



HEALTHY LIVING PROGRAMS 2016

Program	Dates	Place
<p>EXERCISE</p> <p>SWIMMING</p> <p>Children's swimming – Boys and girls learn swimming together from beginner level and continue to pass the levels. To pass the specific level they need to know specific skills. We have instructors to teach. Each lesson 30 minutes duration and charges for 8 sessions - \$ 35</p> <p>Aquafit- Men & Women do aerobic exercise in the shallow water together; For 8 sessions- \$ 35</p> <p>Women Only- Some of them come for to learn swimming and some of them come and swim for exercise. We have a woman instructor. For 8 sessions -\$ 35</p>	<p>Thursday</p> <p>Children -5:00 pm -7:30 pm</p> <p>Aquafit/Adult Swim-7:00pm – 8:00 pm</p> <p>Women- 8:00 pm – 9:00 pm</p>	<p>Jarvis Collegiate- 495 Jarvis street</p> <p>CONTACT Yasotha-647-975-1565</p>
<p>YOGA</p> <p>These classes maintain awareness and focus on the breath (Ujjayi Pranayama) while moving through a series of postures. The sequence of postures may be different from class to class, but always follow an intelligent progression that moves from basic to complex. This style of yoga builds heat, flexibility and strength, while maintaining focus on good alignment and sound structure. Postures may be held for longer periods of time, and will flow together to unite the body to the breath and mind. The classes are open to all and posture modifications will be given to accommodate all levels.</p>	<p>Friday</p> <p>11:00 am – 12:00 pm</p>	<p>Wellesley Community Centre</p>
<p>MEDITATION A Meditation program every Tuesday to keep a healthy balance for mind & body</p>	<p>Tuesday (4:30pm to 5:30pm)</p>	<p>109,240 Wellesley St E</p>
<p>BELLY DANCING We do 30 minutes aerobic exercise and 30 minutes oriental belly dancing. This dance helps tone stomach fat and the torso. A lot of movement for the arms and shoulder.</p>	<p>Saturday (11:00am to 12:00pm)</p>	<p>109,240 Wellesley St E</p>
<p>ZUMBA: A high speed exercise with lots of jumping, a lot of fast movements, and dance moves. Great exercise for the whole body.</p>	<p>Saturday (10:00 am to 11:00am)</p>	<p>109,240 Wellesley St E</p>
<p>BOLLYWOOD DANCE: Dance is one of the forms of exercise that helps to reduce stress and depression along with increased flexibility of the body. It is a great way to be social and make friends.</p>	<p>Tuesday (6:30pm to 7:30pm)</p>	<p>109,240 Wellesley St E</p>
SELF HELP		
<p>DIABETES CHECK UP Once a week you can get blood sugar or blood pressure checkups</p>	<p>Thursday (10:00am to 12:00pm)</p>	<p>109,240 Wellesley St E</p>
<p>DIABETES MANAGEMENT(For Adults)A nurse and dietician from the Regent Park Community Health Centre answer your questions about how to live a healthy life with diabetes</p>	<p>Once a month</p> <p>Thursday(10:00am to 12:00pm)</p>	<p>109,240 Wellesley St E</p>
<p>YOU ARE NOT ALONE A self-help group for people living with cancer, talking about exercise, nutrition, self-care, family and well being</p>	<p>Wednesday (2:00pm to 3:30 pm)</p>	<p>109, 240 Wellesley St E</p>
<p>STRESS MANAGEMENT</p>	<p>Starting in Sept</p>	
<p>SELF HELP GROUP: There are lots of things newcomers to St James Town need to know, including making friends and emotional support. In this program you will meet new people, along with interesting and fun activities such as Yoga, dance, art, and meditation.</p>	<p>Friday (1:00pm to 3:00pm)</p>	<p>102,260 Wellesley St E</p>

