



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Seniors Health Promotion Programs



PROGRAM INFORMATION

SCHC hosts a number of specialized workshops & programs that address the specific needs of the senior population.

These workshops are often free of charge, and provide opportunity for seniors to share their strengths, build capacity, promoting mental & physical wellness and develop much needed coping strategies & resources required for healthy living.

SERVICES

Free weekly Health & Wellness workshops,
Mood Walks Program, 12 wk / 3x/yr),
Caregiver Support Group, 2x /month,
Series/ Specialty Workshops, i.e. eye care clinic days, downsizing , etc.
Lunch & Learns for SCHC staff (focus on services & resources for seniors)
Short term funded programs, i.e. New Horizons , Community Arts Guild,
Mixed company theatre group, etc.

LOCATIONS

Days, time & locations vary (during Covid , all of our programs are currently being held virtually on zoom.)

PROGRAM CONTACT INFO

Debbie Lee, Seniors Health Program Coordinator
dlee@schcontario.ca, or @416-847-4152, or visit
our website, www.schcontario.ca

ELIGIBILITY

Must be a senior 55+

VOLUNTEERING WITH SCHC

Contact the Coordinator of Volunteer Engagement at
416-847-4127 OR
volunteerprogram@schcontario.ca

Contact SCHC 416-642-9445

info@schcontario.ca www.schcontario.ca



January 2020