


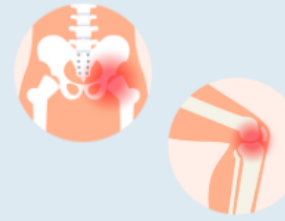


EAST END CHC PROGRAM CALENDAR

SEPTEMBER 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)
1  Labour Day Centre Closed	2 10:30 - 11:30 AM Balance Program In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	3 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In	4 10:00 - 11:00 AM The Mindful Renewal Series Hybrid* 12:00 - 1:00 PM Heart Health In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	5 10:00 AM - 12:00 PM Photography Walk In-Person*	September 30th is Orange Shirt Day AND Canada’s National Day for Truth and Reconciliation 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 
8 10:30 - 11:30 AM GLA:D™ In-Person* 12:15 - 1:15 PM DECNET Exercise Virtual* 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*	9 6:00 - 7:00 PM GLA:D™ In-Person*	10 11:30 AM - 12:30 PM Gentle Fit In-Person* 1:00 - 2:00 PM Tai Chi In-Person Drop-In	11 10:00 - 11:00 AM The Mindful Renewal Series Hybrid* 10:30 - 11:30 AM GLA:D™ In-Person* 12:00 - 1:00 PM Heart Health In-Person* 6:00 - 7:00 PM GLA:D™In-Person*	12 10:00 AM - 12:00 PM Photography Walk In-Person*	
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22 5:00 - 7:00 PM East End Writers In-Person*	23	24 1:00 - 2:00 PM Tai Chi In-Person Drop-In	25 10:00 - 11:00 AM The Mindful Renewal Series Hybrid* 10:30 - 11:30 AM GLA:D™ In-Person* 12:00 - 1:00 PM Heart Health In-Person* 2:30 - 3:30 PM GLA:D™ In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	26 10:00 AM - 12:00 PM Photography Walk In-Person*	
29 10:30 - 11:30 AM GLA:D™ In-Person* 12:15 - 1:15 PM DECNET Exercise Virtual* 2:00 - 3:00 PM Gentle Fit Virtual* 5:00 - 7:00 PM East End Writers In-Person*	30 2:30 - 3:30 PM GLA:D™ In-Person* 6:00 - 7:00 PM GLA:D™ In-Person*	<div><div><h1>September is Arthritis Awareness Month!</h1><p>Arthritis affects 1 in 5 Canadians, bringing daily challenges like pain, stiffness and fatigue. This month, let’s raise awareness and show support for the over 6 million Canadians living with arthritis. Learn more and share resources at: arthritis.ca</p></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 (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. ***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 (Sept. 8, 15, and 29, 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 (Sept. 8, Oct. 6, and Nov. 3, 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 (***No session on Sept. 22**). In-Person on Wednesdays from 11:30 AM – 12:30 PM (***No session on Sept. 24**). ***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

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 Saturday, Sept. 27, 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

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 Signs (Sept. 5), Black & White (Sept. 15), and Photo Critique (Sept. 26). 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. Tai Chi involves slow, gentle movements, postures, meditation, and controlled breathing. Improve your strength, flexibility, and balance. Relieve pain, enhance sleep, and boost your mood.
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

SEPTEMBER 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