

EAST END CHC PROGRAM CALENDAR

November 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)
2 10:00 – 11:00 AM Yoga IP* 11:30 AM – 12:30 PM Yoga IP* 2:30 – 4:00 PM Diabetes Support IP* 4:30 – 5:30 PM Gentle Fit IP* 5:00 – 6:00 PM Mindful Renewal Series V* 6:00 – 7:00 PM GLA:D™ IP*	3 9:30 – 10:30 AM GLA:D™ IP* 2:30 – 3:30 PM GLA:D™ IP* 5:00 – 6:00 PM Knee & Hip Booster IP* 5:30 – 6:30 PM Intuitive Eating & Diabetes V*	4 10:30 – 11:30 AM Nutrition for Longevity IP* 12:30 – 1:30 PM Gentle Fit IP* 2:00 – 3:00 PM Tai-Chi IP Drop-In 6:00 – 7:00 PM GLA:D™ IP*	5 9:30 – 10:30 AM GLA:D™ IP* 11:00 AM – 12:00 PM Gentle Fit IP* 1:00 – 2:00 PM Knee & Hip Booster IP* 1:00 – 2:00 PM Mindful Foundations V* 2:30 – 3:30 PM GLA:D™ IP*	6 10:00 – 11:00 AM Tai-Chi IP Drop-In	7
9 10:00 – 11:00 AM Yoga IP* 11:30 AM – 12:30 PM Yoga IP* 3:00 – 4:00 PM Gentle Fit IP* 6:00 – 7:00 PM GLA:D™ IP*	10 9:30 – 10:30 AM GLA:D™ IP* 2:30 – 3:30 PM GLA:D™ IP* 5:00 – 6:00 PM Knee & Hip Booster IP* 5:30 – 6:30 PM Intuitive Eating & Diabetes V*	11 10:30 – 11:30 AM Nutrition for Longevity IP* 12:30 – 1:30 PM Gentle Fit IP* 1:00 – 3:00 PM A Snapshot in Time IP* 2:00 – 3:00 PM Tai-Chi IP Drop-In 6:00 – 7:00 PM GLA:D™ IP*	12 9:30 – 10:30 AM GLA:D™ IP* 11:00 AM – 12:00 PM Gentle Fit IP* 1:00 – 2:00 PM Knee & Hip Booster IP* 1:00 – 2:00 PM Mindful Foundations V* 2:30 – 3:30 PM GLA:D™ IP*	13 10:00 – 11:00 AM Tai-Chi IP Drop-In	14 10:00 AM – 12:00 PM Weekend Writers Unite! IP Drop-In
16 10:00 – 11:00 AM Yoga IP* 11:30 AM – 12:30 PM Yoga IP* 1:00 – 3:00 PM A Snapshot in Time IP* 3:00 – 4:00 PM Gentle Fit IP* 5:00 – 6:00 PM Mindful Renewal Series V* 6:00 – 7:00 PM GLA:D™ IP*	17 9:30 – 10:30 AM GLA:D™ IP* 2:30 – 3:30 PM GLA:D™ IP* 5:30 – 6:30 PM Intuitive Eating & Diabetes V*	18 10:30 – 11:30 AM Nutrition for Longevity IP* 12:30 – 1:30 PM Gentle Fit IP* 1:00 – 3:00 PM A Snapshot in Time IP* 2:00 – 3:00 PM Tai-Chi IP Drop-In 6:00 – 7:00 PM GLA:D™ IP*	19 9:30 – 10:30 AM GLA:D™ IP* 11:00 AM – 12:00 PM Gentle Fit IP* 2:30 – 3:30 PM GLA:D™ IP*	20 10:00 – 11:00 AM Tai-Chi IP Drop-In	<div><p>LUNG CANCER CANADA</p><p>November is Lung Cancer Awareness month</p><p>Learn more at https://lungcancercanada.ca</p></div>
23 10:00 – 11:00 AM Yoga IP* 11:30 AM – 12:30 PM Yoga IP* 1:00 – 3:00 PM A Snapshot in Time IP* 3:00 – 4:00 PM Gentle Fit IP* 6:00 – 7:00 PM GLA:D™ IP*	24 9:30 – 10:30 AM GLA:D™ IP* 2:30 – 3:30 PM GLA:D™ IP* 5:30 – 6:30 PM Intuitive Eating & Diabetes V*	25 10:30 – 11:30 AM Nutrition for Longevity IP* 12:30 – 1:30 PM Gentle Fit IP* 1:00 – 3:00 PM A Snapshot in Time IP* 2:00 – 3:00 PM Tai-Chi IP Drop-In 6:00 – 7:00 PM GLA:D™ IP*	26 9:30 – 10:30 AM GLA:D™ IP* 11:00 AM – 12:00 PM Gentle Fit IP* 2:30 – 3:30 PM GLA:D™ IP*	27 10:00 – 11:00 AM Tai-Chi IP Drop-In	
30 10:00 – 11:00 AM Yoga IP* 11:30 AM – 12:30 PM Yoga IP* 3:00 – 4:00 PM Gentle Fit IP* 6:00 – 7:00 PM GLA:D™ IP*	<div><p>FALL PREVENTION MONTH</p><p>November is Fall Prevention Month! All Canadians have a role to play in preventing falls. Learn how to prevent falls at https://parachute.ca/en/program/fall-prevention-month</p></div>				
<div><p>Parachute PREVENTING INJURIES. SAVING LIVES.</p></div>					

LUNG CANCER CANADA

November is Lung Cancer Awareness month

Learn more at <https://lungcancercanada.ca>



Parachute

PREVENTING INJURIES. SAVING LIVES.

