


# EAST END CHC PROGRAM CALENDAR

## DECEMBER 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)
<b>1</b> 10:30 - 11:30 PM GLA:D™ In-Person*  2:00 - 3:00 PM Gentle Fit Virtual*  2:30 - 4:00 PM Diabetes Support In-Person*	<b>2</b> 10:00 AM - 12:00 PM East End Writers In-Person <b>Drop-In</b>  10:30 - 11:30 PM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 4:30 - 5:30 PM Balance Program In-Person*  6:00 - 7:00 PM GLA:D™ In-Person*	<b>3</b>  10:00 - 11:00 AM Let's Get Moving Together Virtual*  11:30 AM - 12:30 PM Gentle Fit In-Person*  1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b>	<b>4</b> 10:00 - 11:00 AM Meditation Series Virtual*  10:30 - 11:30 PM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*  6:00 - 7:00 PM GLA:D™ In-Person*	<b>5</b>  10:00 AM - 12:00 PM Let it Snow Social In-Person <b>Drop-In</b>	<div><div></div><div>Call <b>416-778-5858</b> to book a flu shot or COVID booster it's FREE!</div></div> <p>Open to everyone over the age of 6 months. You do not need to be a client of the Centre for this service. Please reschedule if you are unwell, or have symptoms like a runny nose, sore throat, fever, or chills. Bring your health card, if you have one.</p> <p><b>Can you get your flu and COVID shot on the same day? YES!</b> We encourage everyone to get their flu shot and Covid-19 booster, if eligible.</p>
<b>8</b> 10:30 - 11:30 PM GLA:D™ In-Person*  2:00 - 3:00 PM Gentle Fit Virtual*	<b>9</b> 10:00 AM - 12:00 PM East End Writers In-Person <b>Drop-In</b>  10:30 - 11:30 PM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 4:30 - 5:30 PM Balance Program In-Person*  6:00 - 7:00 PM GLA:D™ In-Person*	<b>10</b>  10:00 - 11:00 AM Let's Get Moving Together Virtual*  11:30 AM - 12:30 PM Gentle Fit In-Person*  1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b>	<b>11</b> 10:30 - 11:30 PM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*  6:00 - 7:00 PM GLA:D™ In-Person*	<b>12</b>	
<b>15</b> 10:30 - 11:30 PM GLA:D™ In-Person*  2:00 - 3:00 PM Gentle Fit Virtual*	<b>16</b> 10:00 AM - 12:00 PM East End Writers In-Person <b>Drop-In</b>  10:30 - 11:30 PM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 4:30 - 5:30 PM Balance Program In-Person*	<b>17</b>  10:00 - 11:00 AM Let's Get Moving Together Virtual*  11:30 AM - 12:30 PM Gentle Fit In-Person*	<b>18</b> 10:30 - 11:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*  6:00 - 7:00 PM GLA:D™ In-Person*	<b>19</b>	
<b>22</b>  2:00 - 3:00 PM Gentle Fit Virtual*	<b>23</b> 10:00 AM - 12:00 PM East End Writers In-Person <b>Drop-In</b>  10:30 - 11:30 PM GLA:D™ In-Person*	<b>24</b>  <i>Holiday Hours: 9:00 AM - 2:00 PM</i>	<b>25</b> 	<b>26</b> 	
<b>29</b>  2:00 - 3:00 PM Gentle Fit Virtual*	<b>30</b> 10:00 AM - 12:00 PM East End Writers In-Person <b>Drop-In</b>  10:30 - 11:30 PM GLA:D™ In-Person*	<b>31</b>  <i>Holiday Hours: 9:00 AM - 2:00 PM</i>	<div><div></div></div>		

# 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 (Nov. 4 – Dec. 16, 2025) from 4:30 – 5:30 PM 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.  
**\*Register in advance\***  
**Contact: Sarah at 416-778-5805 x237**

**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 Monday, Dec. 1, 2025 from 2:30 – 4:00 PM.  
**\*Register in advance\***  
**Contact: Asmita at 416-461-9043 x2362**

**East End Writers** (In-Person Drop-In)  
Join us on Tuesdays (Dec. 2, 2025 – Jan. 20, 2026) from 10:00 AM – 12:00 PM. Find your authentic voice through exploratory writing! Write freely and let your creativity fly, bravely share your art in a supportive and safe space. This is your time to de-stress and improve your mental health.  
**Contact: Martin at 416-778-5805 x222**

**Gentle Fit** (In-Person or Virtual)  
Empower yourself and get fit in a program designed for beginners. In-Person on Wednesdays from 11:30 AM – 12:30 PM (**\*No class Dec. 24 & 31, 2025**). Virtually on Mondays from 2:00 – 3:00 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** (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 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. 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 or Overcoming Overeating groups? If so, keep connecting with our dietitian on Saturday, Dec. 20, 2025 from 11:00 AM – 12:00 PM. Join us 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**

**Let’s Get Moving Together** (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. Wednesdays (Dec. 3, 10, and 17, 2025) from 10:00 – 11:00 AM.  
**\*Register in advance\***  
**Contact: Asmita at 416-461-9043 x2362**

**Let it Snow Social** (In-Person Drop-In)  
**Drop-in** on Friday, Dec. 5, 2025 from 10:00 AM – 12:00 PM for a heartwarming winter social filled with festive fun, friendly faces, and seasonal cheer! This event is open to all members of the community, and offers a mix of interactive games and cozy activities.  
**Contact: Hanna at 416-778-5805 x428**

**Meditation Series** Virtual  
Learn breath anchoring, strengthen mind-body connection, and visualization. Relax, lower anxiety, be present and explore mindfulness. Connect with like-minded individuals in a safe space with therapeutic approaches. Connect with us on Tuesdays from 10:00 – 11:00 AM for 8-weeks (Oct. 16 – Dec. 4, 2025).  
**\*Register in advance by phone or [book online](#)\***  
**Contact: Martin at 416-778-5805 x222**

**Overcoming Overeating** (Virtual)  
Let’s meet virtually on Thursdays (Oct. 16 – Dec. 18, 2025) from 5:00 – 6:30 PM to navigate emotional eating and develop a healthy relationship with food. Meet like-minded people working on healing their relationship with food in an empathetic and judgment-free space.  
**\*Register in advance\***  
**Contact: Yulia at 416-778-5805 x208**

**Tai Chi** (In-Person Drop-In)  
**Drop-in** Wednesdays from 1:00 – 2:00 PM to learn Tai Chi. It involves slow, gentle movements, postures, meditation, and controlled breathing. Improve your strength, flexibility, and balance. Relieve pain, and boost your mood.  
**(\*No class Dec. 17, 24, & 31, 2025).**  
**Contact: Sudha at 416-778-5805 x218**



## PROGRAM CALENDAR

### DECEMBER 2025



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 registration\**

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