


GRCHC Community Health and Wellbeing Program Calendar – February 2024

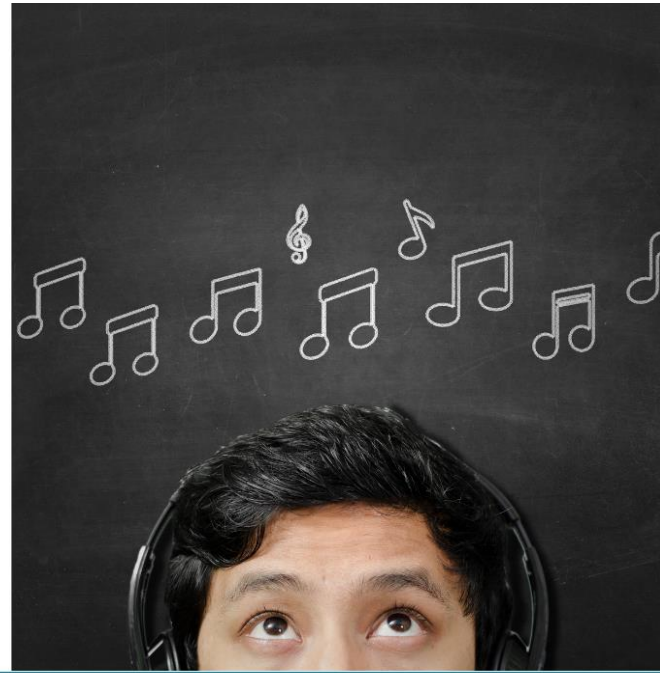
Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm			1	2
			1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 6:00-7:30pm – 2SLGBTQ+ Community Connections Social (Boardroom)	9:30-10:30am – Breakfast Club* (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)
5	6	7	8	9
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) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	10:00-11:00am – 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) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 3:00-5:00pm – Let’s Cook Together (Com. Kitchen) 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)
12	13	14	15	16
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 – Kitchen Confidence (Com. Kitchen) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 6:00-7:30pm – Gender Journey Brant (Boardroom)	10:00-11:00am – Acting Up (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) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 3:00-5:00pm – Let’s Cook Together (Com. Kitchen) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Kitchen) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)
19	20	21	22	23
Closed Family Day 	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Kitchen Confidence (Com. Kitchen) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 1:00-3:00pm – (Re)Discovering Your Body’s Wisdom (Boardroom) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	10:00-11:00am – 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) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 3:00-5:00pm – Let’s Cook Together (Com. Kitchen) 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)
26	27	28	29	
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A and Kitchen) 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 – Kitchen Confidence (Com. Kitchen) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 1:00-3:00pm – (Re)Discovering Your Body’s Wisdom (Boardroom) 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)	10:00-11:00am – 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) 1:00-3:00pm – Learn to Paint (Boardroom)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 3:00-5:00pm – Let’s Cook Together (Com. Kitchen) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	

*Drop-in program, no registration required

Call us at (519) 754-0777 and use extension from the list:

2SLGBTQ+ Community Connections Social: Lisa – lidoan@grchc.ca or ext. 252
 Acting Up Drama Group: Lisa – lidoan@grchc.ca or ext. 252
 Kitchen Confidence: Melissa – msiegel@grchc.ca or ext. 479
 Brantford Cabaret: Brad – bkidder@grchc.ca or ext. 505
 Breakfast Club: Brad – bkidder@grchc.ca or ext. 505
 Dance Fitness: Magdalena – mbentia@grchc.ca or ext. 251
 Drop-in Paramedic Health Clinic: BBSOS Program – bbsos@grchc.ca or ext. 432
 Easy/Sit Fit: Amanda – awhite@grchc.ca or ext. 273
 Gender Journey Brant: Lisa – lidoan@grchc.ca or ext. 252
 Gentle Yoga: Magdalena – mbentia@grchc.ca or ext. 251

Happy Heart, Diabetes & Me: Amanda – awhite@grchc.ca or ext. 273
 ID Clinic Drop-In: Brad – bkidder@grchc.ca or ext. 505
 Learn to Paint: Lisa – lidoan@grchc.ca or ext. 252
 Let’s Make Macramé: Gloria - gord@grchc.ca or ext. 223
 Let’s Cook Together: Makeda - mkafele-green@grchc.ca or ext. 222
 Men in Action: Brad – bkidder@grchc.ca or ext. 505
 Mood for Thought: Beth – bpearson@grchc.ca or ext. 437
 Notes & Beats: Brad – bkidder@grchc.ca or ext. 505
 (Re)Discovering Your Body’s Wisdom: Melissa – msiegel@grchc.ca or ext. 479
 Stitch n’ Chat: Gloria – gord@grchc.ca or ext. 223



Please see our website www.grchc.ca for current and upcoming programs
If you have questions about a program please email info@grchc.ca

This Month's Centre Spotlight

NOTES & BEATS GROUP

Join us and learn about Canadian artists, music history, celebrate different genres, and make music of your own!

When: Mondays from February 5th to May 27th, 2024
10:00 to 11:30 a.m.

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

If you have any questions or would like to register please reach out Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

February is Recreational Therapy Month. During this month, organizations and individuals across Canada are encouraged to learn, participate and promote the positive impact therapeutic recreation has on physical, emotional, mental and social well being.

For more information visit: <https://canadian-tr.org/>



Follow us on social media



Quick & Easy Carrot Soup

Ingredients

- 1 tablespoon (15 ml) of cooking oil (olive, vegetable oil)
- 1/2 of a diced medium sized onion
- 2 cloves of garlic, diced
- 2 cups of carrots peeled and sliced
- 1 small potato, peeled and sliced
- 3 cups of chicken or vegetable stock
- Salt and pepper to taste

Instructions

- Dice and place half a medium onion in a pot with cooking oil on medium low heat. Then, peel and slice carrots and potatoes into small chunks (the thinner the better) and set aside.
- Slice two cloves of garlic and place in pot once the onions are softened, cook for 1-2 minutes until fragrant, but not browned.
- Add carrots and potatoes to the pot and let them cook together. Then add 3 cups (750ml) stock (vegetable or chicken) to the pot and simmer everything for about 20 minutes (until carrots and potatoes are soft).
- **Optional** let the soup cool for a bit; pour into a blender and purée.
- Season with salt and pepper if needed, and serve.

[HTTPS://WWW.FOODNETWORK.CA/RECIPE/CARROT-SOUP/](https://www.foodnetwork.ca/recipe/carrot-soup/)

Let's Cook Together

Let's Cook Together is back!

Join this unique, fun, and inclusive program that focuses on learning new, cultural recipes!

When: Thursdays from February 8th to April 4th, 2024
3:00 to 5:00 p.m.

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

To register please reach out to Makeda at (519) 754-0777 ext. 222 or email mkafele-green@grchc.ca