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STRESS MANAGEMENT- Group Talk –How to handle Stress, Anger and time management and Individual one on one support.	Friday (3-4pm)	109,240 Wellesley St E
WOMEN’S SPA AND SELF HELP We offer some spa services (eyebrows, hair cuts, nail painting) at a discounted rate. We provide information about different types of health conditions, how to screen for them and learn healthy skills to prevent them.	;k	109,240 Wellesley St E
LET’S TALK: A program specifically for New Comers/Refugees who talk about finances, hunting for deals, preparing for income tax in a group setting.	Tuesday (6:00pm to 7:30pm)	102,260 Wellesley St E
DENTAL SCREENING- Educate to the Community about the Oral health and finding good information about the Dental in the Neighbourhood and learn more through workshop.	Monday (2-4pm)	109,240 Wellesley St. E
ADULTS +		
SENIOR’S CONNECTIONS: During these socials, we exercise, have snacks, have guest speakers, and have fun activities to get to know each other and have fun with each other’s company.	Thursday 1-3PM	109, 240 Wellesley St E
Adult + home visit: Whenever the seniors need our help, we assist them with chores around the house, paperwork, grocery shopping, medical escorts, and friendly visiting.	Ongoing	109, 240 Wellesley St E
Home Management: Our Community Assistants will come and help clean the seniors’ homes in St. James Town. For \$15/ hr.		109, 240 Wellesley St E
NUTRITION		
FOOD SHARE MARKET Healthy and affordable fruits and vegetables are sold with the chance to learn and try different recipes.	Mondays (4:30pm to 6:15pm)	109,240 Wellesley St E
ADULT NUTRITION: Learn about Canada’s Food Guide, the four food groups and serving sizes.	Wed(10:00am to 12:00 pm)	109,240 Wellesley St E
FOOD HANDLING: Learn how to handle safe food and avoid cross–contamination. A 6 week certificate course to prepare for the Toronto Public Health test and certificate Gardening Monthly workshops: about Herb Gardening, Container Gardening, composting, Drying herbs, Flower Arranging, Bulbs and condo bulb Planting, Aromatic Plants	Thursday (10:00am to 12:00pm) Check at 240 Office and/or the CMT Website	109,240 Wellesley St E 109,240 Wellesley St E



Job Club		
<p>One on one job counselling Make an appointment or drop in for help with job search, resume and cover letter, career planning and interview support.</p>	<p>Wednesday, Friday Whole day</p>	<p>102,260 Wellesley St E</p>
<p>Computer Training Beginning and intermediate training in Microsoft office, Internet Browsing, creating Emails and Website development</p>	<p>Friday February 3 2017 10:00 to 11:45</p>	<p>109,240 Wellesley St E</p>
<p>Child Minding Training Learning the tools to become a good child minder including safety, child development, child activities and nutrition.</p>		<p>109,240 Wellesley St E</p>
<p>Tutoring If you are interested in tutoring you're own/other children, leaning about the Canadian educational system and the best learning methods for children at different ages this program is for you.</p>	<p>Monday January 2 2017 1:00 -3:00 pm</p>	<p>102,260 Wellesley St E</p>
<p>Public speaking Gain confidence by participating your public speaking skills in front of others.</p>	<p>January</p>	<p>102,260 Wellesley St E</p>
<p>Foreign Trained Health Professionals Prepare those who are internationally trained as a health care professional to network and find meaningful work in the Canadian health sector.</p>	<p>Monday October 5th to Nov 7th 2016 3:00pm to 6:00pm</p>	
<p>St. James Town Arts An art support network for local artist, residents and neighbours. St. James Town arts is always looking for volunteers</p>	<p>ongoing</p>	<p>102,260 Wellesley St E</p>
<p>Knitting This is a beginner class for knitting or to brush up your skills come and learn how to make scarf, hats, mittens, socks and more.in our friendly learning environment to meet people, practice English and make new friends.</p>		
<p>Citizenship Reading "Discover Canada: Rights and responsibilities of citizenship", highlighting the things that are important and could be asked on a test. Explaining language difficulties in text and often doing practice questions. 6-8 sessions.</p>	<p>Monday (6:00 pm to 7:00pm)</p>	<p>102,260 Wellesley St E</p>
<p>English Café Practice reading, listening and speaking English in a relaxed, group environment</p> <p>English café Practice reading, listening and speaking English in a relaxed, group environment</p>	<p>Tuesday (1:00pm to 3:00pm) Wednesday (6:00pm to 7:30pm)</p>	<p>102,260 Wellesley St E</p>



COMMUNITY MATTERS TORONTO

neighbours helping neighbours

After School Free for children in JK to grade 5. We provide healthy snacks, fun Activities, educational games, exercise including fundamental movement skills and short lessons promoting awareness and healthy lifestyles for the children.	Monday to Friday 3:15pm to 6:00pm	Rose Avenue Public School
Sewing: This is the beginner class for sewing, in the class you will learn basic stitches, alteration of your clothes, cutting and sewing easy tops. \$25 For six classes	Friday Starting September 9 th 1:00pm to 3:00pm	102,260 Wellesley St E
Job Readiness	Wednesday Sep 7 th to Nov 9 th 2016 12:30 -2:00 pm	
CA TRAINING	Tuesday Jan 10 th to Feb 14 th 2017	
Circle	Wednesday Feb 15 TH to March 22 nd 2017	