



| 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>It's Tax Season!</p> <p>If you need assistance with your tax return, you can get help at a Free Tax Clinic in your area. Call to check your eligibility and book an appointment.</p> <p>Go to this website to find a free tax clinic: https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html</p>  | | <p>1</p> <p>10:00 AM - 12:00 PM East End Writers In-Person Drop-In</p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person Drop-In</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>2</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>10:00 – 11:00 AM The Meditation Series Virtual*</p> <p>11:30 AM - 12:30 PM Let's Get Moving Virtual*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>3</p> <p>CENTRE CLOSED</p>  | <p>National Oral Health Month</p>  <p>Oral Health Tips:</p> <ol style="list-style-type: none"> Brush your teeth twice a day using fluoride toothpaste and floss every day. Check your mouth regularly for signs of gum disease & oral cancer. Limit alcohol and avoid chewing tobacco, smoking, smokeless tobacco, and vaping. Eat a well-balanced diet. Visit your dentist regularly. |
| <p>6</p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>7</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>8</p> <p>10:00 AM - 12:00 PM East End Writers In-Person Drop-In</p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person Drop-In</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>9</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>10:00 – 11:00 AM The Meditation Series Virtual*</p> <p>11:30 AM - 12:30 PM Let's Get Moving Virtual*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>10</p> <p>10:00 - 11:00 AM Tai Chi In-Person Drop-In</p> <p>1:00 – 2:00 PM Services for Seniors In-Person*</p> | |
| <p>13</p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>2:30 - 4:00 PM Diabetes Support In-Person*</p> <p>5:00 – 6:00 PM Mindful Foundation Series Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>14</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>15</p> <p>10:00 AM - 12:00 PM East End Writers In-Person Drop-In</p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person Drop-In</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>16</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>10:00 – 11:00 AM The Meditation Series Virtual*</p> <p>11:30 AM - 12:30 PM Let's Get Moving Virtual*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>17</p> <p>10:00 - 11:00 AM Tai Chi In-Person Drop-In</p> <p>1:00 – 2:00 PM Services for Seniors In-Person*</p> | |
| <p>20</p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>5:00 – 6:00 PM Mindful Foundation Series Virtual*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>21</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>22</p> <p>10:00 AM - 12:00 PM East End Writers In-Person Drop-In</p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person Drop-In</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p> | <p>23</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>10:00 – 11:00 AM The Meditation Series Virtual*</p> <p>11:30 AM - 12:30 PM Let's Get Moving Virtual*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> | <p>24</p> <p>10:00 - 11:00 AM Tai Chi In-Person Drop-In</p> <p>1:00 – 2:00 PM Services for Seniors In-Person*</p> | <p>25</p> <p>11:00 AM- 12:00 PM Intuitive Eating Support Virtual*</p> |
| <p>27</p> <p>5:00 – 6:00 PM Mindful Foundation Series Virtual*</p> | <p>28</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> | <p>29</p> <p>10:00 AM - 12:00 PM East End Writers In-Person Drop-In</p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person Drop-In</p> | <p>30</p> <p>10:00 - 11:00 AM Gentle Fit In-Person*</p> <p>10:00 – 11:00 AM The Meditation Series Virtual*</p> | | |

*Must Register in advance for all programs, unless it's a **drop-in**. **In-Person groups** meet at East End CHC (1619 Queen Street East). **Hybrid groups** meet on Zoom and in-person at the same time. **Virtual groups** meet on Zoom, need an electronic device (computer, phone, or tablet) and WIFI connection. Go to www.eastendchc.on.ca/calendar to subscribe and receive East End Community Health Centre - Monthly program calendar newsletter by email!

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? Become a part of Diabetes Education Community Network of East Toronto (DECNET). Learn about diabetes, mental health, and well-being. Meet us the first Monday of the month (April 13, May 4, and June 1, 2026) from 2:30 – 4:00 PM. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

East End Writers (In-Person Drop-In)

Find your authentic voice through exploratory writing! **Drop-in** on Wednesdays from 10:00 AM – 12:00 PM (April 1 – May 20, 2026). 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 **NEW DATES!** (In-Person)

Empower yourself and get fit in a program designed for beginners. Get fit In-Person on Tuesdays and Thursdays from 10:00 – 11:00 AM, and Wednesdays from 12:30 – 1:30 PM. Get a complete body workout, decrease joint pain, and reduce the risk of falls.

