

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>Community Health & Wellbeing Month CHWM</p> <p>Drop into one of our special events running during the month!</p> <p>Learn more at www.allianceon.org/CHWM2026</p>			<p>1</p> <p>9:30 – 10:30 AM GLA:D™ IP*</p> <p>11:00 AM – 12:00 PM Gentle Fit IP*</p> <p>12:30 – 1:30 PM Knee & Hip Booster IP*</p> <p>1:00 – 2:00 PM Mindful Foundations V*</p> <p>2:30 – 3:30 PM GLA:D™ IP*</p>	<p>2</p> <p>10:00 – 11:00 AM Tai-Chi IP Drop-In</p> <p>3:00 – 4:00 PM GLA:D™ IP*</p>	<p>3</p>
<p>5</p> <p>10:00 – 11:00 AM Yoga IP*</p> <p>2:30 – 4:00 PM Diabetes Support IP*</p> <p>4:30 – 5:30 PM Gentle Fit IP*</p> <p>5:00 – 6:00 PM Mindful Renewal Series V*</p> <p>6:00 – 7:00 PM GLA:D™ IP*</p>	<p>6 CHWM</p> <p>9:30 – 10:30 AM GLA:D™ IP*</p> <p>10:00 – 11:00 AM Focus Group IP Drop-In</p> <p>2:30 – 3:30 PM GLA:D™ IP*</p> <p>5:00 – 6:00 PM Knee & Hip Booster IP*</p> <p>5:30 – 6:30 PM Intuitive Eating & Diabetes V*</p>	<p>7 CHWM</p> <p>10:30 – 11:30 AM Nutrition for Longevity IP Drop-In</p> <p>12:30 – 1:30 PM Gentle Fit IP*</p> <p>2:00 – 3:00 PM Tai-Chi IP Drop-In</p> <p>3:00 – 4:00 PM GLA:D™ IP*</p> <p>6:00 – 7:00 PM GLA:D™ IP*</p>	<p>8</p> <p>9:30 – 10:30 AM GLA:D™ IP*</p> <p>11:00 AM – 12:00 PM Gentle Fit IP*</p> <p>12:30 – 1:30 PM Knee & Hip Booster IP*</p> <p>1:00 – 2:00 PM Mindful Foundations V*</p> <p>2:30 – 3:30 PM GLA:D™ IP*</p>	<p>9 CHWM</p> <p>10:00 – 11:00 AM Tai-Chi IP Drop-In</p> <p>1:00 – 2:00 PM Solutions for Better Sleep IP Drop-In</p> <p>3:00 – 4:00 PM GLA:D™ IP*</p>	<p>10 CHWM</p> <p>10:00 AM – 12:00 PM Weekend Writers Unite! IP Drop-In</p>
<p>12</p> <p>CENTRE CLOSED</p> <p>Thanksgiving Day</p>	<p>13</p> <p>9:30 – 10:30 AM GLA:D™ IP*</p> <p>2:30 – 3:30 PM GLA:D™ IP*</p> <p>5:00 – 6:00 PM Knee & Hip Booster IP*</p> <p>5:30 – 6:30 PM Intuitive Eating & Diabetes V*</p>	<p>14 CHWM</p> <p>10:30 – 11:30 AM Nutrition for Longevity IP Drop-In</p> <p>12:30 – 1:30 PM Gentle Fit IP*</p> <p>1:00 – 3:00 PM A Snapshot in Time IP*</p> <p>2:00 – 3:00 PM Tai-Chi IP Drop-In</p> <p>3:00 – 4:00 PM GLA:D™ IP*</p> <p>6:00 – 7:00 PM GLA:D™ IP*</p>	<p>15</p> <p>9:30 – 10:30 AM GLA:D™ IP*</p> <p>11:00 AM – 12:00 PM Gentle Fit IP*</p> <p>12:30 – 1:30 PM Knee & Hip Booster IP*</p> <p>1:00 – 2:00 PM Mindful Foundations V*</p> <p>2:30 – 3:30 PM GLA:D™ IP*</p>	<p>16 CHWM</p> <p>10:00 – 11:00 AM Tai-Chi IP Drop-In</p> <p>1:00 – 2:00 PM Solutions for Better Sleep IP Drop-In</p> <p>3:00 – 4:00 PM GLA:D™ IP*</p>	 <p>OCTOBER IS</p> <p>BREAST CANCER</p> <p>AWARENESS MONTH</p> <p>Learn more at www.cancer.ca</p> <p>Canadian Cancer Society</p>
<p>19</p> <p>10:00 – 11:00 AM Yoga IP*</p> <p>1:00 – 3:00 PM A Snapshot in Time IP*</p> <p>3:00 – 4:00 PM Gentle Fit IP*</p> <p>5:00 – 6:00 PM Mindful Renewal Series V*</p> <p>6:00 – 7:00 PM GLA:D™ IP*</p>	<p>20</p> <p>2:30 – 3:30 PM GLA:D™ IP*</p> <p>5:00 – 6:00 PM Knee & Hip Booster IP*</p> <p>5:30 – 6:30 PM Intuitive Eating & Diabetes V*</p>	<p>21 CHWM</p> <p>10:30 – 11:30 AM Nutrition for Longevity IP Drop-In</p> <p>12:30 – 1:30 PM Gentle Fit IP*</p> <p>1:00 – 3:00 PM A Snapshot in Time IP*</p> <p>2:00 – 3:00 PM Tai-Chi IP Drop-In</p> <p>6:00 – 7:00 PM GLA:D™ IP*</p>	<p>22</p> <p>11:00 AM – 12:00 PM Gentle Fit IP*</p> <p>12:30 – 1:30 PM Knee & Hip Booster IP*</p> <p>1:00 – 2:00 PM Mindful Foundations V*</p>	<p>23 CHWM</p> <p>10:00 – 11:00 AM Tai-Chi IP Drop-In</p> <p>1:00 – 2:00 PM Solutions for Better Sleep IP Drop-In</p>	
<p>26</p> <p>10:00 – 11:00 AM Yoga IP*</p> <p>12:00 – 1:00 PM Let's talk @Amik IP*</p> <p>1:00 – 3:00 PM A Snapshot in Time IP*</p> <p>3:00 – 4:00 PM Gentle Fit IP*</p> <p>5:00 – 6:00 PM Mindful Renewal Series V*</p>	<p>27</p> <p>5:00 – 6:00 PM Knee & Hip Booster IP*</p> <p>5:30 – 6:30 PM Intuitive Eating & Diabetes V*</p>	<p>28 CHWM</p> <p>10:30 – 11:30 AM Nutrition for Longevity IP Drop-In</p> <p>12:30 – 1:30 PM Gentle Fit IP*</p> <p>1:00 – 3:00 PM A Snapshot in Time IP*</p> <p>2:00 – 3:00 PM Tai-Chi IP Drop-In</p>	<p>29</p> <p>11:00 AM – 12:00 PM Gentle Fit IP*</p> <p>12:30 – 1:30 PM Knee & Hip Booster IP*</p> <p>1:00 – 2:00 PM Mindful Foundations V*</p>	<p>30 CHWM</p> <p>10:00 – 11:00 AM Tai-Chi IP Drop-In</p> <p>1:00 – 2:00 PM Solutions for Better Sleep IP Drop-In</p>	

