

July 2025

Centretown Community Health Centre - Community Health Programs

	Monday	Tuesday	Wednesday	Thursday	Friday
June Highlights <u>Ottawa Mission Food Truck</u> Thursdays (1st, 3rd, any 5th Thursday of the month) 10:30- 11:30am On 453 cooper St. Sundays 11 - 12:00pm On 453 cooper St. <u>Newcomer Workshop Series</u> To register: call 613 233-4443 ext. 2108		1 The centre is closed Canada day	2 Chair Exercise 1:00-1:45pm	3 Reset and Restore 12:00-12:30pm	4 Walking Group 9:30-10:30am
	7 Chair Exercise 1:00-1:45pm	8 Coffee Connections 1:30-2:30pm	9 Chair Exercise 1:00-1:45pm	10 Reset and Restore 12:00-12:30pm	11 Walking Group 9:30-10:30am Stir-It-Up (EN) 11 - 1:30pm
	14 Chair Exercise 1:00-1:45pm	15 Coffee Connections 1:30-2:30pm	16 Chair Exercise 1:00-1:45pm	17 Reset and Restore 12:00-12:30pm	18 Walking Group 9:30-10:30am Stir-It-Up (EN) 11 - 1:30pm
	21 Chair Exercise 1:00-1:45pm	22 Coffee Connections 1:30-2:30pm	23 Chair Exercise 1:00 - 1:45pm	24 Reset and Restore 12:00-12:30pm Stir-It-Up (FR) 11:30 - 2pm	25 Brain Boost 1:30-2:30pm Stop Smoking Support Group 1:00-2:00pm Walking Group 9:30-10:30am Stir-It-Up (FR) 11:30 - 2pm
	28 Chair Exercise 1:00-1:45pm	29 Coffee Connections 1:30-2:30pm	30 Chair Exercise 1:00 - 1:45pm	31 Reset and Restore 12:00-12:30pm	

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, 1:00-2:00pm.** 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.

Stop Smoking Support Group (In-Person) Monthly on last Friday of the month. June 27th, 1:00- 2:00pm. Get support from others as you work on your goal of quitting smoking. Being with others in the group helps you stick to your goals.

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

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.

Reset and Restore (Virtual)

Thursdays June 19 - August 13 from 12:00-12:30(*no group on July 3). A 30-minute virtual lunchtime group offering a calming pause in your day through gentle breathing, meditation, and optional restorative accessible yoga poses. This group will help you release tension, reset your nervous system, and return to your day feeling grounded and refreshed.

Stir-It-Up (in person)

Friday July 11th 11 - 1:30 pm ENG (ages 7-8)

Friday July 18th 11 - 1:30 pm ENG (ages 9-10)

Thursday July 24th 11:30 - 2 pm FR (ages 7-8)

Friday July 25th 11:30 - 2 pm FR (ages 9-10)

Free summer workshops for kids aged 7-8 and 9-10. Come make yummy recipes and join in on fun nutrition activities.

Registration required.

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 for cancellations etc.

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