

GRCHC COMMUNITY HEALTH & WELLBEING CALENDAR "NOVEMBER 2018"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			PACE-Zumba: 10:00 to 11:00- Com. "A&B" Stitch "N" Chat: (Women's Group) 1:00 to 3:00 - Com."A" Serenity Now: (pre-register) 3:00 to 4:30 - Com "B"	I Can't Keep Calm: (pre-register) 10:00 to 12:00 – Com. "B" Easy Fit: 1:00 to 2:00 – Com. "B" Paint Your Art Out: 2:30 to 4:30 Comm. "B"
5	6	7	8	9
Honky Tonk Zumba: 10:00 to 11:00 - Com. "A&B" Easy Fit Program: 11:00 to 11:45 - Com. "A & B" Sew What! (Co-Ed): 12:30 to 2:30 Com. "A" Tai-Chi: 1:00 to 2:00 - Com. "B"	PACE Walking Group: 9:45 to 10:45 - meet back lobby Drop-In Gentle Yoga: 5:00 to 6:30 - Com. "B" LGBTQ Social: 6:00 to 8:00- Com. "A"	Comm. Kitchen: (pre-register) 11:00 to 1:00 - Kitchen Easy Fit Program: 11:00 to 11:45 - Com. "A & B" MIA – Men's Group: 1:30 to 3:00 - Com. "A" PACE Fitness Program: 6:00 to 7:00 – Com. "A & B"	PACE-Zumba: 10:00 to 11:00- Com. "A&B" Stitch "N" Chat: (Women's Group) 1:00 to 3:00 - Com."A" Pop Up Market: Back entrance 1:00 to 3:00 Serenity Now: (pre-register) 3:00 to 4:30 - Com "B"	I Can't Keep Calm: (pre-register) 10:00 to 12:00 - Com. "B" Easy Fit: 1:00 to 2:00 – Com. "B" Paint Your Art Out: 2:30 to 4:30 Comm. "B"
12	13	14	15	16
Honky Tonk Zumba: 10:00 to 11:00 - Com. "A&B" Easy Fit Program: 11:00 to 11:45 - Com. "A & B" Sew What! (Co-Ed): 12:30 to 2:30 Com. "A" Tai-Chi: 1:00 to 2:00 - Com. "B" Gender Journey Brant Youth: 6:00 to 8:00 - Com. "A"	PACE Walking Group: 9:45 to 10:45 - meet back lobby NAAW Open House: 5:00 to 8:00 - Com. "A & B & C"	Comm. Kitchen: (pre-register) 11:00 to 1:00 - Kitchen Easy Fit Program: 11:00 to 11:45 - Com. "A & B" MIA – Men's Group: 1:30 to 3:00 - Com. "A" PACE Fitness Program: 6:00 to 7:00 – Com. "A & B"	PACE-Zumba: CANCELLED 10:00 to 11:00- Com. "A&B" Stitch "N" Chat: (Women's Group) 1:00 to 3:00 - Com."A" CANCELLED Serenity Now: (pre-register) 3:00 to 4:30 - Com "B" CANCELLED GRCHC STAFF TRAINING WEEK	I Can't Keep Calm: (pre-register) CANCELLED 10:00 to 12:00 – com "B" Easy Fit: CANCELLED 1:00 to 2:00 – Com. "B" Paint Your Art Out: CANCELLED 2:30 to 4:30 Comm. "B" GRCHC STAFF TRAINING WEEK
19	20	21	22	23
Honky Tonk Zumba: CANCELLED 10:00 to 11:00 - Com. "A&B" Easy Fit Program: CANCELLED 11:00 to 11:45 - Com. "A & B" Sew What! (Co-Ed): CANCELLED 12:30 to 2:30 Com. "A" Tai-Chi: CANCELLED 1:00 to 2:00 - Com. "B" GRCHC STAFF TRAINING WEEK	Drop-In Gentle Yoga: CANCELLED 5:00 to 6:30 - Com. "B" LGBTQ Social: CANCELLED 6:00 to 8:00- Com. "A" GRCHC STAFF TRAINING WEEK	Easy Fit Program: CANCELLED 11:00 to 11:45 - Com. "A & B" Comm. Kitchen: (pre-register) CANCELLED 11:00 to 1:00 - Kitchen MIA – Men's Group: CANCELLED 1:30 to 3:00 - Com. "A" PACE Fitness Program: 6:00 to 7:00 – Com. "A & B" GRCHC STAFF TRAINING WEEK	PACE-Zumba: 10:00 to 11:00- Com. "B" Cooking Up Confidence: (pre-register) 10:00 to 2:00 - Kitchen Stitch "N" Chat: (Women's Group) 1:00 to 3:00 - Com."A" Serenity Now: (pre-register) 3:00 to 4:30 - Com "B"	I Can't Keep Calm: (pre-register) 10:00 to 12:00 – Com."B" Easy Fit: 1:00 to 2:00 – Com. "B" Paint Your Art Out: 2:30 to 4:30 Comm. "B"
26	27	28	29	30
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Interested in a program that's on the calendar?

