

GRCHC Community Health and Wellbeing Program Calendar – April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:00am-2:00pm – Basic Shelf (Com. Kitchen) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00 am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 6:00-7:30pm – 2SLGBTQ+ Community Connections Social (Boardroom) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)
8	9	10	11	12
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:00am-12:00pm – Basic Shelf (Com. Kitchen) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 6:00-7:30pm – Gender Journey Brant (Boardroom)	9:30-10:30am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
15	16	17	18	19
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
22	23	24	25	26
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A&B) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:00am-12:00pm – Kitchen Confidence (Com. Kitchen) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 6:00-7:30pm – Gender Journey Brant (Boardroom)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
29	30	<p style="font-size: 1.2em; margin: 0;">Outreach Station is OPEN Monday to Friday 9:00am to 3:30pm</p>		
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-3:00pm – Mood for Thought (Boardroom) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:00am-12:00pm – Kitchen Confidence (Com. Kitchen) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)			

*Drop in groups require no registration

To register call us at (519) 754-0777 and use extension from the list:

Breakfast Club | Brantford Cabaret | ID Clinic Drop-in | Men in Action | Notes & Beats | Brad – bkidder@grchc.ca or ext. 505
 Mood for Thought | Beth – bpearson@grchc.ca or ext. 437
 2SLGBTQ+ Community Connections | Acting up Drama Group | Gender Journey Brant | Learn to Paint | Lisa – ldoan@grchc.ca or ext. 252
 Let’s Make Macramé | Learn to Knit | Stitch n’ Chat | Gloria – gord@grchc.ca or ext. 223
 Basic Shelf | Melissa – msiegel@grchc.ca or ext. 479
 Drop-in Paramedic Health Clinic | BBSOS Program – bbsos@grchc.ca or ext. 432
 Gentle Yoga | Dance Fitness | OG – oegiebor@grchc.ca or ext. 233
 Happy Heart, Diabetes & Me | Easy/Sit Fit | Amanda – awhite@grchc.ca or ext. 273
 Let’s Cook Together | Makeda – mkafele-green@grchc.ca or ext. 222
 Caring for my COPD | Deb – dthornberry@grchc.ca or ext. 235



Please see our website www.grandriverchc.ca for current and upcoming programs

If you have questions about a program please email info@grchc.ca

This Month's Centre Spotlight

GRAND RIVER COMMUNITY HEALTH CENTRE COMMUNITY WELLBEING SURVEY 2024

GRCHC has launched the 2024 Community Wellbeing Survey. This survey is based on the Index of Wellbeing and aims to identify community strengths and needs.

The information provided will help not only GRCHC, but fellow regional community health agencies develop a better understanding of our communities ; to create more meaningful programming and supports.

All community members of Brantford and Brant county are welcome to complete this survey.

Survey participants can enter a bi-weekly draw for a chance to win 1 of 6, \$50 dollar grocery store gift cards.

If you have any questions please reach to our health promoter OG at oegiebor@grchc.ca or **(519) 754-0777 ext. 233**

April is Parkinson's Awareness Month – a time dedicated to raising awareness and to show our support for Canadians who live with Parkinson's disease and their families and caregivers.
#Unshakable



Follow us on social media



APRIL 2024

GRCHC NEWSLETTER



Lemon Poppy Seed Cookies

Ingredients

- 1 Tbsp lemon zest, plus more for garnish
- ¾ cup granulated white sugar
- ¼ cup light brown or golden sugar
- ½ cup unsalted butter, softened
- 1 large egg
- 1 ¾ cup all-purpose flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp fine sea salt
- 1 Tbsp poppy seeds, plus more for garnish
- 1 cup powdered sugar
- ½ lemon, freshly juiced

Instructions

- Pre-heat oven to 350 F. Line baking sheet with parchment paper
- To a bowl add lemon zest and combine with granulated and brown sugar.
- Add the butter and eggs and mix until light and fluffy.
- In a separate bowl add flour, baking powder, baking soda, salt and poppy seeds. Once dry mixture is combined add to the butter mixture. and mix until the dough comes together.
- Scoop dough into 12 equal pieces. Gently press down to slightly flatten. Bake the cookies for 8 to 9 minutes, rotating halfway through. The cookies are done when they are slightly browned around the edges.
- To make the glaze, stir together the powdered sugar and lemon juice until thick and smooth, adding more lemon juice as needed. Drizzle the glaze over the tops of the cooled cookies and sprinkle with lemon zest and poppy seeds.

FOODNETWORK.CA/RECIPE/LEMON-POPPY-SEED-COOKIES/

Learn to Knit

All are Welcome! Whether beginner or advanced
Materials will be provided

When: Thursdays
11:00 a.m. to 12:30 p.m.

Where: Grand River Community Health Centre
363 Colborne Street, Brantford Ontario,
N3S 3N2

To register please reach out to Gloria at
(519) 754-0777 ext. 223
or email gord@grchc.ca