*Must Register in advance for all programs, unless it's a **drop-in**. **In-Person (IP) groups** meet at East End CHC (1619 Queen Street East). **Virtual (V) groups** meet on Zoom, need electronic device (computer/ phone/ 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.

COMMUNITY HEALTH AND WELLBEING MONTH



Drop into one of our special events running during the month!

A Snapshot in Time 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 (Oct. 5, Nov. 2, & Dec. 7, 2026) from 2:30 – 4:00 PM.

Register in advance

Contact: Asmita at 416-461-9043 x2362

Focus Group **NEW!** In-Person (IP Drop-In)

Take part in shaping the future of how we collect data! Learn how we use data to understand client needs to provide better care and services. Help us improve collection of personal information. Light refreshments will be provided. Tuesday, Oct. 6, 2026 from 10:00 – 11:00 AM.

Contact: Shirin at 416-778-5805 x224

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 (Oct. 5, 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 (Sept. 8 – Nov. 10, 2026) from 5:30 – 6:30 PM ***Register in advance***

Contact: Yulia at 416-778-5805 x208

Knee & Hip Booster **NEW!** In-Person (IP)

Did you complete the GLA:D™ program? Meet for a 6-week booster once a week on Tuesdays (Oct. 6 – Nov. 10, 2026) from 5:00 – 6:00 PM or Thursdays (Oct. 1 – Nov. 5, 2026) from 12:30 – 1:30 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 (Oct.26.2026) 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 (Sept. 17 – 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 (Sept.14 – Nov.9, 2026 ***No class Oct. 12**) from 5:00 – 6:00 PM. ***Register in advance by phone or [book online](#)***

Contact: Martin at 416-778-5805 x222

Nutrition for Longevity In-Person (IP Drop-In)

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. **Drop-in** on Wednesdays (Oct. 7 – Oct. 28, 2026) from 10:30 – 11:30 AM.

Contact: Yulia or Shirin at 416-778-5805 x208 or x224

Solutions for Better Sleep **NEW!** In-Person (IP Drop-In)

Do you want to improve your sleep? Learn about causes of insomnia and other sleep problems, strategies to help get a good night of sleep and feel more rested, and where to find help or get more information. **Drop-in** on Fridays (Oct. 9 – 30, 2026) from 1:00 – 2:00 PM.

Contact: Shirin at 416-778-5805 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 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 (Sept. 14 – Oct. 26, 2026 ***No class Oct. 12**) from 10:00 – 11:00 AM. ***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** on the 2nd Saturday of the month (Oct. 10, 2026) from 10:00 AM – 12:00 PM.

Contact: Martin at 416-778-5805 x222



PROGRAM CALENDAR

OCTOBER 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