




# EAST END CHC PROGRAM CALENDAR

## OCTOBER 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>October is Breast Cancer Awareness Month</b> 		<b>1</b> 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b>	<b>2</b> 12:00 - 1:00 PM Heart Health In-Person*	<b>3</b> <b>CHWM</b> 10:00 AM - 12:00 PM Photography Walk In-Person <b>Drop-In</b>	 <b>Community Health &amp; Wellbeing Month (CHWM)</b>  <b>Standing Together For Team-Based Care</b>   <i>Drop into one of our special events running during the month!</i>  Learn more at <a href="https://www.allianceon.org/chwm2025">https://www.allianceon.org/chwm2025</a>
<b>6</b> 10:30 - 11:30 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 2:30 - 4:00 PM Diabetes Support (DECNET) In-Person* 5:00 - 7:00 PM East End Writers In-Person*	<b>7</b> 10:15 - 11:15 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	<b>8</b> <b>CHWM</b> 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 2:00 - 3:00 PM Stroke and Blood Clots 101 In-Person <b>Drop-In</b>	<b>9</b> <b>CHWM</b> 10:30 - 11:30 AM GLA:D™ In-Person* 12:00 - 1:00 PM Heart Health In-Person <b>Drop-In</b> 2:30 - 3:30 PM GLA:D™ In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	<b>10</b> <b>CHWM</b> 10:00 AM - 12:00 PM Photography Walk In-Person <b>Drop-In</b> 10:15 - 11:15 AM GLA:D™ In-Person*	
<b>13</b> <b>CENTRE CLOSED</b> <b>Thanksgiving Day</b>	<b>14</b> 10:15 - 11:15 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	<b>15</b> 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b>	<b>16</b> 10:00 - 11:00 AM Meditation Series Hybrid* 10:30 - 11:30 AM 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>17</b> 10:15 - 11:15 AM GLA:D™ In-Person*	
<b>20</b> 10:30 - 11:30 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 5:00 - 7:00 PM East End Writers In-Person*	<b>21</b> 10:15 - 11:15 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person*	<b>22</b> <b>CHWM</b> 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 2:30 - 4:00 PM Strong Bones, Strong Posture In-Person <b>Drop-In</b>	<b>23</b> 10:00 - 11:00 AM Meditation Series Hybrid* 10:30 - 11:30 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*	<b>24</b> <b>CHWM</b> 10:00 AM - 12:00 PM Photography Walk In-Person <b>Drop-In</b> 10:15 - 11:15 AM GLA:D™ In-Person*	
<b>27</b> 10:30 - 11:30 AM GLA:D™ In-Person* 2:00 - 3:00 PM Gentle Fit Virtual* 5:00 - 7:00 PM East End Writers In-Person*	<b>28</b> 10:15 - 11:15 AM GLA:D™ In-Person* 2:30 - 3:30 PM GLA:D™ In-Person*	<b>29</b> <b>CHWM</b> 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 2:30 - 4:00 PM Standing Strong In-Person <b>Drop-In</b>	<b>30</b> 10:00 - 11:00 AM Meditation Series Hybrid* 2:30 - 3:30 PM GLA:D™ In-Person* 5:00 - 6:30 PM Overcoming Overeating Virtual*	<b>31</b> 10:00 AM - 12:00 PM Photography Walk In-Person* 10:15 - 11:15 AM GLA:D™ In-Person*	

# PROGRAM DESCRIPTIONS

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

**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 (Oct. 6, Nov. 3, and Dec. 1, 2025) from 2:30 – 4:00 PM.  
**\*Register in advance\***  
**Contact: Asmita at 416-461-9043 x2362**

**East End Writers** (In-Person)  
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. Meet us on Mondays (Sept. 8 – Nov. 3, 2025) from 5:00 – 7:00 PM. **\*Register in advance\***  
**Contact: Martin at 416-778-5805 x222**

**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. In-Person on Wednesdays from 11:30 AM – 12:30 PM.  
**\*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. Learn more about the program at [www.gladcanada.ca](http://www.gladcanada.ca).  
**\*Register in advance\***  
**Contact: 416-778-5805 x505**

**Heart Health** (In-Person)  
Join us on this 6-session workshop program (Sept. 4 – Oct. 9, 2025) on Thursdays 12:00 – 1:00 PM. Discover how taking care of your heart with healthy lifestyle habits can improve your health and well-being. Learn information on nutrition recommendations for heart disease conditions prevention and management. Have your nutrition questions answered by a dietitian! **\*Register in advance\***  
**Contact: Yulia at 416-778-5805 x208**

**Intuitive Eating Support** (Virtual)  
Did you attend our Intuitive Eating groups? Talk with the dietitian on Sat., Oct. 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**

**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 Tuesdays from 10:00 – 11:00 AM for 8-weeks (Oct. 16 – Dec. 4, 2025). Connect with like-minded individuals in a safe space with therapeutic approaches. We will set-up a room at the Centre. The facilitator will lead the group on Zoom. **\*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**

**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 Abstract & Surrealism (Oct. 3), Cemetery (Oct. 10), Orange, Reds & Browns (Oct. 24), and Spooky Photo Critique (Oct. 31). This group depends on the weather and scheduled destinations may change. **\*Register in advance, call 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. Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. Improve your strength, flexibility, and balance. Relieve pain, and boost your mood.  
**Contact: Sudha at 416-778-5805 x218**

## COMMUNITY HEALTH AND WELLBEING MONTH

Standing Together For Team-Based Care		
Drop-In: No registration required!		
Fri., Oct. 3	10:00 AM - 12:00 PM	<b>Photography Walk</b> Abstract & Surrealism
Wed., Oct. 8	2:00 PM - 3:00 PM	<b>Stroke &amp; Blood Clots 101</b> Understanding Stroke and Thrombosis
Wed., Oct. 9	12:00 PM - 1:00 PM	<b>Heart Health</b> Nutrition recommendations for your heart
Fri., Oct. 10	10:00 AM - 12:00 PM	<b>Photography Walk</b> Pay tribute to the ancestors while visiting St. John’s Norway Cemetery
Wed., Oct. 22	2:30 PM - 4:00 PM	<b>Strong Bones, Strong Posture</b> Strengthen bones and encourage good mobility
Fri., Oct. 24	10:00 AM - 12:00 PM	<b>Photography Walk</b> Photograph the beautiful fall colours
Wed., Oct. 29	2:30 PM - 4:00 PM	<b>Standing Strong</b> Learn ways to improve balance and prevent future falls



## PROGRAM CALENDAR

# OCTOBER 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**