Caitlin Francis Gender Journey Brant/GJBY (14-19) - people in gender transition LGBTQ+ Social - social and support	519-754-0777 ext. 254
Alex Tupper PACE - Peer physical activity program	519-754-0777 ext. 443
Martina Coady 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
Guillermo Rodriguez Anxiety group - mental health education Depression group - mental health education	519-754-0777 ext. 259



Seasonal Crafts "Make & Take" Workshop

Thursday November 29th

5:00pm-7:00pm

Community Kitchen: Enjoy some chocolaty treats

Community Rooms A & B: Make some crafts for yourself and some for others!

NO COST

18 + Only

Please call Gloria (519) 754-0777 ext. 223 for more info
or to register



November Newsletter 2018

COOKING UP CONFIDENCE

WITH DIABETES

Join us for a free **5 week** class on healthy living with diabetes. Learn about diabetes and practice cooking diabetes friendly meals.

Thursdays

November 22 to December 20

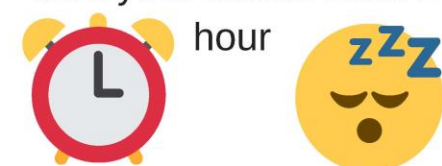
10:00am-12:00pm

Community Kitchen
Grand River Community Health Centre
363 Colborne Street, Brantford

For more information or to register call Martina:
(519)754-0777 x. 234

November 4th Daylight Savings time ends

Turn your clocks back 1



🍴 Pumpkin Protein Pancakes 🍴

Ingredients:

- ¼ cup rolled oats
- ¼ whole wheat flour
- 1 tablespoon baking powder
- 1 tablespoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon allspice
- 4 eggs, lightly beaten in a small bowl
- ¾ cup cottage cheese
- ½ cup pure pumpkin puree (homemade or canned; Not pumpkin pie filling)
- 2 tablespoons canola oil
- 1 tablespoon vanilla (optional)

Directions:

1. In a large bowl, add together oats, flour, baking powder and spices. Mix well with a fork.
2. Add in beaten eggs, cottage cheese, pumpkin, oil and vanilla. Mix well with a fork.
3. Grease a large non-stick pan with canola oil or cooking spray. Heat on medium high heat on stovetop. Spoon out a large spoonful of batter onto the hot pan. Wait about two minutes. Flip the pancake using a spatula. Heat for another one or two minutes (or until lightly browned on both sides).
4. Repeat step 3 until you have used up all the batter. *If the batter is sticking to the pan, you may need to grease the pan again or heat for longer to allow the side to brown.
5. Top with maple syrup, fruit and pumpkin seeds... OR try topping with peanut butter, applesauce, yogurt or leftover cottage cheese!



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