





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>May is National Physiotherapy Month!</p> <p>Physiotherapists are skilled professionals that help people with injuries, illness, or disability through movement and exercise, manual therapy, education, and advice. They maintain health for people of all ages, helping patients manage pain, and prevent disease.</p> <p>If you are a clinical client of the Centre and could benefit from seeing a physiotherapist, call reception and ask to book an appointment!</p> 					
<p>4</p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>2:30 - 4:00 PM Diabetes Support 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>5</p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>6</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>3:00 - 4:00 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>7</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>2:30 - 3:30 PM GLA:D™ In-Person*</p> <p>5:00 - 6:00 PM Eat Well, Spend Less In-Person*</p>	<p>1</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>11</p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>12:00 - 1:00 PM Heart Health Virtual*</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>12</p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>13</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>3:00 - 4:00 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>14</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 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>5:00 - 6:00 PM Eat Well, Spend Less In-Person*</p>	<p>15</p> <p>10:00 - 11:00 AM Tai Chi In-Person Drop-In</p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</p>	<p>Mental Health Week</p> <p>May 4 - 10, 2026</p> <p>Come Together Canada</p> <p>From May 4 to 10, we encourage people across Canada to come together and strengthen connections in support of better mental health. Reach out to one another, and foster a sense of community that supports stronger mental health for everyone!</p> 
<p>18</p> <p>CENTRE CLOSED</p> <p>VICTORIA DAY</p>	<p>19</p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>20</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>3:00 - 4:00 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>21</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 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>5:00 - 6:00 PM Eat Well, Spend Less In-Person*</p>	<p>22</p> <p>10:00 - 11:00 AM Tai Chi In-Person Drop-In</p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</p>	
<p>25</p> <p>10:00 - 11:00 AM Yoga In-Person*</p> <p>12:00 - 1:00 PM Heart Health Virtual*</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>26</p> <p>9:30 - 10:30 AM GLA:D™ In-Person*</p> <p>2:30 - 3:30 PM GLA:D™ In-Person*</p>	<p>27</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>3:00 - 4:00 PM GLA:D™ In-Person*</p> <p>6:00 - 7:00 PM GLA:D™ In-Person*</p>	<p>28</p> <p>09:30 - 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 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>5:00 - 6:00 PM Eat Well, Spend Less In-Person*</p>	<p>29</p> <p>10:00 - 11:00 AM Tai Chi In-Person Drop-In</p> <p>3:00 - 4:00 PM GLA:D™ In-Person*</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 (May 4, June 1, and July 6, 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

Eat Well, Spend Less **NEW** (In-Person)
Plan healthy and delicious meals while reducing grocery bills and wasted food. Get tips on creative ways to add flavour and nutrition to any meal, budget-friendly meal planning, and meal preparation. Learn principles of healthy eating using affordable foods. Join us on Thursdays from 5:00 – 6:00 PM (May 7 – 28, 2026). ***Register in advance***
Contact: Shirin/Yulia at 416-778-5805 x224/208

Gentle Fit **NEW DATES!** (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 on 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. 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

Heart Health **NEW** (Virtual)
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. Meet us on Mondays from 12:00 – 1:00 PM (May 11 – June 22, 2026) ***No class May 18, 2026**. Have your nutrition questions answered by a dietitian! ***Register in advance***
Contact: Yulia/Shirin at 416-778-5805 x208/224

Intuitive Eating Support (Virtual)
Did you attend our Overcoming Overeating or Intuitive Eating groups? If so, connect with the dietitian on Saturday, May 9, 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 (May 14 – July 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

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 for a 9-week program (April 20 – June 22, 2026) ***No class May 18, 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 **NEW** (Virtual)
Use mindfulness to improve sleep, lower anxiety, and boost self-esteem! Feel renewed and refreshed. Thursdays from 1:00 – 2:00 PM for 8-weeks (May 14 – July 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

Services for Seniors (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)
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 to learn Tai Chi.
Contact: Jackie at 416-778-5805 x220

Yoga (In-Person)
Accessible yoga for all levels, Mondays from 10:00 – 11:00 AM (May 4 – June 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



PROGRAM CALENDAR

MAY 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