

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><b>Community Health &amp; Wellbeing Month</b></p> <p><b>October 2024</b></p>	<p><b>1</b></p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>2</b> <b>CHWM</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>12:00 - 1:00 PM Intuitive Eating Support Virtual*</p> <p>1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> led by Master Jiang Qiu</p> <p>6:00 - 7:00 PM Self-Care Group Hybrid*</p>	<p><b>3</b></p> <p>10:30 - 11:30 AM Seniors Together Hybrid*</p> <p>12:00 - 1:00 PM Balance Program In-Person*</p> <p>1:00 - 2:00 PM Shoulder Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>5:30 - 7:00 PM Finding Peace with Food Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>4</b></p>	 <p><b>Community Health &amp; Wellbeing Month (CHWM)</b></p> <p><b>The future is Community</b></p> <p><b>Join us in celebrating at East End CHC!</b></p> <p><i>Drop into one of our special events running during the month!</i></p> <p>Learn more at <a href="https://www.allianceon.org/chwm2024">https://www.allianceon.org/chwm2024</a></p>
	<p><b>7</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>3:00 - 4:30 PM Diabetes Support (DECNET) In-Person*</p>	<p><b>8</b></p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>9</b> <b>CHWM</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b></p> <p>2:30 - 3:30 PM Self-Care In-Person <b>Drop-In</b></p>	<p><b>10</b></p> <p>10:30 - 11:30 AM Seniors Together Hybrid*</p> <p>12:00 - 1:00 PM Balance Program In-Person*</p> <p>1:00 - 2:00 PM Shoulder Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>5:30 - 7:00 PM Finding Peace with Food Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	
<p><b>14</b></p> <p><b>CENTRE CLOSED</b></p> <p><b>Thanksgiving Day</b></p>	<p><b>15</b></p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>16</b> <b>CHWM</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b></p> <p>6:00 - 7:00 PM Self-Care Group Hybrid*</p> <p>1:00 - 2:00 PM Microgreens In-Person <b>Drop-In</b></p>	<p><b>17</b> <b>CHWM</b></p> <p>10:30 - 11:30 AM Seniors Together Hybrid <b>Drop-In</b></p> <p>12:00 - 1:00 PM Balance Program In-Person*</p> <p>1:00 - 2:00 PM Shoulder Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>5:30 - 7:00 PM Finding Peace with Food Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>18</b></p>	
<p><b>21</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>4:00 - 5:00 PM DECNET Exercise Virtual*</p> <p>5:30 - 6:30 PM The Mindful Renewal Series Hybrid*</p>	<p><b>22</b></p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>23</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b></p> <p>1:00 - 2:30 PM Ease your Anxiety In-Person*</p>	<p><b>24</b></p> <p>10:30 - 11:30 AM Seniors Together Hybrid*</p> <p>12:00 - 1:00 PM Balance Program In-Person*</p> <p>1:00 - 2:00 PM Shoulder Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>5:30 - 7:00 PM Finding Peace with Food Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>25</b> <b>CHWM</b></p> <p>10:30 - 11:30 AM Why Muscles Matter - Let's Talk &amp; Lift Light Weights In-Person <b>Drop-In</b></p>	
<p><b>28</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>4:00 - 5:00 PM DECNET Exercise Virtual*</p> <p>5:30 - 6:30 PM The Mindful Renewal Series Hybrid*</p>	<p><b>29</b></p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>30</b> <b>CHWM</b></p> <p>10:00 - 11:00 AM GLA:D™ Virtual*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b></p> <p>2:30 - 4:00 PM Nutrition for Bone and Joint Health In-Person <b>Drop-In</b></p>	<p><b>31</b> <b>CHWM</b></p> <p>10:30 - 11:30 AM Seniors Together Hybrid <b>Drop-In</b></p> <p>12:00 - 1:00 PM Balance Program In-Person*</p> <p>1:00 - 2:00 PM Shoulder Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>4:30 - 5:30 PM GLA:D™ In-Person*</p> <p>5:30 - 7:00 PM Finding Peace with Food Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>		

# PROGRAM DESCRIPTIONS

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



## PROGRAM CALENDAR

### OCTOBER 2024



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)

*\*We may cancel groups with low attendance\**

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

**Balance Program** (In-Person)  
Improve stability and build your strength to reduce fall risks. Thursdays (Sept. 19<sup>th</sup> – Nov. 14<sup>th</sup>, 2024) from 12:00 – 1:00 PM and get weekly home exercises. We're here to support you every step of the way. **\*Register in advance\***  
**Contact: Sarah at 416-778-5805 x237**

