

BEAT the Get your shot!

People 6 months of age and older should be immunized... every year!

Stay healthy this winter. Protect yourself and the people around you from the flu by getting your flu shot. Health Canada recommends the flu shot for all healthy children and adults every year and particularly for:

- healthy children aged 6 to 23 months
- pregnant women who will deliver during flu season
- breastfeeding women
- people 65 years of age or over
- people with a serious long term health problem, such as heart, kidney or lung (including asthma) disease
- people with diabetes, cancer, a blood disorder or a weak immune system
- people who live, work or volunteer in a healthcare or long term care facility, chronic care institution or retirement home
- emergency services workers (paramedic, firefighter or police)
- those who live with a person who is at increased risk of complications from flu

2005 Flu clinic locations, dates and times

Aurora

Aurora Public Library

15145 Yonge Street (Lebovic Room), Aurora
November 5 9:00am - 5:00pm

East Gwillimbury

East Gwillimbury Ross Family Complex

19300 Centre Street, Mount Albert
November 11 3:00pm - 8:00pm

Holland Landing Community Centre

1900-513 Yonge Street (York/Trillium Room),
Holland Landing
December 7 3:30pm - 8:30pm

Georgina

Club 55

130 Gwendolyn Boulevard, Keswick
November 30 4:00pm - 9:00pm

Georgina Ice Palace

90 Wexford Road (Upper Floor), Keswick
November 22 2:00pm - 8:00pm
December 6 2:00pm - 8:00pm

Sutton Multi-Use Facility

5279 Black River Road (Gym), Sutton
November 16 2:00pm - 9:00pm
December 15 2:00pm - 9:00pm

York Regional Police, Number 3 District Headquarters

3527 Baseline Road (Community Room), Sutton
December 1 3:30pm - 8:00pm

King

Schomberg Arena

251 Western Avenue (Upstairs Room), Schomberg
November 3 2:00pm - 8:00pm

Nobleton Community Centre and Arena

19 Old King Road (Downstairs Room), Nobleton
November 23 3:00pm - 8:00pm

Markham

Markville Mall

5000 Hwy 7 East (near Shoppers Drug Mart), Markham
October 29 10:00am - 5:00pm

Markham

Markham Civic Centre

101 Town Centre Boulevard (The Great Hall), Markham
November 2 3:00pm - 8:00pm

Angus Glen Community Centre

3990 Major Mackenzie Drive, Markham
November 4 2:00pm - 8:00pm

Thornhill Community Centre

7755 Bayview Avenue (North Hall), Thornhill
November 7 3:00pm - 8:00pm

Milliken Mills High School

7600 Kennedy Road (Cafetorium), Markham
November 12 9:00am - 5:00pm

Markham Seniors Activity Centre

22 Water Street, Markham
November 14 10:00am - 6:00pm

York Regional Police, Number 5 District Headquarters

8700 McCowan Road (Community Room), Markham
November 21 3:00pm - 8:00pm

Newmarket

York Region Administrative Centre

17250 Yonge Street (Great Hall), Newmarket
October 26 3:00pm - 8:00pm
November 17 3:00pm - 8:00pm

Newmarket Seniors' Meeting Place

474 Davis Drive, Newmarket
November 1 1:00pm - 8:00pm

Ray Twinney Recreation Complex

100 Eagle Street (Multi-purpose Room), Newmarket
November 18 3:00pm - 8:00pm

Upper Canada Mall

17600 Yonge Street (near Toys "R" Us), Newmarket
November 26 10:00am - 5:00pm

Richmond Hill

Hilltop Retirement Residence

980 Elgin Mills Road East (Main Lounge),
Richmond Hill
October 27 3:00pm - 8:00pm

Richmond Hill

McConaghy Seniors' Centre

10100 Yonge Street, Richmond Hill
October 28 12:30pm - 6:30pm

Hillcrest Mall

9350 Yonge Street, Richmond Hill
November 12 10:00am - 5:00pm

Bayview Hills Community Centre

114 Spadina Road, Richmond Hill
November 29 2:00pm - 7:30pm

Rouge Woods Community Centre

110 Shirley Drive (Aspen Room), Richmond Hill
December 14 2:00pm - 8:00pm

Whitchurch-Stouffville

Lebovic Leisure Centre

30 Burkholder Street (Large Room and Hall), Stouffville
November 28 2:00pm - 8:00pm

Vaughan

City of Vaughan Civic Centre

2141 Major Mackenzie Drive West, Maple
November 9 3:00pm - 8:00pm

Garnet A. Williams Community Centre

501 Clark Avenue West (Meeting Room 3), Thornhill
November 10 3:00pm - 7:30pm

York Regional Police, Number 4 District Headquarters

2700 Rutherford Road (Community Room), Concord
November 15 3:00pm - 8:00pm

Father Ermano Bulfon Community Centre

8141 Martingrove Road (Meeting Room 2), Woodbridge
November 15 3:30pm - 7:30pm

Promenade Mall

1 Promenade Circle, Thornhill
November 19 10:00am - 5:00pm

Al Paladini Community Centre

9201 Islington Avenue (Meeting Room 1), Woodbridge
November 25 3:00pm - 7:30pm

Roll up your sleeve. Get the vaccine. Not the flu.

Clinic dates and locations are subject to change. Please contact Health Connection for the most up-to-date listing. For additional information on the community clinics or the flu contact York Region Health Services Health Connection 1-800-361-5653 or www.york.ca

