









MON




Let's Get Active Outdoor!
 6 week long program. We will meet at Flemington 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
 Phone Based
 Physical Distanced Program