

GROUP PROGRAMS

**AUGUST
2026**

Mondays

Walk & Talk (YG)

10-12pm

160 Chalkfarm Lunch n Learn

Community RM 12 - 1pm

Lets Cook - Aug 10 (YG)

12:30 - 2:30pm

Harm Reduction Drop In (YG)

1-4pm

Tuesdays

55+ Wellness & Garden

10 - 12pm

Harm Reduction Drop In (SH)

1 - 3pm

Grupo de Apoyo a la Lactancia

Materna en Español - Aug 25

1 - 3pm

Wellnest Program (YG)

2 - 4pm

Tobermory Youth Group (TB)

4 - 8pm

Wednesdays

General Exercise (Virtual)

10am

Healthy Plate Cooking Class (YG)

Aug 12

11 - 2:30pm

Fit for Less (NEW) (YG)

11:30am

Diabetes Support Group (FH) - Aug

19 1:30 - 3:30pm

Glucometer Training Class (FH) -

Aug 26 1:30 - 3:30pm

Gentle Fit (Virtual)

2pm

Well(nest) Program (YG)

2 - 4pm

Thursdays

Gentle Fit (YG)

11:30am

General Exercise (YG)

12:30pm

Golden Years Seniors (YG)

(August 13)

1:30 - 3:00pm

Well(nest) Program (YG)

2 - 4pm

Fridays

Walk with Us (SH)

10 - 11:30am

Harm Reduction Drop In (SH)

1 - 3pm

Diabetes Support Group (Keele) -

Aug 21)

1:00 - 3:00pm

Knitting Neighbours (YG)

1:30 - 3pm

Gentle Fit (Virtual)

3pm

Saturdays

Wellness Screenings (YG)

12 - 4pm

Sickle Cell Support Group (YG) -

August 29th

11 - 1pm

Monthly Highlights

Awareness Day:
Emancipation Day - August 1
International Day of the World's
Indigenous Peoples - Aug 9
Overdose Awareness - Aug 31

Centre Closed:
Monday August 3rd

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

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

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

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

To Register for an Exercise Group program, call 416 246 2388 or register online

Glucometer Training Class: Learn how to safely and accurately monitor your blood glucose levels in this easy-to-follow, hands-on training session. To Register, call 416 246 2388 x 3249 or [register online.](#)

To Register for an Exercise Group program, call 416 246 2388 or register online

Healthy Cooking Plate Class: To register call 416 246 2388 x 3249 or register online.