



# Community Health & Wellbeing Month

October  
**2025**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			1 WELCOME KICK OFF YORKGATE 1 - 4PM	2 APPLE PICKING (HR & SENIORS) CHUDLEIGH FARM	3 ZUMBA YORKGATE 2 - 3PM	4
5	6 MOVIE NIGHT YORKGATE 5 - 7PM	7 LUNG HEALTH WORKSHOP SHERIDAN 11 - 12:30PM	8	9 COMMUNITY DINNER YORKGATE 5 - 7PM	10 FAMILY FUN DAY YORKGATE 1 - 4PM	11 <b>CLOSED</b>
12	13 <b>CLOSED</b>	14 DIABETES RISK FACTORS WORKSHOP YORKGATE 2 - 3PM	15 SIT N PAINT (YOUTH) YORKGATE 6 - 8PM	16 LATIN HERITAGE SCREENING PLAZA LATINA 11 - 3PM	17 ZUMBA YORKGATE 2 - 3PM	18 WELLNESS & NUTRITION EVENT (NEXTJ) YORKGATE 12 - 3PM
19	20 BREAST CANCER AWARENESS WORKSHOP YORKGATE 5 - 7 PM	21 HEALTH RELATIONSHIPS (SPANISH) SHERIDAN 4 - 5:30PM	22 FARM WORKSHOP YORKGATE 5 - 7PM	23 STANDING TOGETHER THROUGH STRESS WORKSHOP SHERIDAN 1-3PM	24 ZUMBA YORKGATE 2 - 3PM	25 SICKLE CELL SUPPORT GROUP YG 10 - 1PM
26	27 HEALTHY RELATIONSHIPS WORKSHOP (YOUTH) YORKGATE 5 - 7PM	28 NUTRITION WORKSHOP (DIABETES PREVENTION) YORKGATE 3 - 4PM	29 SIT N PAINT YORKGATE 6 - 8PM	30 CHRONIC PAIN WORKSHOP YORKGATE 11 - 12:30PM	31 ZUMBA YORKGATE 2 - 3PM	



**\*REGISTRATION REQUIRED FOR ALL PROGRAMS\***

PLEASE CONTACT: HAMDA 416-246-5089 OR KATRINA 416-246-1930

