

QUEST CHC NEWSLETTER



NOVEMBER 2026

Group Alert

Exercising with Chronic Pain

Thursdays 5:00-6:00pm

Join this free, six-session group to learn about chronic pain and take part in guided exercise with a Registered Kinesiologist.

Email Jeff Dertinger (He/Him) at jdertinger@questchc.ca for more info

Questions? Contact:

Ailish (she/her)
awestaway@questchc.ca
905-688-2558 x297

Community Events

Mobile Closet Pop Up
Saturday, November 10th
4:30-6:30pm
3 Lyman St, St. Catharines

Mobile Closet Pop Up
Friday, November 23rd
12:00-2:00pm
4848 Victoria Ave, Niagara Falls

Find free
community
meals here



October Recap

Community Health & Wellbeing Month was great fun including free massage, a food demo, a community meal & more!



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Meet Jeff, Registered Kinesiologist



Jeff Dertinger

He/Him
Kinesiologist

A Kinesiologist can...

- Help you improve your balance and mobility to prevent falls.
- Help you build strength and improve your flexibility.
- Create an exercise plan that works for your abilities and needs.
- Help you manage chronic conditions through physical activity.
- Help you improve movement and manage pain.
- Support you in returning to everyday activities after an injury.
- Help you stay active and independent as you age.

If you think you would benefit from this type of support, talk to your provider.

November

2026

Monday

Skills to Cope
2:30-4:00pm

2

Queer Connections
(Ages 14-19)
4:00-5:30pm

Queer Connections
(Ages 14-19)
4:00-5:30pm

9

Queer Connections
(Ages 14-19)
4:00-5:30pm

16

Queer Connections
(Ages 14-19)
4:00-5:30pm

23

Queer Connections
(Ages 14-19)
4:00-5:30pm

30

Tuesday

Balance & Mobility
2:15-3:00pm

3

Cardio & Strength
3:15-4:00pm

Tender Hearts
5:30-7:00pm

Balance & Mobility
12:15-1:00pm

10

Cardio & Strength
1:15-2:00pm

Quest YAPS (2SLGBTQ+)
(Ages 20-35)
5:30-7:00pm

Balance & Mobility
12:15-1:00pm

17

Cardio & Strength
1:15-2:00pm

Grace Unfolding: A
Transfeminine Circle
5:30-7:00pm

Balance & Mobility
12:15-1:00pm

24

Cardio & Strength
1:15-2:00pm

Balance & Mobility
12:15-1:00pm

1

Cardio & Strength
1:15-2:00pm

Wednesday

Community Ties
1:30-3:00pm

4

Craving Change
2:00-3:30pm

Gay Men's Sobriety Group
4:00-5:00pm

CLOSED

11

Community Ties
1:30-3:00pm

18

Craving Change
2:00-3:30pm

Gay Men's Sobriety Group
4:00-5:00pm

Dietitian Cooking Group
4:30-6:00pm

25

Gay Men's Sobriety Group
4:00-5:00pm

Community Ties
1:30-3:00pm

2

Craving Change
2:00-3:30pm

Gay Men's Sobriety Group
4:00-5:00pm

Thursday

Smart Recovery
3:00-4:30pm

5

Fall Walking Club
12:00-1:00pm

12

Smart Recovery
3:00-4:30pm

Exercising with Chronic Pain
5:00-6:00pm

Smart Recovery
3:00-4:30pm

19

Exercising with Chronic Pain
5:00-6:00pm

Fall Walking Club
12:00-1:00pm

26

Smart Recovery
3:00-4:30pm

Smart Recovery
3:00-4:30pm

3

Exercising with Chronic Pain
5:00-6:00pm

Friday

6

13

20

27

4