


GRCHC Community Health and Wellbeing Program Calendar – May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00am to 3:30pm		1	2	3
		11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD Program Orientation (Boardroom) 2:30-4:00pm – Naloxone Training (Com. Rm B) 1:30-3:00pm – Men in Action* (Com. Rm A)	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) 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) 11:00-11:30am – Jane’s Walk (Front Entrance) 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)
6	7	8	9	10
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) 3:00-4:00pm – Lifestyle Management for Fatty Liver Disease Presentation (Com. Rm A&B)	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) 1:00-4:00 pm – HepCure Mobile Van* (Back Parking Lot) 2:30-4:00pm – Mind & Body Wellness Group* (Boardroom) 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) 1:30-3:00pm – Men in Action* (Com. Rm A)	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) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 10:00-11:00am – Gentle Morning Movement and Stretching Class (Com. Rm A&B) 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)
13	14	15	16	17
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 – Kitchen Confidence (Com. Kitchen) 2:30-4:00pm – Mind & Body Wellness Group* (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)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD Program Orientation (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)	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) 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)
20	21	22	23	24
Closed Victoria Day 	10:00-11:00am – Dance Fitness (Com. Rm A&B) 2:30-4:00pm – Mind and Body Wellness Group* (Boardroom) 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) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)	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) 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)
27	28	29	30	31
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 – Basic Shelf (Com. Kitchen) 2:30-4:00pm – Mind and Body Wellness Group* (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)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-3:00pm – Learn to Paint (Com. Rm A) 1:30-3:00pm – Men in Action* (Com. Rm 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) 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)

*Drop-in groups, no registration required

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**
 Mind and Body Wellness Group | **Breanne – bvandeven@grchc.ca or ext. 259**
 HepCure | **Magda – mbenita@grchc.ca or ext. 251**
 2SLGBTQ+ Community Connections | 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 | Kitchen Confidence | Liver Management for Fatty Liver Disease Presentation | **Melissa – msiegel@grchc.ca or ext. 479**
 Drop-in Paramedic Health Clinic | Naloxone Training | **BBSOS Program – bbsos@grchc.ca or ext. 432**
 Dance Fitness | Gentle Morning Movement and Stretching Class | Gentle Yoga | Jane’s Walk | **OG – oegiebor@grchc.ca or ext. 233**
 Happy Heart, Diabetes & Me | Easy/Sit Fit | **Amanda – awhite@grchc.ca or ext. 273**
 Caring for my COPD Program Orientation | **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

PARAMEDIC OUTREACH CLINIC

Grand River Community Health Centre and Brant-Brantford Paramedic Services are hosting a drop-in clinic. This is a free, low-barrier clinic – no health card required. The Outreach Paramedic Clinic will now be offering STI testing. Individuals can get tested for – Hep C, HIV, Syphilis, Gonorrhoea or Chlamydia.

When: Mondays 1:00 to 4:00 p.m.

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

If you have any questions please reach out to the SOS team at BBSOS@grchc.ca or **(519) 754-0777 ext. 432**

May is MS Awareness Month – Whether you participate in a fundraising event, volunteer, or simply learn more about MS and MS research, every action impacts the lives of over 90,000 Canadians who live with MS. mscanada.ca/msawarenessmonth



Follow us on social media



Apple Cranberry Muffins

Ingredients

- 1 cup of buttermilk
- ¾ cups large-flake rolled oats
- ½ dried cranberry
- ½ natural wheat bran
- ½ cup liquid honey
- ½ cup vegetable oil
- ¼ cup packed light brown sugar
- 1 egg
- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp fine salt
- 1 cup of chopped apple

Instructions

- In large bowl, mix together buttermilk, rolled oats, cranberries and wheat bran.
- Let stand for 15 minutes. Stir in honey, oil, sugar and egg.
- Whisk together flour, baking powder, baking soda, cinnamon and salt.
- Stir into oat mixture just until combined. Stir in apple.
- Divide among 12 paper-lined muffin cups. Bake in 375°F (190°C) oven until tops are firm to the touch, 16 to 18 minutes. Let cool in pan on rack for 5 minutes. Remove from pan to rack; let cool completely.

<https://www.canadianliving.com/food/baking-and-desserts/recipe/apple-cranberry-muffins>

Mind Body Wellness Group

For people with chronic pain.

Topics include: Coping skills, mind body connection, pacing, interactive and fun activities

When: Tuesdays
2:30 to 4:00 p.m.

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

For more information please reach out to Breanne at **(519) 754-0777 ext. 259** or email bvandeven@grchc.ca

