

May 2025

Centretown Community Health Centre - Community Health Programs

	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">May Highlights</p> <p><u>Ottawa Mission Food Truck</u></p> <p>Thursdays (1st, 3rd, any 5th Thursday of the month) 10:30- 11:30am On 453 cooper St.</p> <p>Sundays 11 - 12:00pm On 453 cooper St.</p> <p><u>Mindfulness and Movement</u> To register: call 613 233-4443 ext. 2108</p> <p>Newcomer Workshop Series To register: call 613 233-4443 ext. 2108</p>	<p style="text-align: center;">To register for a group, please contact us at 613-233-4443 ext. 2108 or by email at groups@centretownchc.org</p>			1	2
	5	6	7	8	9
	Chair Exercise 1:00-1:45pm	Coffee Connections 1:30-2:30pm	Chair Exercise 1:00-1:45pm Yoga for Everyone 6:30-7:30pm	Newcomer Wellness Circle 1:00-3:00pm	Walking Group - Outdoor 9:30-10:30am
	12	13	14	15	16
	Chair Exercise 1:00-1:45pm	Coffee Connections 1:30-2:30pm	Chair Exercise 1:00-1:45pm Yoga for Everyone 6:30-7:30pm	Newcomer Wellness Circle 1:00-3:00pm	Walking Group - Outdoor 9:30-10:30am
	19	20	21	22	23
	<p style="text-align: center;">The Centre is Closed</p>		20	21	22
			Coffee Connections 1:30-2:30pm Newcomer Workshop Series 4:30—6:00pm	Chair Exercise 1:00 - 1:45pm Yoga for Everyone 6:30-7:30pm	Newcomer Wellness Circle 1:00-3:00pm
	26	27	28	29	30
	Chair Exercise 1:00-1:45pm	Coffee Connections 1:30-2:30pm Newcomer Workshop Series 4:30—6:00pm Getting around with OC Transpo 10:30-12:00pm	Chair Exercise 1:00-1:45pm	Newcomer Wellness Circle 1:00-3:00pm	Stop Smoking Support Group 1:00-2:00pm Brain Boost 1:30-2:30pm Walking Group - Outdoor 9:30-10:30am

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.

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

Stop Smoking Support Group (In-Person) **Monthly on last Friday of the month. May 30th, 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.

Yoga for Everyone (In person & Virtual) **Wednesday, April 2 - May 21 from 6:30 - 7:30pm.** A gentle yoga class to release stress and experience the benefits of yoga through breath and movement. Beginners welcome. Yoga mats available for in person participants.

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

Walking Group - Outdoor (In-Person) **Fridays, April 11 - June 27th 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.

Getting around with OC Transpo (In person & Virtual) **Tuesday May 27, 10:30 am - 12 noon.** Come learn about OC Transpo's reduced fare programs like Paratranspo & Equipass. We will discuss who can use them and how to apply.

Newcomers Workshop Series - Community Legal Service of Ottawa (In person & Virtual)

English session: May 20th 4:30pm-6pm

Please join us for an overview of Legal Services available in Ottawa. We will discuss the special considerations of immigration status and language barriers.

French Session: May 27th 4:30pm-6pm
Aperçu des services juridiques à Ottawa

Newcomer Wellness Circle (in person and virtual) **Thursdays, May 8- June 12, 1 PM - 3PM.** Are you new to Canada? You are invited to join us to learn more about meeting your healthy living goals. Topics will include: healthy eating, being active, coping with stress and more. Meet new people and share your experiences.

Healthy You (in person) **Mondays, June 2 -June 30th, 1:30 PM - 3:30 PM.** This program will help you make healthy lifestyle changes to improve your health and feel better about yourself.