

The Four Villages Community Health Centre

PROGRAMS FOR OLDER ADULTS (50+)

If you are looking for programs that improve your overall health, help you manage chronic conditions, help you with lifestyle changes and assist you with maintaining your activity – these programs are for you. **We look forward to seeing you in our programs!**

Please note:

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

4CATS (Four Villages & Committed Action Team for Seniors): 4CATS is seniors advocacy group committed to improving services for seniors in the local community. They meet monthly to discuss seniors' concerns, choose an area of focus, and implement an action plan. For more information contact Junko at 416-604-0640, ext. 6453.

CHRONIC DISEASE SELF-MANAGEMENT: This 6 week program helps people with chronic conditions to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic health conditions. The program is open to anyone with any type of chronic health condition, as well as their family, friends and caregivers. For more information contact Amir at 416-604-0640, ext. 6448.

CHRONIC PAIN SELF-MANAGEMENT: This 6 week workshop helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. The program is open to anyone with any type of chronic pain, as well as their family, friends and caregivers. For more information contact Amir at ext. 416-604-0640 ext. 6448.

COLOUR IT UP 50+: This 6 week nutrition program is for women 50 and over. The program encourages participants to eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas. For more information contact Krystyna at 416-604-0640, ext. 1058.

The Four Villages Community Health Centre

PROGRAMS FOR OLDER ADULTS (50+)

CONCERNING CHOLESTEROL: This 6 week program offers education and support for people with high cholesterol. This program includes nutrition education and stress management workshops, a cooking demonstration and physical activity led by trained facilitators. For more information contact Krystyna at 416-604-0640, ext. 1058.

CRAVING CHANGE: This 8 week program is for people struggling with emotional eating. It encourages behaviour change through awareness of personal eating triggers. The program addresses why we eat the way we do, without a focus on what, when, where, or how much to eat. For more information contact Katie at 416-604-0640, ext. 6443.

EXPRESSIVE ARTS GROUP: A group for adults 18+ who want to let go of stress and express themselves through art in a safe and friendly environment. No artistic experience required! All art materials provided. For more information contact Ela at 416-604-0640, ext. 1046.

GETTING ON WITH LIFE AND ITS CHALLENGES: This mental health recovery and skill development program focuses on increasing participants' knowledge of and skills for community living. This program offers a place where individuals living with mental health issues can interact with other members of their community in a safe environment. A steering committee meets weekly to develop a 10 week workshop series for the community twice a year. For more information contact Ela at 416-604-0640, ext. 1046.

GOOD FOOD BOX: The Good Food Box offers an easy and low cost way to introduce more vegetables and fruits into your meals. FoodShare delivers orders to Four Villages every other week. Orders must be paid for at least 10 days in advance. For more information on prices and contents, visit www.foodshare.net/good-food-box. To order a box call 416-604-0640, ext. 6412.

GROCERY STORE TOURS: Join us for a tour of your local grocery store! Learn about making healthy food choices while sticking to a budget. You will also learn how to read and understand food labels. For more information contact Katie at 416-604-0640, ext. 6443.

KNITTING GROUP: Calling all knitters! Join our drop-in knitting group where you can knit, chat, and make friends. Whether you've been knitting for years or just want to learn, this group is for you! For more information contact Michelle at 416-604-0640, ext. 6431.

The Four Villages Community Health Centre

PROGRAMS FOR OLDER ADULTS (50+)

LEGAL CLINIC: The clinic offers 30 minute free summary advice, information, and referrals on family law, immigration, and employment matters. For more information contact Amir at 416-604-0640, ext. 6448.

LIVING BETTER WITH PAIN: This physiotherapy led program aims to improve function through self-management support, pain science education, and individualized, goal oriented exercise. The program is 6 weeks with one group appointment and one individual appointment each week. Education topics include the science of pain, pain and exercise, stress, sleep and pain, as well as thoughts, emotions and pain. The minimum criteria for a screening appointment include: pain for more than 6 months and the ability to read / write / speak English. For more information contact Mark at ext. 6438, Marlies at ext. 1060, or Elizabeth ext. 1055.

