





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)
2 Labour Day Centre Closed 	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*	4 10:00 - 11:00 AM GLA:D™ Virtual* 12:00 - 1:00 PM Intuitive Eating Support Virtual* 1:00 - 2:00 PM Tai Chi In-Person Drop-In 6:00 - 7:00 PM Self-Care Group Hybrid*	5 10:30 - 11:30 AM Seniors Together* 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*	6	 <p>World Alzheimer's Day is Sept. 21st, 2024</p> <p>September is dedicated to raising awareness and stopping the stigma surrounding Alzheimer's disease and Dementia.</p> <p>This month, show your support for those living with dementia, their families, and care partners.</p> <p>To learn more visit: https://alzheimer.ca</p>
9 10:00 - 11:00 AM GLA:D™ Virtual* 2:00 - 3:00 PM Gentle Fit Virtual* 3:00 - 4:30 PM Diabetes Support (DECNET) In-Person* 5:30 - 6:30 PM Mindful-Resilience Series Hybrid*	10 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*	11 10:00 - 11:00 AM GLA:D™ Virtual* 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In 1:00 - 2:30 PM Gardening/Planting Group In-Person Drop-In 2:00-3:30 PM Nutrition for Bone and Joint Health Virtual*	12 10:30 - 11:30 AM Seniors Together* 2:30 - 3:30 PM GLA:D™ In-Person* 4:30 - 5:30 PM GLA:D™ In-Person* 5:30 - 7:00 PM Finding Peace with Food Virtual* 6:00 - 7:00 PM GLA:D™ In-Person*	13	
16 10:00 - 11:00 AM GLA:D™ Virtual* 2:00 - 3:00 PM Gentle Fit Virtual* 5:30 - 6:30 PM Mindful-Resilience Series Hybrid*	17 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*	18 10:00 - 11:00 AM GLA:D™ Virtual* 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In 6:00 - 7:00 PM Self-Care Group Hybrid*	19 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* 5:30 - 7:00 PM Finding Peace with Food Virtual* 6:00 - 7:00 PM GLA:D™ In-Person*	20	
23 10:00 - 11:00 AM GLA:D™ Virtual* 2:00 - 3:00 PM Gentle Fit Virtual* 5:30 - 6:30 PM Mindful-Resilience Series Hybrid*	24 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*	25 10:00 - 11:00 AM GLA:D™ Virtual* 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In 1:00 - 2:30 PM Ease your Anxiety In-Person* 1:00 - 2:30 PM Gardening/Planting Group In-Person Drop-In	26 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* 5:30 - 7:00 PM Finding Peace with Food Virtual* 6:00 - 7:00 PM GLA:D™ In-Person*	27	
30 Orange Shirt Day 10:00 - 11:00 AM GLA:D™ Virtual* 2:00 - 3:00 PM Gentle Fit Virtual*	 <p>September 30th is Orange Shirt Day AND Canada's National Day for Truth and Reconciliation</p> <p>On this day, we encourage you to find out more about the residential school system and hear the stories from former students. Learn about the effects and the reconciliation journey, history, heritage, and diversity of Indigenous peoples in Canada. To learn more visit www.canada.ca/reconciliation</p> 				

*Must Register in advance for all programs, unless it's a **drop-in**. **In-Person groups** meet at East End CHC (1619 Queen Street East). **Hybrid groups** meet on Zoom and in-person at the same time. **Virtual groups** meet on Zoom, need an electronic device (computer, phone, or tablet) and WIFI connection. Go to www.eastendchc.on.ca/calendar to subscribe and receive East End Community Health Centre - Monthly program calendar newsletter by email!

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. Thursdays (Sept. 19th – Nov. 14th, 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

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, Sept. 9th; Oct. 7th; Nov. 4th and Dec. 2nd, 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 4th Wednesday of the month (Sept. 25th, 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. 12th – Nov. 21st, 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

Gardening/ Planting Group (In-Person Drop-In)
Let's get started on your journey to becoming a green thumb! Drop-in on the 2nd and 4th Wednesday of the month (Sept. 11th & 25th, 2024) from 1:00 – 2:30 PM. Learn how to care for and grow plants in your home, balcony, or window sill. Get supplies like seedlings, cuttings, or seeds.
Contact: Jackie at 416-778-5805 x220

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, reduce joint pain, and 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. ***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 1st Wednesday of the month (Sept. 4th, 2024) from 12:00 – 1:00 PM. ***Register in advance***
Contact: Yulia at 416-778-5805 x208

Mindful-Resilience Series (Hybrid: In-Person & Virtual)
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 in advance by phone or book online***
Contact: Justin at 416-778-5805 x212

Nutrition for Bone and Joint Health (Virtual)
Join us on Wednesday, Sept. 11th, 2024 from 2:00 – 3:30 PM. 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. ***Register in advance***
Contact: Yulia at 416-778-5805 x208

Self-Care Group (Hybrid: In-Person & Virtual)
Join us on the 1st and 3rd Wednesday of the month (Sept. 4th & 18th, 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. The program runs on Thursdays from 10:30 – 11:30 AM. 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. ***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. 19th – Nov. 14th, 2024) from 1:00 – 2:00 PM. ***Register in advance***
Contact: Sarah at 416-778-5805 x237

Tai Chi (In-Person Drop-In)
Drop-in on Wednesdays from 1:00 – 2:00 PM. Improve strength, flexibility, and balance. Relieve pain, enhance sleep, and boost mood. Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing.
Contact: Sudha at 416-778-5805 x218



PROGRAM CALENDAR

SEPTEMBER 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