulin it is producing properly. Insulin is a hormone that controls the blood glucose (sugar) levels by using the sugar as energy. Diabetes causes high levels of sugar in the blood, which can damage organs, blood vessels and nerves. <b>Talk to your doctor or nurse practitioner to find more information about diabetes and how you can prevent it</b></p> 				<p><b>1</b> 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*</p>		<p><b>2</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 2:30pm – 4:30pm Art Café Drop-In 3:30pm – 4:30pm Sexual Health Drop-In</p>		<p><b>3</b> 1:00pm – 3:00pm 55+ Internet Café*</p>		<p><b>4</b> 10:00am – 11:30am Advanced Care Planning*</p>	
<p><b>6</b> 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>		<p><b>7</b> 10:00am – 11:00am Active Walk* 10:00am – 12:00pm 55+ Internet Café* 2:30pm – 4:30pm Anger Management* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>		<p><b>8</b> 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for South Asian Women @AP 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>		<p><b>9</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>		<p><b>10</b> 1:00pm – 3:00pm 55+ Internet Café*</p>		<p><b>11</b> 10:00am – 12:00pm Board Games Drop-In</p>	
<p><b>13</b> 9:30am – 11:30am Helping Our Babies Grow @AG 10:00am – 11:30am Diabetes Support Grp* 1:30pm – 3:00pm Diabetes Support Grp* 3:15pm – 4:15pm Gentle Fit 1* 4:15pm – 5:15pm Building Better Backs*</p>		<p><b>14 world diabetes day</b>  10:00am – 11:00am Active Walk* 10:00am – 12:00pm 55+ Internet Café* 2:30pm – 4:30pm Anger Management* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>		<p><b>15</b> 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*</p>		<p><b>16</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>		<p><b>17</b> 1:00pm – 3:00pm 55+ Internet Café*</p>		<p><b>18</b></p>	
<p><b>20</b> 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>		<p><b>21</b> 10:00am – 11:00am Active Walk* 10:00am – 12:00pm 55+ Internet Café* 2:30pm – 4:30pm Anger Management* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>		<p><b>22</b> 11:00am – 12:30pm Baby's First Year* 1:00pm – 3:00pm Healthy Living for South Asian Women @AP 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>		<p><b>23</b> 10:00am – 11:00am Walking Group 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</p>		<p><b>24</b> 1:00pm – 3:00pm 55+ Internet Café*</p>		<p><b>25</b> 10:00am – 12:00pm Board Games Drop-In 1:30pm – 3:00pm Wellness Drumming*</p>	
<p><b>27</b> 9:30am – 11:30am Helping Our Babies Grow @AG 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Building Better Backs*</p>		<p><b>28</b> 10:00am – 11:00am Active Walk* 2:30pm – 4:30pm Anger Management* 2:30pm – 4:30pm Computer Café Drop-In 6:15pm – 7:30pm Gentle Yoga*</p>		<p><b>29</b> 11:00am – 12:30pm Baby's First Year* 3:00pm – 4:00pm Gentle Fit 1* 4:00pm – 5:00pm Gentle Fit 2*</p>		<p><b>30</b> 10:00am – 11:00am Walking Group 10:00am – 12:00pm Creative Play 10:30am – 12:30pm Breastfeeding Support Group @AP 3:30pm – 4:30pm Sexual Health Drop-In</p>		<p> <b>Are you ready for the flu season?</b>  Get the flu shot, NOT the flu! The flu virus can change every year, so you should get the flu shot once a year. Because the sooner you get it, the sooner you are protected. Call <b>416-778-5858</b> to book a flu shot IT'S FREE</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

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

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

For parents and children, 18 months to 4 years. Participate in child-centered and age appropriate activities. Learn about parenting and child development. Call for information.

Contact: Sudha Ellie 416-778-5805 x224

### Helping our Babies Grow

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: Miriam Page 416-778-5805 x210

## Personal Health and Wellness

### 55+ Internet Café

*\* Must register in advance*

Learn the basics of computer use, how to browse the internet and use popular programs to keep in touch with others. Also learn how to find health information you can trust. At each session, there will be short presentations on health-related topics

Contact: Shirin Yilmaz 416-778-5805 x226

### 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 to help your planning process.

Contact: Joanne Gallagher 416-778-5805 x218

**NEW!**

### 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

### Anger Management

*\* Must register in advance*

Intensive 6-week workshop aimed at helping you understand and deal with anger. Develop healthy and positive strategies to deal with stressful situations and people.

Contact: Azra Adamally 416-778-5805 x214

### Art Café

*Drop-In*

Join us to express and explore your emotions and thoughts through drawing, painting, poetry writing, etc. No artistic skill required, explore your emotions and connect with other community members. Some supplies available – feel free to bring your own!

Contact: Zari Atai 416-778-5805 x222

### Board Games

*Drop-In*

Join us for some fun and games! Enjoy some snacks and connect with other community members. Some board games available - feel free to bring your own!

Contact: Joanne Gallagher 416-778-5805 x218

### 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

### Brain Booster

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

### Computer Café

*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

*\* Must register in advance*

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 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 South Asian Women

Try healthy recipes, get information about health issues and meet other women. Provided in Urdu/Hindi and English. Held on the 2<sup>nd</sup> and 4<sup>th</sup> 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

### Walking Group

Join us Thursday mornings for an outdoor walk with light stretching or playful activities. A friendly, gentle way to get moving

Contact: Zari Atai 416-778-5805 x222

### Wellness Drumming

*\* Must register in advance*

Join our drumming circle for physical and emotional wellness. Have fun as you improve your mood and connect with others. New and experienced drummers are welcome. Bring your own drum, or free drums provided. Space is limited. Call to register

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 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. Clinic provides services such as birth control counselling, free condoms, STI and HIV testing, sexuality and gender counselling, and more.

Contact: 416-778-5858

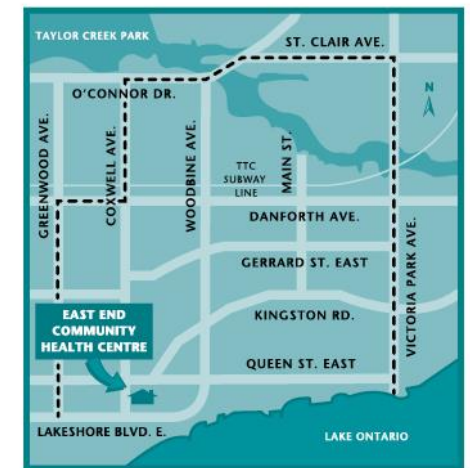


All of our programs are wheelchair accessible. We want our visitors to feel welcome and respected, by providing a positive space free from discrimination. The term positive space means that we support all sexual orientations, gender identities, and expressions.



# PROGRAM CALENDAR

## November 2017



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

