






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)
1  <p>Canada Day Centre Closed</p>	3 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	3 10:00 - 11:00 AM GLA:D™ Virtual 11:30 AM - 12:30 PM Gentle Fit Hybrid 12:00 - 1:00 PM Intuitive Eating Support Virtual 1:00 - 2:00 PM Tai Chi In-Person Drop-In	4 12:00 - 1:00 PM Balance Program In-Person 1:00 - 2:00 PM Shoulder Program In-Person 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	5 National Injury Prevention Day	 <p>Parachute National Injury Prevention Day</p> <p>Raise awareness about the overwhelming effects of predictable and avoidable injuries. Their goal is to teach and help all Canadians live long lives.</p> <p>https://parachute.ca/en/injury-topics/</p> 
8 10:00 - 11:00 AM GLA:D™ Virtual 2:00 - 3:00 PM Gentle Fit Hybrid 3:00 - 4:30 PM Diabetes Support (DECNET) In-Person 5:30 - 6:30 PM Thriving with Mindfulness Hybrid	9 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	10 10:00 - 11:00 AM GLA:D™ Virtual 11:30 AM - 12:30 PM Gentle Fit Hybrid 1:00 - 2:00 PM Tai Chi In-Person Drop-In 1:00 - 2:30 PM Gardening/Planting Group In-Person	11 10:30 - 11:30 AM Seniors Together 12:00 - 1:00 PM Balance Program In-Person 1:00 - 2:00 PM Shoulder Program In-Person 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	12	
15 10:00 - 11:00 AM GLA:D™ Virtual 2:00 - 3:00 PM Gentle Fit Hybrid	16 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	17 10:00 - 11:00 AM GLA:D™ Virtual 11:30 AM - 12:30 PM Gentle Fit Hybrid 1:00 - 2:00 PM Tai Chi In-Person Drop-In	18 10:30 - 11:30 AM Seniors Together 12:00 - 1:00 PM Balance Program In-Person 1:00 - 2:00 PM Shoulder Program In-Person 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	19	
22 10:00 - 11:00 AM GLA:D™ Virtual 2:00 - 3:00 PM Gentle Fit Hybrid 5:30 - 6:30 PM Mindful-Resilience Series Hybrid	23 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	24 International Self-Care Day  10:00 - 11:00 AM GLA:D™ Virtual 11:30 AM - 12:30 PM Gentle Fit Hybrid 1:00 - 2:00 PM Tai Chi In-Person Drop-In 1:00 - 2:30 PM Gardening/Planting Group In-Person 1:00 - 2:30 PM Ease your Anxiety In-Person 3:00 - 4:30 PM Bone and Joint Health In-Person	25 10:30 - 11:30 AM Seniors Together 12:00 - 1:00 PM Balance Program In-Person 1:00 - 2:00 PM Shoulder Program In-Person 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	26	
29 10:00 - 11:00 AM GLA:D™ Virtual 2:00 - 3:00 PM Gentle Fit Hybrid 5:30 - 6:30 PM Mindful-Resilience Series Hybrid	30 2:30 - 3:30 PM GLA:D™ In-Person 4:30 - 5:30 PM GLA:D™ In-Person 6:00 - 7:00 PM GLA:D™ In-Person	31 10:00 - 11:00 AM GLA:D™ Virtual 11:30 AM - 12:30 PM Gentle Fit Hybrid 1:00 - 2:00 PM Tai Chi In-Person Drop-In	 <p>International Self-Care Day (July 24, 2024)</p> <p>Self-care is an important part of a healthy lifestyle, and here at East End CHC we have lots of health promotion programs to help you in your journey to better self-care! To learn more about self-care visit: https://isfglobal.org/practice-self-care/</p>		

PROGRAM DESCRIPTIONS

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

Balance Program (In-Person)

Improve stability and build your strength to reduce fall risks. Join us on Thursdays from 12:00 – 1:00 PM and get weekly home exercises. We're here to support you every step of the way.

Contact: Sarah at 416-778-5805 x237

Diabetes Support (DECNET) (In-Person)

Living with prediabetes or type 2 diabetes? Learn about diabetes, mental health, and well-being. Share experiences and support peers in a safe welcoming environment. Join DECNET – Diabetes Education Community Network of East Toronto. Mondays, Jul. 8th; Aug. 12th; Sept. 9th; Oct. 7th; Nov. 4th and Dec. 2nd, 2024 from 3:00 – 4:30 PM.

Contact: Asmita at 416-461-9043 x2362

Ease your Anxiety (In-Person)

Is life making you feel anxious? Want tools to help you reduce your anxiety? Join us on the 4th Wednesday of the month from 1:00 – 2:30 PM. Practice mindfulness, problem-solving, learn stress management and self-care. Discover community programs and services. This is not a therapy group. Register by phone or [book online](#).

