


GRCHC COMMUNITY HEALTH & WELLBEING CALENDAR "June 2017"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
	Honky -Tonk Zumba: 10:00 to 11:00 - Com. "B" Easy Fit Program: 11:00 to 11:45 - Com. "A & B" Sew What! (Co-Ed): 12:00 to 2:30 Com. "A" Tai Chi Program: 1:00 to 2:00 Com. "B"	PACE Walking Group: (WGSC) 10:00 to 11:00 Living with Loss: 10:00 to 11:30 - Com. "B" LGBTQ Social: 6:00 to 8:00 - Com. "A" Drop-In Gentle Yoga: 5:00 to 6:30 - Com. "B"	Easy Fit Program: 11:00 to 11:45 - Com. "A & B" MIA – Men’s Group: 1:30 to 3:00 - Com. "A" Clearing the Fog: (pre-register) 2:30 to 4:30 - Com. "B" Circuit Fitness: 6:00 to 7:00 – Com. "B"	PACE-Zumba 10:00 to 11:00- Com. "B" Stitch "N" Chat: (Women’s Group) 1:00 to 3:00 - Com. "A" 5 Ingredient Cooking: (pre-register) 1:00 to 3:00 Kitchen	Serenity Now: (pre-register) 10:00 to 12:00 – Com. "B" Easy Fit: 1:00 to 2:00 – Com. "B"	
11	12	13	14	15	16	17
	Honky -Tonk Zumba: 10:00 to 11:00 - Com. "B" Easy Fit Program: 11:00 to 11:45 - Com. "A & B" Sew What! (Co-Ed): 12:0 to 2:30 Com. "A" Tai Chi Program: 1:00 to 2:00 Com. "B"	PACE Walking Group: (WGSC) 10:00 to 11:00 Living with Loss: 10:00 to 11:30 - Com. "B" Gender Journey: 6:00 to 8:00 Com. "A" Drop-In Gentle Yoga: 5:00 to 6:30 - Com. "B"	Easy Fit Program: 11:00 to 11:45 - Com. "A & B" MIA – Men’s Group: 1:30 to 3:00 - Com. "A" Clearing the Fog: (pre-register) 2:30 to 4:30 - Com. "B" Circuit Fitness: 6:00 to 7:00 – Com. "B" Gender Journey Youth Group: 6:00 to 8:00 Com. "C"	PACE-Zumba 10:00 to 11:00- Com. "B" Stitch "N" Chat: (Women’s Group) 1:00 to 3:00 - Com. "A" 5 Ingredient Cooking: (pre-register) 1:00 to 3:00 - Kitchen Anxiety Group: (pre-register) 2:00 to 4:00 - Com "B"	Serenity Now: (pre-register) 10:00 to 12:00 – Com. "B" Easy Fit: 1:00 to 2:00 – Com. "B"	
18	19	20	21	22	23	24
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25	26	27	28	29	30	
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Interested in a program that's on the calendar?

Rose Beck/Patricia Barlow Easy Fit - gentle exercise	519-754-0777 ext.249
Stacey Cook Anxiety group - mental health education Depression group - mental health education	519-754-0777 ext. 256
Caitlin Francis Gender Journey Brant - people in gender transition Gender Journey Brant Youth - youth (14-19) in gender transition LGBTQ+ Social - social and support	519-754-0777 ext. 254
Katie Haneke Cooking classes (various) - education and skill building	519-754-0777 ext. 234
Brad Kidder Men In Action - social and support Serenity Now - mental health education	519-754-0777 ext. 505
Gloria Ord Sew What? - social/education Stitch n' Chat - social crafts	519-754-0777 ext. 223
Karen Reynolds Gentle Yoga (drop in) -exercise	519-754-0777 ext. 231
Neb Zachariah PACE - Peer physical activity program	519-754-0777 ext. 253

CELEBRATE
**BRANTFORD
PRIDE**

TWO THOUSAND SEVENTEEN
JUNE 12TH - JUNE 17TH

WWW.BRANTFORDPRIDE.CA



June Newsletter

Recipe of the MONTH

5* Ingredient, 1 Pot Lentil Pasta

*oil is not included in the ingredient list count

Ingredients:

- 1/2 tbsp canola oil
- 1/2 medium onion, diced
- 1 can (28 oz) no salt added diced tomatoes (drain all but 1 cup of liquid)
- 1/2 cup red lentils, rinsed
- 2 cups vegetable broth
- 2 1/2 cups of whole grain rotini noodles

Directions:

1. In a large pot, heat oil over medium heat
2. Add the onion and cook for 4-5 minutes, or until the onion is soft and translucent
3. Add the diced tomatoes, red lentils and broth. Bring the mixture to a low boil.
4. Add the pasta, stir until all ingredients are combined, turn the heat down to low to simmer and cover the pot.
5. Cook the pasta mixture for about 12 minutes, or until the noodles are tender and all (or most) of the liquid has been absorbed. Stir occasionally as the noodles are cooking.

NOTE: Add seasonings, like dried basil and pepper, in step #3 for extra flavour.

Adapted from: www.emmaslittlekitchen.com/one-pot-tomato-lentil-pasta

GRAND RIVER COMMUNITY
HEALTH CENTRE PRESENTS

COOKING WITH 5 INGREDIENTS

A COOKING CLASS WHERE YOU
WILL LEARN HOW TO MAKE SIMPLE
RECIPES WITH 5 INGREDIENTS OR
LESS

FREE OF CHARGE
JUNE 8, 15 & 22, 2017
1-3 PM



FOR MORE INFORMATION AND TO REGISTER
CALL KATIE AT 519-754-0777 EXT. 234

HAPPY 
Father's
DAY

18th June 2017