Register in advance

Contact: Clark at 416-778-5805 x204

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. ***Register in advance***

Contact: 416-778-5805 x505

Intuitive Eating Support (Virtual)

Did you attend our Overcoming Overeating or Intuitive Eating groups? If so, connect with the dietitian on Saturday, April 25, 2026 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 (Virtual)

Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Explore different types of exercises with a Kinesiologist. Connect with us on Thursdays (March 5 – April 23, 2026) from 11:30 AM – 12:30 PM. Learn the basics about fitness with a complete body workout. Increase your physical activity level. Focus on building and maintaining strength, flexibility and balance. ***Register in advance***

Contact: Asmita at 416-461-9043 x2362

Mindful Foundations Series **NEW** (Virtual)

Improve mental clarity and deepen physical relaxation through the 9 foundational attitudes of mindfulness. Mondays from 5:00 – 6:00 PM for a 9-week program (April 13 – June 15, 2026 ***No class May 18, 2026**). Learn how to grow your meditation practice by exploring attitudes like non-judgement, patience, acceptance, and letting go. Connect with like-minded folks in a safe-space. ***Register in advance by phone or [book online](#)***

Contact: Martin at 416-778-5805 x222

Services for Seniors **NEW** (In-Person)

Maximize your independence and well-being with this 4-week program! Meet us on Fridays from 1:00 – 2:00 PM (April 10 – May 1, 2026). Learn about programs and services available to older adults and seniors, with a focus on resources located in the East End. Topics will include Income and tax benefits, health and wellness services, housing and transportation resources, and fitness and recreation programs. ***Register in advance***

Contact: Shirin at 416-778-5805 x224

Tai Chi (In-Person)

Drop-in on Wednesdays from 2:00 – 3:00 PM and Fridays from 10:00 – 11:00 AM to learn Tai Chi. Improve your strength, flexibility, and balance. It involves slow, gentle movements, postures, meditation, and controlled breathing. Relieve pain, and boost your mood.

Contact: Jackie at 416-778-5805 x220

The 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 Thursdays from 10:00 – 11:00 AM for 8-weeks (March 12 – April 30, 2026).

Register in advance by phone or [book online](#)

Contact: Martin at 416-778-5805 x222

Yoga (In-Person)

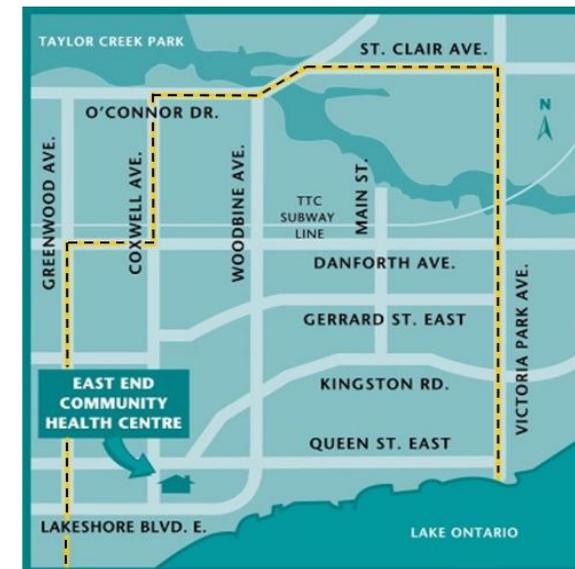
Accessible yoga for all levels, Mondays from 10:00–11:00 AM (March 2 – April 20, 2026). This gentle class focuses on easy movement, breath awareness, and mind-body connection. Yoga can help reduce stress while supporting posture, balance, and joint mobility. Movements are slow and mindful, with an emphasis on moving with the breath and staying present. Options and chair support will be offered throughout the class. ***Register in advance***

Contact: Shirin at 416-778-5805 x224



PROGRAM CALENDAR

APRIL 2026



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