

MON

**Let's Get Active Outdoor!**  
 6 week long program. We will meet at Flemingdon Park, 150 Grenoble Park Dr. Max 7. **Registered Program.**  
 ikhan@fhc-chc.com 24Aug-28Sep 11:00a-12:00p

**Yoga!**  
 Improve flexibility, strength and balance. Open to adults. Mat not required. **Registered Program.**  
 Ahailman@fhc-chc.com 27Jul-28Sep 11:30a-12:30p

TUE

**School Readiness For Parents!**  
 Preparing children for a safe return to physical classrooms. **Registered Program.**  
 ikhan@fhc-chc.com 11Aug-1Sep 11:00a-12:00p

**Bollywood Fitness!**  
 Open to women. Enjoy the rhythms from India to Egypt. **Registered Program.**  
 APolla@fhc-chc.com 7Jul-10Aug 6:00p-7:00p

**Acrylic Art Program**  
 No artistic ability required! Learn the basics of using acrylic paints. Materials and supplies will be provided. **Registered Program.**  
 AHailman@fhc-chc.com 8Sep-29Sep 1:00p-3:00p

WED

**Food For Thought**  
 Learn healthy eating strategies and recipes with others in your community. Led by Registered Dietitian. **Registered.**  
 ikhan@fhc-chc.com 2Sep-30Sep 1:00p-2:00p

**Chat and Chai**  
 Join conversations with community residents as we navigate COVID19. **Registered Program.**  
 ikhan@fhc-chc.com 5Aug-26Aug 11:00a-12:00p

**Virtual Fun with Food Monthly**  
 For parents and caregivers. Learn basic nutrition and build skills for food preparation. **Registered Program.**  
 SChowdhury@fhc-chc.com 29Jul-30Sep 11:00a-12:00p

**Family & Kids Ballet Dance Fit (Barre)**  
 Join other families to work out together and have an outlet to release stress and anxiety.  
 APolla@fhc-chc.com 5Aug-26Aug 11:00a-12:00p

**Low Impact Aerobic Exercise**  
 Cardiovascular and strength training program for older adults aged 55+. **Registered Program.**  
 Ahailman@fhc-chc.com 29Jul-30Sep 1:00p-2:00p

**Healthy Minds**  
 Self care and coping strategies for Seniors who do not have internet. (Phone Based). **Registered Program.**  
 MEjaz@fhc-chc.com 12Aug-2Sep 11:00a-12:00p

**Forever Young!**  
 Health education series for seniors aged 55+ including managing Covid-19 challenges. **Registered Program.**  
 Ahailman@fhc-chc.com 29Jul-23Sep 3:00p-4:00p

**WOW! Women on Wednesdays**  
 Come join other women as we learn coping skills to manage stress and anxiety. Led by Registered Nurse.  
 ikhan@fhc-chc.com 9Sep-30Sep 10:00a-11:00a

THU

**Virtual Kitchen - Healthy Lunch Ideas for Kids!**  
 Join live recipe demos! Healthy kid-friendly. Learn how the whole family can get involved in food preparation.  
 ikhan@fhc-chc.com 6Aug-24Sep 11:00a-12:00p

**Flemo Kids! Rainbow Salad Competition**  
 Kids get the chance to experiment with foods and flavor in a fun way. Prize(s) for the final salad with most colors! **Registered Group.**  
 MEjaz@fhc-chc.com 6Aug-27Aug 1:00p-2:00p

**Seniors Social Drop-in**  
 For clients aged 55+. Connect via Web or by phone. Bi-weekly group conversations with other residents.  
 AHailman@fhc-chc.com 30Jul-17Sep 1:00p-1:45p

**Men's Advisory Committee Monthly**  
 COVID19 sessions with SADPP. Focusing on newcper mental health, healthy eating, and physical activity sessions. **Registered Program.**  
 SChowdhury@fhc-chc.com 22Jul-31Mar 6:00p-7:00p

**Cooking on a budget!**  
 Learn how to cook on a budget during these challenging times while preparing nutritious and healthy meals. **Registered Program.**  
 MEjaz@fhc-chc.com 6Aug-24Sep 11:00a-12:00p

**Begin Volunteering Today!**  
 Youth and Adult Volunteer opportunities available at the health centre!  
 Email us today and get started!  
 MAnthonyfhc-chc.com

**Summer Biking!**  
 Community biking sessions. **First session** is for beginner level riders. **Second session** is for intermediate level riders, learn about road rules and learn to bike on the lanes. **Third session** is a chance to ride together with more advanced techniques. Marc Garneau Field. Partnership with Gateway Bike Hub. **Registered Program.**  
 SChowdhury@fhc-chc.com  
 Jul 29, Aug 5, Aug 12 10:00a-12:00p

**Volunteer HUB OF HEROES!**  
 Are you interested in volunteering at FHC or Are you already volunteering at FHC? This is a virtual program just for you!  
 Connect with other volunteers, share your areas of interest, learn about exciting opportunities to gain experience, enrol yourself in learning and training opportunities. Tuesdays and Fridays. **Registered Program.**  
 MAnthonyfhc-chc.com 416 640 5298  
 11 Aug- 30 Sep 4:00p-6:00p

**Trauma Informed Yoga**  
 Come and relax with us during our trauma-informed all girls yoga program!  
 This program provides a safe, inclusive and trauma-informed approach for young women, dealing with stressors and anxiety related to Covid-19 and physical distancing/ isolation.  
 APolla@fhc-chc.com  
 27Jul-17Aug 11:00a-12:00p

# FHC PROGRAMS

Legend

Virtual Program (computer icon)  
 Phone Based (phone icon)  
 Physically Distanced Program (people icon)