Contact: Zari at 416-778-5805 x214

Gardening/ Planting Group (In-Person)

Let's get started on your journey to becoming a green thumb! Join us on the 2nd and 4th Wednesday of the month from 1:00 – 2:30 PM. Learn how to care for and grow plants in your home, balcony, or window sill. Get advice on the plants you already have and receive supplies like seedlings, cuttings, or seeds to get started. Register by phone or [book online](#).

Contact: Jackie at 416-778-5805 x220

Gentle Fit (Hybrid: In-Person & Virtual)

Empower yourself and get fit in a program designed for beginners. Join us on Mondays from 2:00 – 3:00 PM and Wednesdays from 11:30 AM – 12:30 PM. Get a complete body workout, reduce joint pain, and risk of falls. The facilitator will lead the group on Zoom. We will set-up a room at the Centre. Register by phone or [book online](#).

Contact: Sarah 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 & Thursday from 2:30 – 3:30 PM OR 4:30 – 5:30 PM, OR 6:00 – 7:00 PM. The virtual group runs: Monday & Wednesday from 10:00 – 11:00 AM. 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

Bone and Joint Health (In-Person) **NEW!**

Learn eating principles for bone and joint health, including nutrition recommendations for prevention and management of common bone and joint health conditions, like osteoporosis and osteoarthritis. Join us on Wednesday, July 24th, 2024 from 3:00 – 4:30 PM.

Contact: Yulia at 416-778-5805 x208

Mindful-Resilience Series (Hybrid: In-Person & Virtual) **NEW!**

Boost your positivity, regulate emotions and foster self-compassion. Join us on Mondays from 5:30 – 6:30 PM for 8-weeks (Jul. 22nd – Sept. 23rd, 2024). Learn how to keep perspective through mindfulness-based practice, enhance your coping strategies and welcome change. Connect with like-minded folks in a safe-space. The facilitator will lead the group on Zoom. We will set-up a room at the Centre. Register by phone or [book online](#).

Contact: Justin at 416-778-5805 x212

Shoulder Program (In-Person)

Tackle shoulder pain or prevent it! Understand shoulder functions, injuries, and posture. Learn pain management strategies, and get nutrition tips for muscle and joint health. Try shoulder strengthening/ stretching exercises. Join us on Thursdays from 1:00 – 2:00 PM.

Contact: Sarah at 416-778-5805 x237

Seniors Together (In-Person) **NEW!**

A community health program series dedicated to people age 55+ who are looking to connect and learn with each other. Program sessions will cover topics including mental and physical health, exercise, nutrition, gardening, financial and digital literacy, art and photography, as well as fun, social engagement opportunities. The program starts Jul. 11th, 2024 running on Thursdays from 10:30 AM – 11:30 AM.

Contact: Justin at 416-778-5805 x212

Tai Chi (In-Person Drop-In)

Improve strength, flexibility, and balance. Relieve pain, enhance sleep, and boost mood. Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. Drop-in on Wednesdays from 1:00 – 2:00 PM.

Contact: Sudha at 416-778-5805 x218

Thriving with Mindfulness (Hybrid: In-Person & Virtual)

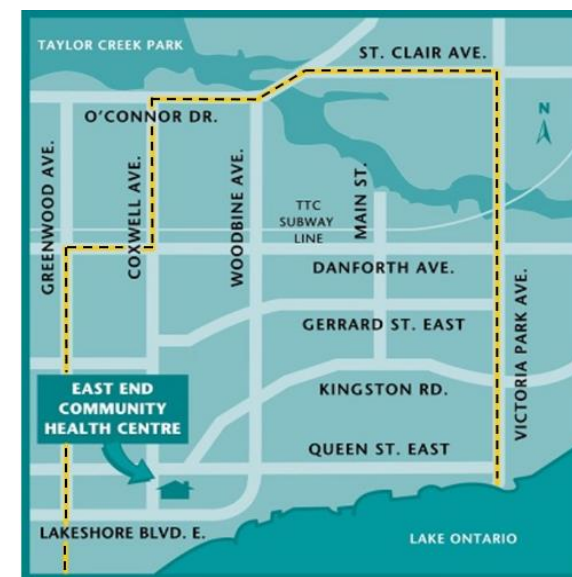
Improve mind-body connection, explore relaxation-based practices, and regulate difficult emotions. Join us on Mondays from 5:30 – 6:30 PM for 8-weeks (May 6th – Jul. 8th, 2024). The facilitator will lead the group on Zoom. We will set-up a room at the Centre. Register by phone or [book online](#).

Contact: Justin at 416-778-5805 x212



PROGRAM CALENDAR

JULY 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