

February 2023

Dental Clinic

For Children & Seniors; By Appointment Only

Mondays to Thursdays: 8:30am—8:00pm

Fridays: 8:30am—4:30pm

Please call 905-602-0520 ext. 414 for more information.

Diabetes Education

*Registration Required for all Diabetes programs:

Call 416-252-1928 ext. 100

- **Diabetes Living**
 - Part 1: Friday February 10, 1:00pm— 4:00pm
 - Part 2: Friday February 24th, 1:00pm—4:00pm
- **Zumba Gold**
Fridays, 10:00am - 11:00am
- **Diabetes Special Topic - Heart Health in Diabetes**
Friday February 17th, 1:00pm—2:30pm

Seniors Wellness Program

*Registration Required for all Seniors programs:

Call 905-602-4082 ext. 454

- **Virtual Fitness Class**
Virtual: Mondays and Tuesdays, 11:00am—12:00pm
In-Person: Wednesdays, Session 1: 11:00am—12:00pm
Session 2: 12:15pm—1:00pm
- **Tai Chi Classes**
Virtual: Thursdays, 10:00am-11:00pm
In-Person: Thursdays, 11:00am-12:00pm

French Language Services

*Registration Required : email christianef@lampchc.org

- **Comment être plus heureux en vivant pleinement le moment présent**
Thursday February 9, 18h30—19h30pm
- **Comment écrire peut nous aider à être plus résilient et aller de l'avant?**
Thursday February 23, 18h30—19h30pm
- **Cuisiner avec des légumineuses**
Mondays February 6, 13 & 22, 18h30—19h30pm
- **Zumba (In-Person)**
Friday February 17, 12h00—2h00pm

LGBTTIQQ2S+ Program

For More Info Contact the Community health worker at 905-602-4082 ext.455 or email: willr@lampchc.org

- **Mature 40+ Trans Group**
Sunday February 5th 12:30pm—2:00pm
- **QX Drop-In** (Registration not required)
Mondays, 6:00pm—8:00pm
A weekly drop-in support and social group for members of LGBTTIQQ2S+ communities
- **Trans Activate Drop-In** (Registration not required)
Wednesdays, 6:00pm—8:00pm
A weekly supportive and social space for members of Trans & Gender-Diverse Communities. Join us for art, games, discussion and more.

East Mississauga Community Health Centre Programs & Events Calendar

FEBRUARY



WED	THU	FRI	SAT/SUN
1	2	3	4
<ul style="list-style-type: none"> ■ In-Person Fitness Class Session 1: 11am—12pm ☎ Session 2: 12:15pm—1pm ■ Trans Activate Onsite Drop - In 6pm - 8pm 	<ul style="list-style-type: none"> ■ Tai Chi Classes Virtual: 10am-11am In-Person: 11am-12pm ☎ 	<ul style="list-style-type: none"> ■ Virtual Zumba Gold 10am - 11am ☎ 	5
			<ul style="list-style-type: none"> ■ Mature 45+ Virtual Trans Group 12:30pm - 2:00pm



East Mississauga CHC
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Tel: 905.602.4082 Fax: 905.602.5432
www.eastmississaugachc.org

EMCHC HOURS
"Building a Healthy Community"



United Way
Peel Region



(CALENDAR CONTINUED ON BACK)

February 2023 EVENTS CALENDAR (CONTINUED)

ALL PROGRAMS ARE VIRTUAL DUE TO COVID19



MON	TUE	WED	THU	FRI	SAT/SUN
6 Virtual Fitness Class 11am - 12pm ☎ QX Onsite Drop - In 6pm - 8pm Cuisiner avec des légumineuses 18h30—19h30pm☎	7 Virtual Fitness Class 11am - 12pm ☎	8 In-Person Fitness Class Session 1: 11am—12pm ☎ Session 2: 12:15pm—1pm Trans Activate Virtual Drop - In 6pm - 8pm	9 Tai Chi Classes Virtual: 10am-11am In-Person: 11am-12pm ☎ Comment être plus heureux en vivant pleinement le moment présent 18h30—19h30pm☎	10 Virtual Zumba Gold 10am - 11am ☎ Diabetes Living: Virtual Part 1 1pm - 4pm ☎	
13 Virtual Fitness Class 11am - 12pm ☎ QX Virtual Drop - In 6pm - 8pm Cuisiner avec des légumineuses 18h30—19h30pm☎	14 Virtual Fitness Class 11am - 12pm ☎ ♥HAPPY Valentine's DAY♥	15 In-Person Fitness Class Session 1: 11am—12pm ☎ Session 2: 12:15pm—1pm Trans Activate Onsite Drop - In 6pm - 8pm	16 Tai Chi Classes Virtual: 10am-11am In-Person: 11am-12pm ☎	17 Virtual Zumba Gold 10am - 11am ☎ Virtual Diabetes Special Topic : Heart Health in Diabetes 1pm— 2:30pm ☎	18 19
20 CLOSED 	21 Virtual Fitness Class 11am - 12pm ☎	22 In-Person Fitness Class Session 1: 11am—12pm ☎ Session 2: 12:15pm—1pm Trans Activate Virtual Drop - In 6pm - 8pm	23 Tai Chi Classes Virtual: 10am-11am In-Person: 11am-12pm ☎ Comment écrire peut nous aider à être plus résilient et aller de l'avant? 18h30—19h30pm☎	24 Virtual Zumba Gold 10am - 11am ☎ Diabetes Living: Virtual Part 2 1pm - 4pm ☎	25 26
27 Virtual Fitness Class 11am - 12pm ☎ Mandarin Reading Club 1pm—4pm ☎ QX Onsite Drop - In 6pm - 8pm Cuisiner avec des légumineuses 18h30—19h30pm☎	28 LGBTTIQQ2S+ Trivia Night 6:00pm-7:30pm	<div style="border: 2px solid black; padding: 10px;"> <ul style="list-style-type: none"> DENTAL HEALTH CARE DIABETES EDUCATION FRENCH LANGUAGE SERVICES LGBTTIQQ2S+ (QUEER & TRANS) PROGRAM MISCELLANEOUS SENIORS' PROGRAM PHYSIOTHERAPY PROGRAM ☎ Registration / Appointment Required </div>			

We Would Love To Hear From You! Please contact us with any feedback about any aspect of East Mississauga CHC. You can leave a written message in any of our several "Comment Boxes" located in the Waiting Room. EMCHC is a scent-free environment.

This calendar is not a complete list of all the wonderful programming we offer here at EMCHC.

For more information, please visit us in person, or call 905.602.4082