

EAST END CHC PROGRAM CALENDAR

MARCH 2024

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)	
<div>March is National Nutrition Month!</div> <div>Eat well, live well. Discover your food guide at www.Canada.ca/FoodGuide. Book a free appointment with a Registered Dietitian to learn how to make better choices that fit within your lifestyle and preferences.</div>								<div>1</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>12:00 - 1:00 PM Balance Program In-Person</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>		<div>March is National Nutrition Month!</div> <div>Making informed food choices and developing healthy eating habits are crucial to living a healthy lifestyle.</div> <div>To learn more about how you can make healthy food choices visit:</div> <div>www.Canada.ca/FoodGuide</div> <div>Or</div> <div>www.UnlockFood.ca</div> <div>Or</div> <div>www.cookspiration.com</div> <div></div>	
<div>4</div> <div>11:00 AM - 12:00 PM Shoulder Program In-Person</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div> <div>2:00 - 3:00 PM Gentle Fit Virtual</div> <div>3:00 - 4:30 PM Diabetes Support (DECNET) In-Person</div>		<div>5</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>		<div>6</div> <div>10:30 - 11:30 AM Gentle Fit In-Person</div> <div>1:00 - 2:00 PM Tai Chi In-Person</div> <div>12:00 - 1:00 PM Intuitive Eating Support Virtual</div>		<div>7</div> <div>10:00 AM - 2:00 PM Seniors Active Living & Lifestyles Fair @Beaches Sandbox</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div>		<div>8</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>12:00 - 1:00 PM Balance Program In-Person</div> <div>12:00 –1:30 PM Seniors Health Education @AccessPoint on Danforth</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>			
<div>11</div> <div>11:00 AM - 12:00 PM Shoulder Program In-Person</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div> <div>2:00 - 3:00 PM Gentle Fit Virtual</div>		<div>12</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>		<div>13</div> <div>10:30 - 11:30 AM Gentle Fit In-Person</div> <div>1:00 - 2:00 PM Tai Chi In-Person</div>		<div>14</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div>		<div>15</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>12:00 - 1:00 PM Balance Program In-Person</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>			
<div>18</div> <div>11:00 AM - 12:00 PM Shoulder Program In-Person</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div> <div>2:00 - 3:00 PM Gentle Fit Virtual</div>		<div>19</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>		<div>20</div> <div>10:30 - 11:30 AM Gentle Fit In-Person</div> <div>1:00 - 2:00 PM Tai Chi In-Person</div> <div>2:00 - 3:00 PM Seniors Health Education @Applegrove Community Complex</div>		<div>21</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div>		<div>22</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>12:00 - 1:00 PM Balance Program In-Person</div> <div>12:00 - 1:30 PM Seniors Health Education @AccessPoint on Danforth</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>			
<div>25</div> <div>11:00 AM - 12:00 PM Shoulder Program In-Person</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div> <div>2:00 - 3:00 PM Gentle Fit Virtual</div>		<div>26</div> <div>10:30 - 11:30 AM GLA:D™ In-Person</div> <div>2:30 - 3:30 PM GLA:D™ In-Person</div>		<div>27</div> <div>10:30 - 11:30 AM Gentle Fit In-Person</div> <div>1:00 - 2:00 PM Tai Chi In-Person</div> <div>7:00 - 8:30 PM Caregiver Empowerment Virtual</div>		<div>28</div> <div>12:00 - 1:00 PM Back to Movement In-Person</div> <div>2:00 - 3:00 PM Brain Games Hybrid</div>		<div>29</div> <div>CENTRE CLOSED</div> <div>Good Friday</div>			

PROGRAM DESCRIPTIONS

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

Back to Movement (In-Person)
Do you have or are you looking to prevent back pain? Join us twice weekly on Mondays and Thursdays for an exercise program from 12:00 – 1:00 PM. Learn to reduce pain, move better and enjoy life more by exercising and practicing strategies for a healthy back.
Contact: Keiko at 416-778-5805 x237

Balance Program (In-Person)
Improve stability and build your strength to reduce fall risks. Join our Friday program from 12:00 – 1:00 PM and get weekly home exercises. We're here to support you every step of the way.
Contact: Keiko at 416-778-5805 x237

Brain Games (Hybrid: In-Person & Virtual)
Join us on the last Thursday of the month from 2:00 – 3:00 PM for fun brain games and activities. Learn how memory works, improve it, and keep your brain healthy! Register by phone or [book online](#).
Contact: Justin at 416-778-5805 x212

