

## MARCH 2026

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>2</b> 10:00 - 11:00 AM Yoga In-Person* 2:30 - 4:00 PM Diabetes Support In-Person*	<b>3</b> 10:00 - 11:00 AM Gentle Fit In-Person*	<b>4</b> 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 6:00 - 7:00 PM Gentle Fit Virtual*	<b>5</b> 10:00 - 11:00 AM Gentle Fit In-Person* 11:30 AM - 12:30 PM Let's Get Moving Virtual*	<b>6</b> 10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b>	<b>March is National Nutrition Month!</b> Making informed food choices and developing healthy eating habits are crucial to living a healthy lifestyle. To learn more about how you can make healthy food choices visit: <a href="http://www.Canada.ca/FoodGuide">www.Canada.ca/FoodGuide</a> <a href="http://www.UnlockFood.ca">www.UnlockFood.ca</a>
<b>9</b> 10:00 - 11:00 AM Yoga In-Person*	<b>10</b> 10:00 - 11:00 AM Gentle Fit In-Person*	<b>11</b> 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 6:00 - 7:00 PM Gentle Fit Virtual*	<b>12</b> 10:00 - 11:00 AM Gentle Fit In-Person* 10:00 - 11:00 AM The Meditation Series Virtual* 11:30 AM - 12:30 PM Let's Get Moving Virtual*	<b>13</b> 10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b>	<a href="http://www.cookspiration.com">www.cookspiration.com</a>  <b>Dietitians of Canada</b> Les diététistes du Canada <a href="http://www.dietitians.ca">www.dietitians.ca</a>  <b>NOURISH TO FLOURISH</b> NUTRITION MONTH 2026
<b>16</b> 10:00 - 11:00 AM Yoga In-Person*	<b>17</b> 10:00 - 11:00 AM Gentle Fit In-Person*	<b>18</b> 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 6:00 - 7:00 PM Gentle Fit Virtual*	<b>19</b> 10:00 - 11:00 AM Gentle Fit In-Person* 10:00 - 11:00 AM The Meditation Series Virtual* 11:30 AM - 12:30 PM Let's Get Moving Virtual*	<b>20</b> 10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b>	
<b>23</b> 10:00 - 11:00 AM Yoga In-Person*	<b>24</b> 10:00 - 11:00 AM Gentle Fit In-Person*	<b>25</b> 10:00 AM - 12:00 PM East End Writers In-Person <b>Drop-In</b> 1:00 - 2:00 PM Tai Chi In-Person <b>Drop-In</b> 6:00 - 7:00 PM Gentle Fit Virtual*	<b>26</b> 10:00 - 11:00 AM Gentle Fit In-Person* 10:00 - 11:00 AM The Meditation Series Virtual* 11:30 AM - 12:30 PM Let's Get Moving Virtual*	<b>27</b> 10:00 - 11:00 AM Tai Chi In-Person <b>Drop-In</b>	<b>28</b> 11:00 AM - 12:00 PM Intuitive Eating Support Virtual*
<b>30</b> 10:00 - 11:00 AM Yoga In-Person*	<b>31</b> 10:00 - 11:00 AM Gentle Fit In-Person*	 <b>March 26 is Purple Day!</b> On this day wear purple and spread awareness! Purple Day is dedicated to increasing understanding and support for those living with epilepsy			
Canadian epilepsy Alliance					

# 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 (Mar. 2, Apr. 13, and May. 4, 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 (Mar. 25 – May. 13, 2026) from 10:00 AM – 12:00 PM. 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 or Virtual)

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. Virtually on Wednesdays from 6:00 – 7:00 PM. Get a complete body workout, decrease joint pain, and reduce the risk of falls.

**\*Register in advance\***

**Contact: Clark at 416-778-5805 x237**

## Intuitive Eating Support (Virtual)

Did you attend our Overcoming Overeating or Intuitive Eating groups? If so, connect with the dietitian on Sat. Mar. 28, 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 **NEW!** (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 (Mar. 12 – Apr. 30, 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**

## The Meditation Series **NEW!** (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 (Mar. 12 – Apr. 30, 2026).

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

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

## Tai Chi (In-Person)

**Drop-in** Wednesdays from 1:00 – 2:00 PM and Fridays from 10:00 – 11:00 AM to learn Tai Chi. It involves slow, gentle movements, postures, meditation, and controlled breathing. Improve your strength, flexibility, and balance. Relieve pain, and boost your mood.

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

## Yoga **NEW!** (In-Person)

Accessible yoga for all levels, Mondays from 10:00–11:00am (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.

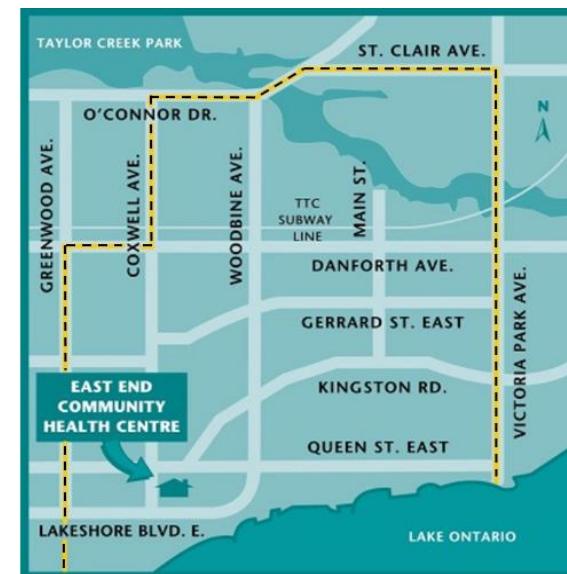
**\*Register in advance\***

**Contact: Shirin at 416-778-5805 x224**



# PROGRAM CALENDAR

## MARCH 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