




EAST END CHC PROGRAM CALENDAR

JANUARY 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>smokers' helpline 1-877-513-533 Smokershelpline.ca</p>  <p>Canadian Cancer Society</p> <p>When you're ready to talk about quitting, we're here to help. You can talk to your doctor or nurse practitioner to find more information about quitting.</p>	<p>National Non-Smoking week is on the third week of January (Jan. 19 - 25, 2025)</p>	 <p>CENTRE CLOSED</p>	<p>2 10:30 - 11:30 AM Seniors Together In-Person* 1:00 - 2:00 PM Balance Program In-Person*</p>	<p>3</p>	<p>4</p>
<p>6 2:00 - 3:00 PM Gentle Fit Virtual* 2:00 - 3:00 PM Nutrition for Diabetes Prevention Virtual* 3:00 - 4:30 PM Diabetes Support (DECNET) In-Person* 5:30 - 6:30 PM Meditation Series Hybrid*</p>	<p>7</p>	<p>8 11:30 AM - 12:30 PM Gentle Fit In-Person*</p>	<p>9 10:30 - 11:30 AM Seniors Together In-Person* 1:00 - 2:00 PM Balance Program In-Person*</p>	<p>10</p>	<p>11</p>
<p>13 2:00 - 3:00 PM Gentle Fit Virtual* 2:00 - 3:00 PM Nutrition for Diabetes Prevention Virtual* 4:00 - 5:00 PM DECNET Exercise Virtual* 5:30 - 6:30 PM Meditation Series Hybrid*</p>	<p>14</p>	<p>15 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In</p>	<p>16 10:30 - 11:30 AM GLA:D™ In-Person* 10:30 - 11:30 AM Seniors Together In-Person* 1:00 - 2:00 PM Balance Program In-Person* 1:00 - 3:00 PM Women's Health Matters Virtual*</p>	<p>17</p>	<p>18</p>
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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 (Jan. 2 – Jan. 30, 2025) from 1:00 – 2:00 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 (Jan. 13, 20, and 27, 2025) exercise program Mondays from 4:00 – 5:00 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? Join DECNET – Diabetes Education Community Network of East Toronto. Learn about diabetes, mental health, and well-being. Join us on Mondays Jan. 6, Feb. 3, and Mar. 3, 2025 from 3:00 – 4:30 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. Join us Virtually on Mondays from 2:00 – 3:00 PM and In-Person on Wednesdays from 11:30 AM – 12:30 PM.

Register in advance

Contact: Sarah at 416-778-5805 x237

Intuitive Eating Support (Virtual)

Did you attend our Intuitive Eating groups? Join us on Saturday, Jan. 25, 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

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. You can learn more about the program at www.gladcanada.ca. **Register in advance**

Contact: 416-778-5805 x505

Meditation Series (Hybrid: In-Person & Virtual)

Learn breath anchoring, strengthen mind-body connection, and visualization. Relax, lower anxiety, be present and explore mindfulness. Join us on Mondays from 5:30 – 6:30 PM for 8-weeks (Jan. 6 – Mar. 3, 2025). Connect with like-minded individuals in a safe space with therapeutic approaches. 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: Martin at 416-778-5805 x222

Nutrition for Diabetes Prevention (Virtual)

Join us virtually on Mondays from 2:00 – 3:00 PM for 5-weeks (Jan. 6 – Feb. 10, 2025). Learn about nutrition and lifestyle for diabetes prevention. Discover diabetes and pre-diabetes facts and risk factors, healthy eating principles for diabetes prevention and management, mindful eating techniques, and dietary patterns that promote prevention. Explore essential lifestyle habits such as stress management, physical activity and adequate sleep, and more! **Register in advance**

Contact: Yulia at 416-778-5805 x208

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 this month are Smoothie Social (Jan. 2), Dance Together (Jan. 9), Improv (Jan. 16), Visual Art (Jan. 23) and Digital Literacy 101 (Jan. 30), as well as fun and social engagement opportunities.

Register in advance by phone or book online

Contact: Martin at 416-778-5805 x222

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 starting Jan. 15, 2025 from 1:00 – 2:00 PM.

Contact: Sudha at 416-778-5805 x218

Women's Health Matters (Virtual)

Join us on Thursdays (Jan. 16 – Feb. 6, 2025) from 1:00 – 3:00 PM for a series of four informative sessions on Women's Health. We will cover topics on prepubertal, reproductive, perimenopausal, and senior's health. Each session will focus on the body changes, vaccinations and screening protocols for each stage of women's lives. Led in Urdu/Hindi with presentation in English.

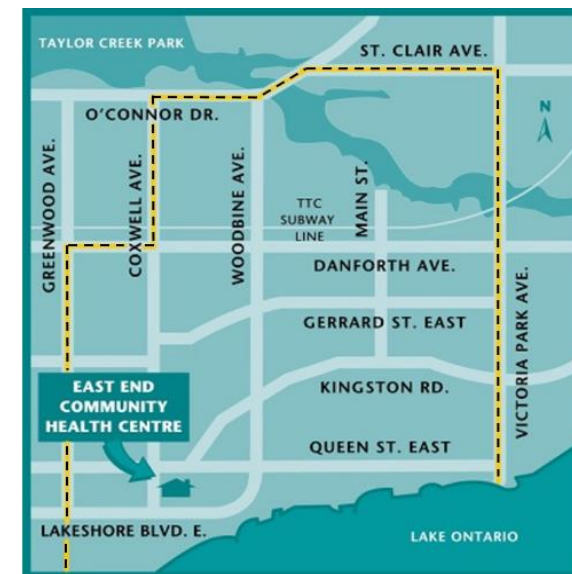
Register in advance by phone

Contact: Farzana at 416-778-5805 x278



PROGRAM CALENDAR

JANUARY 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 attendance

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