

GROUP PROGRAMS

**JULY
2026**

Mondays

Walk & Talk (YG)

10-12pm

160 Chalkfarm Lunch n Learn

Community RM 12 - 1pm

Harm Reduction Drop In (YG)

1-4pm

Diabetes Support Group (FH) - July 6th

1:30 - 3:30pm

Tuesdays

55+ Wellness & Garden

10 - 12pm

Harm Reduction Drop In (SH)

1 - 3pm

Grupo de Apoyo a la Lactancia

Materna en Español - July 14

1 - 3pm

Wellnest Program (YG)

2 - 4pm

Tobermory Youth Group (TB)

4 - 8pm

Evening Prenatal Program (SH)

5 - 6:30pm

Wednesdays

General Exercise (Virtual)

10am

Diabetes Support Group (FH) - July 22nd

1:30 - 3:30pm

Well(nest) Program (YG)

2 - 4pm

Gentle Fit (Virtual)

2pm

Thursdays

Gentle Fit (YG)

11:30am

General Exercise (YG)

12:30pm

Golden Years Seniors (SRA)

(June 4 & June 18)

1:30 - 3:00pm

Well(nest) Program (YG)

2 - 4pm

Fridays

Walk with Us (SH)

10 - 11:30am

Field Day - July 24th (YG)

11:30 - 2pm

Harm Reduction Drop In (SH)

1 - 3pm

Diabetes Support Group (Keele) - July 17th

1:00 - 3:00pm

Knitting Neighbours (YG)

1:30 - 3pm

Gentle Fit (Virtual)

3pm

Saturdays

Wellness Screenings (YG) - July 4th

12 - 4pm

Dance & Fitness Workshop (YG)

12 - 3pm

Sickle Cell Support Group (YG) - July 25th

11 - 1pm

Monthly Highlights

**Centre Closed:
Wednesday July 1st**

**Field Day:
Friday July 24th**

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. Stephens 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