

# October 2025

## Centretown Community Health Centre - Community Health Programs

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>October Highlights</b>  <u>Ottawa Mission Food Truck</u> <u>Thursdays</u> (1st, 3rd, any 5th Thursday of the month) 10:30- 11:30am On 453 cooper St. <u>Sundays</u> 11 - 12:00pm On 453 cooper St.  <u>Nourish- Plant-Based Eating</u> To register: call 613 233-4443 ext. 2108			1  Chair Exercise 1:00-1:45pm	2  Newcomer Wellness Circle 1:30-3:30pm	3  Walking Group 9:30-10:30am Nutrition Bites 11:00-12:30pm Strong and Steady 11am—12 noon
	6  Strong and Steady 11am—12 noon  Chair Exercise 1:00-1:45pm	7  Coffee Connections 1:30-2:30pm  All about ParaTranspo 1:00 - 2:30pm	8  Chair Exercise 1:00-1:45pm	9  Newcomer Wellness Circle 1:30-3:30pm	10  Walking Group 9:30-10:30am  Strong and Steady 11am—12 noon
	13  The Centre is Closed	14  Coffee Connections 1:30-2:30pm  Nourish- Plant-Based Eating 2-4pm	15  Chair Exercise 1:00-1:45pm	16  Newcomer Wellness Circle 1:30-3:30pm	17  Walking Group 9:30-10:30am  Strong and Steady 11am—12 noon
	20  Strong and Steady 11am—12 noon  Chair Exercise 1:00-1:45pm	21  Coffee Connections 1:30-2:30pm  Nourish- Plant-Based Eating 2-4pm	22  Chair Exercise 1:00 - 1:45pm	23	24  Walking Group 9:30-10:30am  Strong and Steady 11am—12 noon
	27  Strong and Steady 11am—12 noon  Chair Exercise 1:00-1:45pm	28  Coffee Connections 1:30-2:30pm	29  Chair Exercise 1:00 - 1:45pm	30  Health Navigation for Refugee Claimants 3:30-4:30pm	31  Walking Group 9:30-10:30am Strong and Steady 11am—12 noon Brain Boost 1:30-2:30pm

## Ongoing Programs

**Coffee Connections** (In-person) **Tuesdays - 1:30 - 2:30pm.** A fun drop-in for adults of all ages! Meet your neighbours and Centretown staff. Each week we will do something different.

**Chair Exercise** (In-person & online) **Mondays and Wednesday, 1:00-1:45pm.** Chair exercises for increased strength and flexibility. Ongoing and open to all our adult clients. Limited spots available in-person.

**The LGBTQIA+ Newcomer Drop-In (Online) Every Monday from 6:00 - 7:30p.m.** A virtual social support group for LGBTQIA+ newcomers to connect in a positive and inclusive space. The drop-in welcomes newcomers to Canada who identify with being part of the LGBTQIA+ community.

**Brain Boost ( In person) Last Friday of the month: 1:30 - 2:30 pm.** Strengthen your mind with practical tools for brain health, mental wellness, and improved memory.

## Community Food Programs Good Food On The Move

Good Food on the Move is an online store where you can buy fresh vegetables. Offered in collaboration with the Marketmobile, Ottawa Good Food Box, and Rideau Rockcliffe Community Resource Centre . For assistance in ordering a box, please contact us at 613-233-4443 ext. 2108.

### Ottawa Mission Food Truck In Centretown

Could you use a hot meal? Come by the Ottawa Mission Food Truck stops for a free meal. Open to everyone.

Day	Time	Location
Thursday (1st, 3rd, any 5th Thursday of the month)	10:00- 11:00am	453 Cooper Street
Every Sunday	11:00-12:00pm	453 Cooper Street

## Seasonal Programs

**Walking Group - Outdoor (In-Person) Fridays from 9:30-10:30 am.**

Our walking group is a great opportunity to get exercise, build your stamina and help manage stress. We will meet at Centretown CHC and walk toward local parks as we gradually increase distance and speed. We look forward to seeing you! Registration recommended in order to get reminders and updates re cancellations etc.

**Health Navigation for Refugee Claimants**

**Thursday Oct 30 - 3:30 - 4:30 pm**

As a refugee claimant in Ontario, you may face many challenges when trying to get the healthcare you need. This interactive workshop is designed to help you understand and navigate Ottawa's healthcare system under the Interim Federal Health Program (IFHP). Together, we'll explore what services are covered, how to use your benefits, and practical tips for accessing care. We'll talk about preventive health, your privacy rights, how to find a family doctor—and what to do if one isn't available—so you can get the right care at the right time.

**Newcomer Wellness Circle (offered in French) (in person)**

**Thursdays, September 11 - October 16, 1:30 PM - 3:30 PM**

Are you new to Canada? You are invited to join us to learn more about meeting your healthy living goals.

**All about ParaTranspo**

**October 7<sup>th</sup>, 1:00 - 2:30**

Staff from Para Transpo will join us to talk about how to apply, how Para works, fares, and accessibility. This workshop will be available in person and online.

**Nutrition Bites Virtual Cooking Demonstration (in person and virtual)**

**1<sup>st</sup> Friday of month, September to December 2025, 11 AM- 12:30 PM**

**September 5, October 3, November 7, December 5th**

Cooking demonstration for easy, low-cost recipe and nutrition tips.

**Strong and Steady (In Person)**

**Monday and Friday 11am—12 noon, September 20 - Dec 5**

This is a free, 10-week fall prevention exercise program designed to help adults aged 65+ improve strength, balance, and mobility. Falls pose a major health risk for older adults, but the right exercises can help you stay active and prevent falls. Bilingual French and English.

**Nourish- Plant-Based Eating**

**(in partnership with Wellspring Cancer Support and The Ottawa Cancer Foundation)**

**Tuesdays, Part 1: October 14<sup>th</sup> and Part 2: October 21<sup>st</sup>, 2-4 pm**

If you struggle for new ideas about what to prepare for your meals, and want to explore vegetarian options, this program is for you. In this two-part program, the first session will explore how to live a healthy vegetarian lifestyle ensuring proper nutrition. The second session will give you hands-on experience in preparing healthy vegetarian meals. Bring your appetite so you can enjoy the tasting!

To register for a group, please contact us at 613-233-4443 ext. 2108 or by email at [groups@centretownchc.org](mailto:groups@centretownchc.org)