


EAST END CHC PROGRAM CALENDAR

AUGUST 2025

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>World Humanitarian Day! Tuesday, August 19, 2025</p> <p>On this day, we honour humanitarians – people who help others in need. We thank them for their care and courage. To learn more visit: https://worldhumanitarianday.org/</p> 				<p>1 10:00 AM - 12:00 PM Photography Walk In-Person*</p> <p>10:15 - 11:15 AM GLA:D™ In-Person*</p>	<p>International Youth Day! Tuesday, August 12, 2025</p> <p>Let's celebrate young people and the ways they help make the world better. Listening to youth and supporting them matters – they have ideas, energy and hope to build a better future for everyone. To find local youth programs in Toronto, visit: https://www.toronto.ca/youth-recreation</p> 
<p>4</p> <p>Civic Holiday Centre Closed</p>	<p>5 10:30 - 11:30 AM Balance Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>6 10:15 - 11:15 AM GLA:D In-Person*</p> <p>11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p> <p>5:00 - 7:00 PM Mizizi Youth Group In-Person*</p>	<p>7 10:00 - 11:00 AM The Mindful Renewal Series Hybrid*</p> <p>10:30 - 11:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>8 10:00 AM - 12:00 PM Photography Walk In-Person*</p> <p>10:15 - 11:15 AM GLA:D™ In-Person*</p>	
<p>11 12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p> <p>2:30 - 4:00 PM Diabetes Support (DECNET) In-Person*</p>	<p>12 10:30 - 11:30 AM Balance Program In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>13 11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p> <p>5:00 - 7:00 PM Mizizi Youth Group In-Person*</p>	<p>14 10:00 - 11:00 AM The Mindful Renewal Series Hybrid*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person</p>	<p>15 10:00 AM - 12:00 PM Photography Walk In-Person*</p>	
<p>18 12:15 - 1:15 PM DECNET Exercise Virtual*</p> <p>2:00 - 3:00 PM Gentle Fit Virtual*</p>	<p>19 10:30 - 11:30 AM Balance Program In-Person*</p>	<p>20 11:30 AM - 12:30 PM Gentle Fit In-Person*</p> <p>1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p> <p>5:00 - 7:00 PM Mizizi Youth Group In-Person*</p>	<p>21 10:00 - 11:00 AM The Mindful Renewal Series Hybrid*</p>	<p>22 10:00 AM - 12:00 PM Photography Walk In-Person*</p>	
<p>25</p>	<p>26</p>	<p>27 1:00 - 2:00 PM Tai Chi In-Person</p> <p>Drop-In</p> <p>5:00 - 7:00 PM Mizizi Youth Group In-Person*</p>	<p>28 10:00 - 11:00 AM The Mindful Renewal Series Hybrid*</p>	<p>29 10:00 AM - 12:00 PM Photography Walk In-Person*</p>	
					<p>30</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. Be with us on Tuesdays (Jul. 8 – Sept. 2, 2025) from 10:30 – 11:30 AM and get weekly home exercises. We’re here to support you every step of the way. Call to save your spot for the next group. ***No session on Aug. 26, 2025. *Register in advance***
Contact: Sarah at 416-778-5805 x237

DECNET Exercise (Virtual)
Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Explore different types of exercises with a Kinesiologist. Learn the basics about fitness with a complete body workout. Increase your physical activity level. Focus on building and maintaining strength, flexibility and balance. Mondays (Aug. 11 and 18, 2025) from 12:15 – 1:15 PM. ***Register in advance***
Contact: Asmita at 416-461-9043 x2362

Diabetes Support (DECNET) (In-Person)
Living with pre-diabetes, diabetes or type 2 diabetes? Be a part of DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health, and well-being. Meet us on Mondays (Aug. 11, Sept. 8, and Oct. 6, 2025) from 2:30 – 4:00 PM. ***Register in advance***
Contact: Asmita at 416-461-9043 x2362

Gentle Fit (In-Person or Virtual)
Empower yourself and get fit in a program designed for beginners. Get a complete body workout, decrease joint pain, and reduce the risk of falls. Let’s meet Virtually on Mondays from 2:00 – 3:00 PM (***No session on Aug. 25**) and In-Person on Wednesdays from 11:30 AM – 12:30 PM (***No session on Aug. 27**). ***Register in advance***
Contact: Sarah at 416-778-5805 x237

GLA:D™ Canada Program (In-Person or Virtual)
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 muscular strength and joint stability. 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? Talk with the dietitian on Saturday, Aug. 23, 2025 from 11:00 AM – 12:00 PM. Connect in a judgement-free space to share and support each other's journey to a balanced, guilt-free relationship with food. ***Register in advance***
Contact: Yulia at 416-778-5805 x208

Mizizi Youth Group (In-Person)
If you are between the ages of 14 to 18, meet us on Wednesdays (Aug. 6, 13, 20, and 27, 2025) from 5:00 – 7:00 PM. If you are between the ages of 15 to 20, join us on the fourth Saturday of the month (Aug. 23, 2025) from 1:30 – 3:30 PM. We provide a safe and welcoming space where Black youth can come together, build friendships, explore identity, and grow through fun, meaningful activities, and open discussions. ***Register in advance by phone or [book online](#)***
Contact: Makeda at 416-778-5805 x216

Photography Walk (In-Person)
Bring your photography to life and learn new techniques along the way! Let’s go on walks every Friday from 10:00 AM – 12:00 PM. This month's themes include Creepy Crawlies (Aug. 1), Birds (Aug. 8), Abstract (Aug. 15), Pawfect Pals (Aug. 22), and Photo Critique (Aug. 29). This group depends on the weather and scheduled destinations may change. ***Register in advance by phone or [book online](#)***
Contact: Martin at 416-778-5805 x222

Tai Chi (In-Person Drop-In)
Drop-in 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

The Mindful Renewal Series (Hybrid: In-Person & Virtual)
Use mindfulness to improve sleep, lower anxiety, and boost self-esteem! Feel renewed and refreshed Thursdays from 10:00 – 11:00 AM for 8-weeks (Aug. 7 – Sept. 25, 2025). Connect with like-minded folks in a safe-space. Learn how to use formal meditation practices to enhance self-care and manage difficulties with ease. The facilitator will lead the group on Zoom. We will set-up a room at the Centre. ***Register by phone or [book online](#)***
Contact: Martin at 416-778-5805 x222



PROGRAM CALENDAR

AUGUST 2025



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 registration

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