





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)
<p>February is Heart Health Month!</p> <p>You can reduce your risk of heart disease and stroke by understanding the risk factors that cause it, and making changes to your lifestyle. Learn more at www.heartandstroke.ca</p> 			<p>1</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>2</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>12:00 – 1:00 PM Balance Program In-Person</p>	 <p>FEBRUARY IS BLACK HISTORY MONTH</p> <p>During this month we celebrate the achievements and contributions of Black Canadians and their communities who have done so much to make Canada a culturally diverse, compassionate, and prosperous country.</p> 
<p>5</p> <p>11:00AM – 12:00 PM Shoulder Program In-Person</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>2:00 – 3:00 PM Gentle Fit Virtual</p> <p>3:00 – 4:30 PM Diabetes Support (DECNET) In-Person</p>	<p>6</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>2:30 – 3:30 PM GLA:D™ In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>7</p> <p>10:30 – 11:30 AM Gentle Fit In-Person</p> <p>1:00 – 2:00 PM Tai Chi In-Person</p> <p>12:00 – 1:00 PM Intuitive Eating Support Virtual</p> <p>1:30 – 3:00 PM Raising Competent Eaters Virtual</p>	<p>8</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>9</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>12:00 – 1:00 PM Balance Program In-Person</p> <p>2:30 – 3:30 PM GLA:D™ In-Person</p> <p>12:00 – 1:30 PM Seniors Health Education @AccessPoint on Danforth</p>	
<p>12</p> <p>11:00AM – 12:00 PM Shoulder Program In-Person</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>2:00 – 3:00 PM Gentle Fit Virtual</p>	<p>13</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>2:30 – 3:30 PM GLA:D™ In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>14 HAPPY VALENTINE'S DAY</p> <p>10:30 – 11:30 AM Gentle Fit In-Person</p> <p>1:00 – 2:00 PM Tai Chi In-Person</p> <p>2:00 – 3:00 PM Seniors Health Education @Applegrove</p> <p>1:30 – 3:00 PM Raising Competent Eaters Virtual</p>	<p>15</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>16</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>12:00 – 1:00 PM Balance Program In-Person</p> <p>2:30 – 3:30 PM GLA:D™ In-Person</p>	
<p>19</p> <p>CENTRE CLOSED</p> <p>Family Day</p> 	<p>20</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>2:30 – 3:30 PM GLA:D™ In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>21</p> <p>10:30 – 11:30 AM Gentle Fit In-Person</p> <p>1:00 – 2:00 PM Tai Chi In-Person</p> <p>1:30 – 3:00 PM Raising Competent Eaters Virtual</p>	<p>22</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>23</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>12:00 – 1:00 PM Balance Program In-Person</p> <p>12:00 – 1:30 PM Seniors Health Education @AccessPoint on Danforth</p>	
<p>26</p> <p>11:00AM – 12:00 PM Shoulder Program In-Person</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>2:00 – 3:00 PM Gentle Fit Virtual</p>	<p>27</p> <p>10:30 – 11:30 AM GLA:D™ In-Person</p> <p>2:30 – 3:30 PM GLA:D™ In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p>	<p>28</p> <p>10:30 – 11:30 AM Gentle Fit In-Person</p> <p>1:00 – 2:00 PM Tai Chi In-Person</p> <p>1:30 – 3:00 PM Raising Competent Eaters Virtual</p>	<p>29</p> <p>12:00 – 1:00 PM Back to Movement In-Person</p> <p>4:00 – 5:00 PM GLA:D™ In-Person</p> <p>5:30 – 6:30 PM GLA:D™ Virtual</p> <p>2:00 – 3:00 PM Brain Games Hybrid</p>		

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) **NEW!**

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

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. Mondays, Feb. 5th, 2024 and Mar. 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, OR Tuesday & Thursday 4:00 – 5:00 PM. The virtual group runs Tuesday & Thursday from 5:30 – 6:30 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

Raising Competent Eaters (Virtual) **NEW!**

Is your child a picky eater? Join this 4-workshop series (Feb. 7th – Feb. 28th, 2024) on Wednesdays from 1:30 – 3:00 PM. Make mealtimes at home enjoyable. Think of yourself as a parent guiding your family's eating habits. Learn what influences your child's eating habits. Support them to feel curious and relaxed trying new foods.

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.

Contact Sudha at 416-778-5805 x218 for programs at **AccessPoint on Danforth** (3079 Danforth Ave. at Victoria Park Avenue) the second and fourth Friday of the month from 12:00 – 1:30 PM. Contact Makeda at 416-778-5805 x216 for programs at **Applegrove Community Complex** (60 Woodfield Road) on the second Wednesday of the month from 2:00 – 3:00 PM.

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

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



PROGRAM CALENDAR

FEBRUARY 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