




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><b>1</b></p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>2:30 - 4:00 PM Diabetes Support In-Person*</p> <p>4:30 - 5:30 PM Gentle Fit 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><b>2</b></p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p><b>3</b></p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person <b>Drop-In</b></p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>4</b></p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>11:00 AM - 12:00 PM Gentle Fit In-Person*</p> <p>12:30 - 1:30 PM DECNET Let's get Moving Virtual*</p> <p>1:00 - 2:00 PM Renewal Series Virtual*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p><b>5</b></p> <p>10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b></p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</p>	 <p><b>PRIDE MONTH</b></p>
<p><b>8</b></p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>3:00 - 4:00 PM Gentle Fit 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><b>9</b></p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p><b>10</b></p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person <b>Drop-In</b></p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p><b>11</b></p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>11:00 AM - 12:00 PM Gentle Fit In-Person*</p> <p>12:30 - 1:30 PM DECNET Let's get Moving Virtual*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>1:00 - 2:00 PM Renewal Series Virtual*</p>	<p><b>12</b></p> <p>10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b></p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</p>	<p><b>13</b></p> <p>10:00 AM - 12:00 PM Weekend Writers Unite! In-Person*</p>
<p><b>15</b></p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>3:00 - 4:00 PM Gentle Fit 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><b>16</b></p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p><b>17</b></p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person <b>Drop-In</b></p>	<p><b>18 Annual General Meeting (AGM)</b></p> <p>11:00 AM - 12:00 PM Gentle Fit In-Person*</p> <p>12:30 - 1:30 PM DECNET Let's get Moving Virtual*</p> <p>1:00 - 2:00 PM Renewal Series Virtual*</p> <p>4:30 - 6:00 PM Centre Closed</p> <p>6:00 PM Doors Open</p> <p><b>6:30 - 8:00 PM Annual General Meeting</b></p> 	<p><b>19</b></p> <p>10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b></p>	<p><b>LOVE IS LOVE</b></p> <p>Show your <b>PRIDE</b> and/or support your <b>LGBTQ2S+</b> community!</p> <p>For Resources Visit: <a href="http://rainbowhealthontario.ca">rainbowhealthontario.ca</a> <a href="http://sherbourne.on.ca">sherbourne.on.ca</a> <a href="http://the519.org">the519.org</a></p> 
<p><b>22</b></p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>3:00 - 4:00 PM Gentle Fit In-Person*</p> <p>5:00 - 6:00 PM Mindful Foundation Series Virtual*</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>12:30 - 1:30 PM Gentle Fit In-Person*</p> <p>2:00 - 3:00 PM Tai Chi In-Person <b>Drop-In</b></p>	<p><b>25</b></p> <p>11:00 AM - 12:00 PM Gentle Fit In-Person*</p> <p>12:30 - 1:30 PM Let's get Moving Virtual*</p> <p>1:00 - 2:00 PM Renewal Series Virtual*</p>	<p><b>26</b></p> <p>10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b></p>	
<p><b>29</b></p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>12:00 - 1:00 PM Let's talk @Amik*</p> <p>3:00 - 4:00 PM Gentle Fit In-Person*</p>	<p><b>30</b></p>	 <p><b>NATIONAL INDIGENOUS HISTORY MONTH</b></p> <p>June is National Indigenous History Month. Let's celebrate and honour the rich history, heritage, resilience, and diversity of First Nations, Inuit, and Métis Peoples across Canada. Learn more by visiting <a href="https://www.rcaanc-cirnac.gc.ca/eng/1466616436543">https://www.rcaanc-cirnac.gc.ca/eng/1466616436543</a></p> 			

# 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 1<sup>st</sup> Monday of the month (Jun. 1, Jul. 6, Aug. 10, 2026) from 2:30 – 4:00 PM. **\*Register in advance\***

**Contact: Asmita at 416-461-9043 x2362**

## DECNET Let's Get Moving (Virtual)

Join DECNET (Diabetes Education Community Network of East Toronto) for exercise! Explore different types of exercises with our Kinesiologist. Connect with us on Thursdays (until Jul. 2, 2026) from 12:30 – 1:30 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**

## Gentle Fit **NEW TIME** (In-Person)

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. Get fit the 1<sup>st</sup> Monday of the month (Jun. 1, 2026) from 4:30 – 5:30 PM, all other Mondays from 3:00 – 4:00 PM. Wednesdays from 12:30 – 1:30 PM, and Thursdays from 11:00 AM – 12:00 PM **\*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. Learn more about the program at [www.gladcanada.ca](http://www.gladcanada.ca). 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. **\*Register in advance\***

**Contact: 416-778-5805 x505**

## Let's Talk @Amik **NEW** (In-Person)

Do you live at Amik (New Frontiers)? Join us the last Monday of the month (Jun. 29, 2026) from 12:00 PM – 1:00 PM at Amik Recreation Room. Connect with our community health workers over lunch. Learn about resources in your community and get tools to keep healthy. **\*For Amik Residents. Register in advance\***

**Contact: Jackie at 416-778-5805 x220**

## Mindful Foundations Series (Virtual)

Improve mental clarity and deepen physical relaxation through the 9 foundational attitudes of mindfulness. Learn how to grow your meditation practice by exploring attitudes like non-judgement, patience, acceptance, and letting go. Mondays from 5:00 – 6:00 PM (until Jun. 22, 2026). Connect with like-minded folks in a safe-space.

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

**Contact: Martin at 416-778-5805 x222**

## Renewal Series (Virtual)

Use mindfulness to improve sleep, lower anxiety, and boost self-esteem! Feel renewed and refreshed. Thursdays from 1:00 – 2:00 PM (until Jul. 2, 2026). Learn how to use formal meditation practices to enhance self-care and manage difficulties with ease. Connect with like-minded folks in a safe-space.

**\*Register by phone or [book online](#)\***

**Contact: Martin at 416-778-5805 x222**

## Tai Chi (In-Person Drop-In)

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

**Contact: Jackie at 416-778-5805 x220**

## Yoga (In-Person)

Accessible yoga for all levels, Mondays from 10:00 – 11:00 AM (until Jun. 29, 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**

## Weekend Writers Unite! **NEW** (In-Person)

In partnership with Writers Collective of Canada, we invite you to join us the 2<sup>nd</sup> Saturday of the month (Jun. 13, 2026) from 10:00 AM – 12:00 PM. Come de-stress, discover your authentic voice, ignite your imagination, and broaden your perspective.

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

**Contact: Martin at 416-778-5805 x222**



## ANNUAL GENERAL MEETING (AGM) THURSDAY, JUNE 18, 2026

You are warmly invited to our 2025-2026 Annual General Meeting, which will include a special recognition of our Ontario Trillium Foundation (OTF) Capital Grant that helped us enhance the accessibility and inclusiveness of our space. We will feature a special presentation by Clark on “Healthy Aging and Lifelong Wellness.” Learn more about our programs and services, start or renew your membership, enjoy refreshments with Centre staff, and meet members of our Board of Directors.

Doors open at 6:00 PM. **Meeting starts at 6:30 PM**

**Contact: 416-778-5805, extension 209**



## PROGRAM CALENDAR

# JUNE 2026



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**