Caregiver Empowerment (Virtual) **NEW!**
Do you provide part-time or full-time care for a loved one? Join us on Wednesday, March 27th, 2024 from 7:00 – 8:30 PM. Learn simple ways to feel stronger and better able to take care of yourself and your loved one. Get an easy guide to find help so you can take a break and relax. Find financial help, free trainings, and support groups. Register by phone or [book online](#).
Contact: Natalie at 416-778-5805 x629

Diabetes Support (DECNET) (In-Person)
Living with prediabetes or type 2 diabetes? Join DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health and well-being. Share experiences and support peers in a safe welcoming environment. Monday, March 4th, 2024 from 3:00 – 4:30 PM.
Contact: Asmita at 416-461-9043 x2362

Gentle Fit (In-Person or Virtual)
Empower yourself and get fit in a program designed for beginners. Mondays (virtual - [book online](#)) from 2:00 – 3:00 PM. Wednesdays (in-person - call to book) from 10:30 – 11:30 AM. Get a complete body workout, reduce joint pain, and risk of falls.
Contact: Keiko at 416-778-5805 x237

GLA:D™ Canada Program (Virtual or In-Person)
Good Living with Arthritis: Denmark (GLA:D™) was designed for people with knee or hip osteoarthritis (OA). The program has 2 education sessions and 12 exercises, twice a week for 6 weeks. The group helps improve your muscular strength and joint stability. Our in-person groups run Tuesday & Friday from 10:30 – 11:30 AM OR 2:30 – 3:30 PM. Please speak with your Primary Health Care Provider to see if this program is right for you. A Rapid Access Clinic (RAC) referral is required for this free program. You can learn more at www.gladcanada.ca.
Contact: GLA:D™ Coordinator at 416-778-5805 x505

Intuitive Eating Support (Virtual)
Did you attend our Intuitive Eating groups? Join our dietitian on the first Wednesday of the month from 12:00 – 1:00 PM. Connect in a judgement-free space to share and support each other's journey to a balanced, guilt-free relationship with food.
Contact: Yulia at 416-778-5805 x208

Seniors Health Education (In-Person)
Join us in the community to discuss what affects health as we age. Learn simple ways to make small changes for better health with a new topic every week/session. Programs at **AccessPoint on Danforth** (3079 Danforth Ave. at Victoria Park Avenue) are on the second and fourth Friday of the month from 12:00 – 1:30 PM. Programs at **Applegrove Community Complex** (60 Woodfield Road) are on the third Wednesday of the month from 2:00 – 3:00 PM.
Contact: Makeda at 416-778-5805 x216

Shoulder Program (In-Person)
Tackle shoulder pain or prevent it! Join us on Mondays from 11:00 AM – 12:00 PM. Understand shoulder functions, injuries, and posture. Learn pain management strategies, and get nutrition tips for muscle and joint health. Try shoulder strengthening/ stretching exercises.
Contact: Keiko at 416-778-5805 x237

Seniors Active Living & Lifestyles Fair (In-Person) **NEW!**
Join us on Thursday, March 7th, 2024 from 10:00 AM – 2:00 PM at **Beaches Sandbox** (2181 Queen Street East) Enjoy an informative and FREE day of workshops, active demonstrations, health clinic, healthy snacks, and health related exhibitors featuring unique services and products to keep you independent and active, hosted by Community Centre 55.
Contact: Jade at 416-691-1113 or by email jade@centre55.com

Tai Chi (In-Person)
Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. Join us on Wednesdays from 1:00 – 2:00 PM. Improve strength, flexibility, and balance. Relieve pain, enhance sleep, and boost mood. Register by phone or [book online](#).
Contact: Sudha at 416-778-5805 x218

FUTURE PROGRAM:
Women Empowerment Self-Defense (In-Person) **NEW!**
Stay Safe, Stay Strong: Simple Self-Defense! Join us with Nellie's Shelter on Thursday, April 4th, 2024 from 10:30 – 11:30 AM. All that identify as female are welcome. Learn about the 5 principals of self-defense: Think, Yell, Run, Fight, Tell. Use your body to protect yourself and trust your "gut feeling" to handle tough situations. Use verbal self-defense de-escalating strategies, including boundary setting and maintenance. No child-care? Bring your child with you! Register by phone or [book online](#).
Contact: Makeda at 416-778-5805 x216



PROGRAM CALENDAR

MARCH 2024



Programs are free and are open to people living in our catchment community.
For more information, visit www.eastendchc.on.ca

We may cancel groups with low attendance

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