PROGRAM DESCRIPTIONS

All programs are free. For more information, or to register, please call the contacts listed below.

A Snapshot in Time **NEW** In-Person (IP)
A photography program for older adults (Age 55+). Learn to use a professional camera, go on photo walks, and tell stories through pictures. In the winter learn to edit and print your work in a book and at a community exhibition! Mondays and Wednesdays (Nov.11 –25, 2026) from 1:00 – 3:00 PM.
Register in advance by phone or [book online](#)
This project is funded in part by the Government of Canada's New Horizons Seniors Program.
Contact: Martin at 416-778-5805 x222

Diabetes Support (DECNET) In-Person (IP)
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 once a month on Mondays (Nov. 2, 2026) from 2:30 – 4:00 PM. **Register in advance**
Contact: Asmita at 416-461-9043 x2362

Gentle Fit In-Person (IP)
Empower yourself in a program designed for beginners. Do a complete body workout, decrease joint pain, and reduce risk of falls. Get fit the 1st Monday of the month (Nov. 2, 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 (IP)
Good Living with osteoArthritis: Denmark (GLA:D™) is a 6-week program for people with hip or knee osteoarthritis (OA). It includes 2 education & 12 exercise sessions to help build strength and improve joint stability. A Rapid Access Clinic (RAC) referral is required. Please speak with your Primary Health Care Provider. Learn more about the program at www.gladcanada.ca. **Register in advance**
Contact: 416-778-5805 x505

Intuitive Eating & Diabetes Virtual (V)
Develop healthy relationships with food while managing diabetes. Learn how to break free from a diet mindset and emotional eating. Connect with other like-minded people working on healing their relationship with food in an empathetic and judgment-free space! Tuesdays (until Nov. 24, 2026) from 5:30 – 6:30 PM **Register in advance**
Contact: Yulia at 416-778-5805 x208

Knee & Hip Booster In-Person (IP)
Did you complete the GLA:D™ program? Meet for a 6-week booster once a week on Tuesdays (Until Nov. 10, 2026) from 5:00 – 6:00 PM or Thursdays (until Nov. 12, 2026) from 1:00 – 2:00 PM.
Register in advance
Contact: 416-778-5805 x505

Let's Talk @Amik In-Person (IP)
Do you live at Amik (New Frontiers)? Meet us the last Monday of the month (Nov. 30, 2026) from 12:00 – 1:00 PM at Amik Recreation Room. Connect with our community health worker over lunch. Learn about resources and tools to keep healthy.
For Amik Residents. Register in advance
This project is funded in part by the Government of Canada's New Horizons Seniors Program.
Contact: Jackie at 416-778-5805 x220

Mindful Foundations Series Virtual (V)
Improve mental clarity and deepen physical relaxation through the 9 foundational attitudes of mindfulness. Connect with like-minded folks in a safe-space. Explore attitudes like non-judgement, patience, acceptance, and letting go. Thursdays from 1:00 – 2:00 PM (until Nov. 12, 2026).
Register in advance by phone or [book online](#)
Contact: Martin at 416-778-5805 x222

Mindful Renewal Series Virtual (V)
Use mindfulness to improve sleep, lower anxiety, and boost self-esteem! 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. Mondays (until Nov. 16, 2026 **No Class Nov. 9, 2026*) from 5:00 – 6:00 PM.
Register in advance by phone or [book online](#)
Contact: Martin at 416-778-5805 x222

Nutrition For Longevity **NEW** In-Person (IP)
Learn how everyday food choices can protect your heart! Boost your brain power, and support your gut health. Get simple strategies to balance your blood sugar, easy budget-friendly tips for smart grocery shopping and healthy cooking. Wednesdays from 10:30 – 11:30 AM. **Register in advance**
Contact: Yulia/Shirin at 416-778-5805 x208/ x224

Tai Chi In-Person (IP Drop-In)
Improve your strength, flexibility, and balance. Tai Chi 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 **NEW TIMES** In-Person (IP)
Accessible yoga for all levels. Gentle movements and breathing exercises that can help reduce stress and improve balance, posture, and joint movement. Chair support is available. Mondays from 10:00 – 11:00 AM OR from 11:30 AM – 12:30 PM. **Register in advance**
Contact: Shirin at 416-778-5805 x224

Weekend Writers Unite! In-Person (IP Drop-In)
Come de-stress, discover your authentic voice, ignite your imagination, and broaden your perspective. In partnership with Writers Collective of Canada. **Drop-in** the 2nd Saturday of the month (Nov. 14, 2026) from 10:00 AM – 12:00 PM.
Contact: Martin at 416-778-5805 x222



PROGRAM CALENDAR

November 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