LIVING LIFE TO THE FULL FOR CAREGIVERS 55+: Are you over 55 and caring for a family member, friend, or neighbour? In this 8 week group, you will use the principles of cognitive behavioural therapy (CBT) to learn more about mental well-being and how to make small changes to feel happier, less stressed and more in control. For more information contact Chantal at ext. 6440 or visit www.LLTTF.ca.

MEALS-ON-WHEELS FRUIT & VEGETABLE BASKET: Have a fresh fruit and vegetable basket delivered right to your door! Meals-on-Wheels delivers nutritious lunches and fresh produce to older adults 55+ or adults 34-54 with a long-term disability. The fruit and vegetable basket costs \$13.75 and is delivered bi-weekly. This program is offered in partnership with West Toronto Support Services. For more information call 416-653-3535.

MINDFULNESS FOR BEGINNERS: Tune into what is happening now, both within yourself and around you. This 8 week program will teach you how to be more present and pay attention to everyday life, cope with negative emotions and meditate. For more information contact Michelle at ext. 6431.

MOBILE DENTAL CLINIC: The dental bus provides basic dental care to adults on OW or ODSP, who are experiencing pain or other urgent dental health issues. The Mobile Dental Clinic is run by Toronto Public Health. To find out if you are eligible and set up an appointment, contact Salma at 416-604-0640 ext. 1066.

The Four Villages Community Health Centre

PROGRAMS FOR OLDER ADULTS (50+)

PEP TALK: DIABETES, HEALTHY FEET AND YOU: Do you have diabetes and experience tingling/numbness in your feet, changes to the shape of your feet or sores/blisters on your feet? These peer-led workshops are run by people who have experienced diabetic foot complications. For more information contact Deirdre at 416-604-0640 ext 6436.

POLISH CHAPTER OF THE CANADIAN DIABETES ASSOCIATION: An ongoing monthly drop-in program that offers self-help, peer support, and education in a supportive environment of people who live with diabetes. For more information contact Krystyna at 416-604-0640, ext. 1058.

SENIORS EXERCISE AND FALLS PREVENTION: Increase strength, balance, and flexibility with this exercise program for adults 55+. Options are available to accommodate various levels of mobility and fitness. To register contact Etobicoke Support Services at 416-243-0127 ext. 233.

SHOE CLINIC: Proper footwear can reduce pain and prevent injuries. Visit our Shoe Clinic to get the right shoes for you! Foster Shoes provides education, shoe fitting, and a selection of shoes to purchase. For more information contact Monica at 416-604-0640, ext. 1063.

STRONG AND STEADY: Have you fallen or are you afraid of falling? This program is for adults 65+ who want to learn how to stay safe at home and in the community. Learn easy exercises that promote balance, strength and endurance. For more information, including eligibility criteria, contact Jennifer at 416-604-0640, ext. 1052.

WALK THIS WAY: Discover a new way of walking! Nordic Pole Walking is a fun and effective, low impact, full-body workout for people of all ages, fitness and mobility levels! Poles are available to borrow upon request. For more information contact Junko at ext. 6453.

WEST TORONTO DIABETES EDUCATION PROGRAM - EXERCISE PROGRAM: This exercise program is geared towards those with diabetes or pre-diabetes. The program uses resistance and stretch training to help increase fitness levels, control blood sugar, and improve overall wellness. For more information contact the West Toronto Diabetes Education Program at 416-252-1928.

The Four Villages Community Health Centre **PROGRAMS FOR OLDER ADULTS (50+)**

WEST TORONTO DIABETES EDUCATION PROGRAM - WORKSHOPS: Have ever wondered what diabetes is, why some people get it and not others, or why people with diabetes have to watch what they eat? These one-time workshops will give you the basics of diabetes and simple instructions to either manage diabetes or prevent it altogether. For more information contact the West Toronto Diabetes Education Program at 416-252-1928.

WEST TORONTO HOUSING HELP: Meet with a housing worker who can assist with housing issues, evictions, finding emergency shelter, and accessing subsidized housing. For more information contact 416-604-3361 (Bloor Site) or 416-604-3362 (Dundas Site).

YOGA FOR 50+: Relax and rejuvenate with gentle yoga catered to your needs and abilities. Options are available to accommodate various levels of mobility and fitness. The program runs for 8 weeks and graduates can participate in a monthly drop-in session. For more information contact Junko at 416-604-0640, ext. 6453.