**DECNET Exercise** (Virtual)  
Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Our kinesiologist will lead this 8-week exercise program (Oct. 21<sup>st</sup> – Dec. 23<sup>rd</sup>, 2024) on Mondays from 4:00 – 5:00 PM. **\*Register in advance\***  
**Contact: Asmita at 416-461-9043 x2362** **NEW!**

**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. Join us Mondays, Oct. 7<sup>th</sup>; Nov. 4<sup>th</sup> and Dec. 2<sup>nd</sup>, 2024 from 3:00 – 4:30 PM. **\*Register in advance\***  
**Contact: Asmita at 416-461-9043 x2362**

**Ease your Anxiety** (In-Person)  
Want tools to help you reduce your anxiety? Join us on the 4<sup>th</sup> Wednesday of the month (Oct. 23<sup>rd</sup>, 2024) from 1:00 – 2:30 PM. Practice mindfulness, problem-solving, learn stress management and self-care. This is not a therapy group. **\*Register in advance by phone or book online\***  
**Contact: Zari at 416-778-5805 x214**

**Finding Peace with Food** (Virtual)  
Join us with a dietitian on a 10-week program (Sept. 12<sup>th</sup> – Nov. 21<sup>st</sup>, 2024) on Thursdays from 5:30 – 7:00 PM. Learn to eat in a balanced way without dieting. Break free from a diet mindset and develop a healthy relationship with food and your body! **\*Register in advance\***  
**Contact: Yulia at 416-778-5805 x208**

**Gentle Fit** (In-Person or Virtual)  
Empower yourself and get fit in a program designed for beginners. Join us Virtually Mondays from 2:00 – 3:00 PM and In-Person on Wednesdays from 11:30 AM – 12:30 PM. Get a complete body workout, decrease joint pain, and reduce the risk of falls. **\*Register in advance\***  
**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 about the program at [www.gladcanada.ca](http://www.gladcanada.ca). **\*Register in advance\***  
**Contact: 416-778-5805 x505**

**Intuitive Eating Support** (Virtual)  
Did you attend our Intuitive Eating groups? Connect in a judgement-free space to share and support each other's journey to a balanced, guilt-free relationship with food. Join us on the 1<sup>st</sup> Wednesday of the month (Oct. 2<sup>nd</sup>, 2024) from 12:00 – 1:00 PM. **\*Register in advance\***  
**Contact: Yulia at 416-778-5805 x208**

**Self-Care Group** (Hybrid: In-Person & Virtual)  
Join us on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month (Oct. 2<sup>nd</sup> & 16<sup>th</sup>, 2024) from 6:00 - 7:00 PM. Share in the self-care experience and pamper your mind and body! Learn how to develop your personal self-care plan and discover relaxation techniques. **\*Register in advance by phone or book online\***  
**Contact: Makeda at 416-778-5805 x216**

**Seniors Together** (In-Person)  
A community health program series dedicated to people aged 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 runs on Thursdays from 10:30 – 11:30 AM. **\*Register in advance 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 (Sept. 19<sup>th</sup> – Nov. 14<sup>th</sup>, 2024) from 1:00 – 2:00 PM. **\*Register in advance\***  
**Contact: Sarah at 416-778-5805 x237**

**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**

**The Mindful Renewal Series** (Hybrid: In-Person & Virtual)  
Use mindfulness to improve sleep, lower anxiety, and boost self-esteem! Join us on Mondays from 5:30 – 6:30 PM for 8-weeks (Oct. 21<sup>st</sup> – Dec 9<sup>th</sup>, 2024). Learn how to use formal meditation practices to enhance self-care and manage difficulties with ease. Feel renewed and refreshed. 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 in advance by phone or book online\***  
**Contact: Justin at 416-778-5805 x212** **NEW!**

#### COMMUNITY HEALTH AND WELLBEING MONTH

The Future is **Community**

Drop-In: No registration required!		
Wed. Oct. 2	1:00 – 2:00 PM	Tai Chi led by Master Jiang Qiu
Wed. Oct. 9	2:30 – 3:30 PM	Self-Care
Wed. Oct. 16	1:00 – 2:00 PM	Microgreens (with kits)
Thur. Oct. 17	10:30 – 11:30 AM	Seniors Together Perspectives on Aging
Fri. Oct. 25	10:30 – 11:30 AM	Why Muscles Matter - Let's Talk & Lift Light Weights
Wed. Oct. 30	2:30 – 4:00 PM	Nutrition for Bone and Joint Health
Thur. Oct. 31	10:30 – 11:30 AM	Seniors Together Grief and Loss in Older Age