

# GROUP PROGRAMS

## JUNE 2026

### Mondays

#### Lets Cook! (SH) - June 1<sup>st</sup>

12:30 - 2:30

#### 160 Chalkfarm Lunch n Learn

Community RM 12 - 1pm

#### Zumba (YG) (Ends June 15)

1 - 2pm

#### Harm Reduction Drop In (YG)

1-4pm

#### Diabetes Support Group (FH) (June 19)

1:30 - 3:30pm

#### Walk & Talk - Ends June 8<sup>th</sup>

2:30 - 3:30pm

#### Smoke Stoppers (YG) - June 22

3:30 - 4:30pm

### Tuesdays

#### 55+ Wellness & Garden

10 - 12pm

#### Harm Reduction Drop In (SH)

1 - 3pm

#### Grupo de Apoyo a la Lactancia

Materna en Español 1 - 3pm

#### Postnatal Wellness Support Group

(SH) 1:30 - 3:30pm

#### Wellness Program (YG)

2 - 4pm

#### Tabormory Youth Group (TB)

4 - 8pm

#### Evening Prenatal Program (SH)

5 - 6:30pm

### Wednesdays

#### General Exercise (Virtual)

10am

#### Healthy Plate Cooking Class (YG)

11 - 2:30pm

#### Insulin and You (FH) - June 10<sup>th</sup>

1:30 - 3:30pm

#### Seniors Wellness (SH)

2 - 3:30pm

#### Well(nest) Program (YG)

2 - 4pm

#### Gentle Fit (Virtual)

3pm

### Thursdays

#### Seniors Health Fair (YG)

11 - 3pm

#### Gentle Fit (YG)

11:30am

#### Golden Years Seniors (SRA)

(June 4 & June 18)

1:30 - 3:00pm

#### Well(nest) Program (YG)

2 - 4pm

#### Getting Ready for Baby (SH) - Starts June 4<sup>th</sup>

5 - 7pm

### Fridays

#### Walk with Us (SH)

10 - 11:30am

#### Harm Reduction Drop In (SH)

1 - 3pm

#### Knitting Neighbours (YG)

1:30 - 3pm

#### Gentle Fit (Virtual)

3pm

### Saturdays

#### Wellness Screenings (YG)

12 - 4pm

(June 6<sup>th</sup> & 20<sup>th</sup>)

#### Sickle Cell Support Group (YG) -

June 27<sup>th</sup>

11 - 1pm

### Monthly Highlights

**Alzheimer's and Brain  
Awareness Month**

**Pride Month**

**NATIONAL KINESIOLOGY WEEK**  
June 1 - 5

**Seniors Health Fair:**  
June 18<sup>th</sup>

### How to Register

**SH: 416 - 249-8000**

**YG: 416 - 246-2388**



### Locations

#### Sheridan Mall (SH):

2202 Jane Street Unit 5

#### Yorkgate Mall (YG):

1 Yorkgate Blvd Suite 202

**Finch Hub (FH)** - 2115 Finch Ave W

**SRA** - 15 San Romano Way

**Tobermory (TB)** - 15 Tobermory Drive

**St. Stephen's Church** - 2259 Jane St

## PROGRAM DESCRIPTIONS:

**55+ Wellness & Gardening:** A fun and engaging program that combines gardening, healthy living, and social connection to support the physical, mental, and emotional well-being of older adults

**Chalkfarm Lunch n Learn:** Chalkfarm residents are welcome to meet for weekly discussions and lunch in the community room at 160 Chalkfarm Drive

**Community Prenatal Program (SH):** Join us Tuesdays in partnership with the Canadian Prenatal Nutrition Program (CPNP) - learn about ways to have a healthy and active pregnancy. For more information, call Sick Kids Centre for Community Mental Health at 416 924 1164 x 8719 or register online.

**Diabetes Support Group:** Support group for people living and affected by Diabetes. To register, contact 416 246 2388 ext. 3249

**Golden Years Seniors Program (SRA):** A program for seniors to come together, every other Thursday at 15 San Romanoway. To register, contact Ruth @ 416 246 2388

**Grupo de Apoyo a la Lactancia Materna en Español:** For more information contact Paola 416 249 8000 ext 2231

**Harm Reduction Drop-In:** Every Tuesday & Friday at Sheridan and every Monday & Wednesday at Yorkgate. Drop by for some snacks, and harm reduction resources. For more info contact Jennivea @ 416 249 8000

**Healthy Plate Cooking Class:** Support group for people living and affected by Diabetes. To register, contact 416 246 2388 ext. 3249

**Insulin and You (FH):** For more information contact Paola 416 249 8000 ext 2231

**Knitting Neighbours (YG):** A knitting group every Friday at YG, open to all for more info contact Ruth or Richelle 416 246 2388

**Let's Cook (SH):** A hands-on cooking group where participants come together to learn new recipes, share skills, and enjoy great food in a fun, social setting. For more info or to register, contact Bisola 416 -249-8000

**Postnatal Wellness Support Group (SH):** New parents with babies 0-6 welcome. Enjoy a relax baby friendly environment to learn, share and connect with each other also navigating the postnatal period. Workshops lead by lactation consultant, dietitian and more. For more information contact 416 924 1164 x 8719

**Prenatal (Evening) :** For more information 416 924 1164 x 8719

**Seniors Health Fair:** An informative and interactive session designed to empower older adults with practical health, wellness, and community resources to support healthy aging and independence. To Register contact Hamda 416 246 2388

**Seniors Wellness (SH):** Seniors are welcome to join for social wellness group at Sheridan Mall location in Room 150. For more info, contact Bisola or Peter @ 416 249 8000

**Sickle Cell Anemia Support Group:** A support group for individuals affected by sickle cell disease and their families, focused on connection, prevention, and effective management. For more information contact Rodrigue 416 249 8000 ext 2293

**Smoke Stoppers In-Person Workshop:** Monthly drop-in sessions every 4th Mondays from 3:30 - 4:30 at YG. Join this monthly program and receive help with creating a plan to stop smoking, cost-free Nicotine Replacement Therapy, Learning to manage and overcome cravings and ongoing support to quit successfully. For more information call 416-246-2388 or register online

**Walk & Talk (YG):** 5 week walking group on Mondays. To register contact Ruth @ 416 246 2388

**Walk with Us (SH):** A friendly walking group that meets regularly to enjoy light exercise, fresh air, and good conversation in a supportive, social setting contact Peter @ 416 249 8000

**Well(Nest) Program:** Addictions Support Group on Tuesdays, Wednesdays and Thursdays. Day program 2 - 4pm at Yorkgate site & online evening sessions 5:30 - 7:30pm. For more info, contact Jennivea @ 416 246 2388

**Youth Program:** A weekly Monday youth group where young people connect, learn, and enjoy meaningful activities in a positive, inclusive space at YG from 5 - 7pm. For more info please call 416 246 2388

**Zumba:** High-energy weekly Zumba classes that combine fun music and dance for a full-body workout in a lively, welcoming atmosphere. for more info contact Richelle 416 246 2388