

# GRCHC Community Health and Wellbeing Program Calendar – April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Outreach Station is OPEN</b> <b>Monday to Friday</b> <b>9:00 am to 3:30 pm</b>	1	2	3	4
	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 12:00-6:30pm – Drop-in Outreach Clinic* (Outreach Station) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Rm A) 2:00-3:00pm – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
7	8	9	10	11
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00 pm-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 12:00-6:30pm – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Rm A) 2:00-3:00pm – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 10:00am-1:00 pm – Service Canada Drop-in Clinic* (Meeting Room D) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
14	15	16	17	18
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 2:00pm-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 12:00-6:30pm – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Kitchen) 2:00-3:00pm – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	CLOSED for Good Friday 
21	22	23	24	25
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00am-12:00pm – Tai Chi (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 12:00-6:30pm – Drop-in Outreach Clinic* (Outreach Station) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 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) 10:00am-3:30pm – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
28	29	30	<div style="border: 2px solid #0070C0; padding: 10px; text-align: center;"> <p><b>Mental Health Week groups coming soon in May...</b></p> <p><b>Save the dates May 7<sup>th</sup> &amp; May 9<sup>th</sup>!</b></p> <p><b>#MHW2025</b></p>  </div>	
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 12:00-6:30pm – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	9:30-10:30am – Belly Dancing (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)		

For more information or to register, please call (519) 754-0777 and use extension from the list:

\* = Drop-in programs, no registration required

Brantford Cabaret | ID Clinic Drop-in | Men in Action | Notes & Beats | Brad – bkidder@grchc.ca or ext. 505  
 2SLGBTQIA+ Community Connections | Acting Up | Gender Journey Brant | Learn to Paint | Service Canada Drop-in Clinic | Lisa – ldoan@grchc.ca or ext. 252  
 Learn to Knit | Let’s Make Macramé | Stitch n’ Chat | Gloria – gord@grchc.ca or ext. 223  
 Basic Shelf | Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479  
 Belly Dancing | Dance Fitness | Easy/Sit Fit | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233  
 Expressive Arts Group | Breanne – bvandeven@grchc.ca or ext. 259  
 Pre-Diabetes Workshop | Beating Strong: Heart Health Workshop | Interprofessional Primary Care Team (IPCT) – info-ipct@grchc.ca or call (226) 388-4725



Please see our website [www.grandriverchc.ca](http://www.grandriverchc.ca) for current and upcoming programs.

If you have questions about a program, please email [info@grchc.ca](mailto:info@grchc.ca)

## This Month's Centre Spotlight EXPRESSIVE ARTS GROUP

Provided by Expressive Arts Therapist in Training Mabe Kyle

Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama.

**When:** Every Tuesday from 2:00 - 3:30 p.m.

**Where:** 363 Colborne Street, Brantford ON in Community Boardroom

Drop-in or register by contacting Breanne at [bvandeven@grchc.ca](mailto:bvandeven@grchc.ca) or call (519) 754-0777 ext. 259

### Parkinson's Awareness Month

April is Parkinson's Awareness month, a time to focus on spreading knowledge, understanding and awareness of Parkinson's disease. It's also a time for celebrating the stories and courage of people living with Parkinson's, their care partners and all the people contributing to Parkinson's research.

<https://www.parkinson.ca/whats-happening-during-parkinsons-awareness-month-in-canada/>



Follow us on social media!



### Herb & Ginger-Glazed Carrots

#### Ingredients

- 2 tablespoons salted butter
- 1 tablespoon olive oil
- 3 cups peeled and chopped carrots
- 1 shallot, chopped
- 1 tablespoon grated fresh ginger
- 1 tablespoon granulated sugar
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh oregano
- 1 sprigs fresh rosemary, chopped
- Salt and pepper

#### Instructions

- In large deep skillet, melt butter with oil over medium heat. Add carrots, shallot and ginger
- Cover skillet and cook until shallots are tender, 10 minutes.
- Reduce heat to low, sprinkle with sugar and cook, uncovered, until carrots are tender and crisp, 8 to 10 minutes.
- Remove skillet from heat; add parsley, oregano and rosemary. Season with salt and pepper.

<https://www.canadianliving.com/food/lunch-and-dinner/recipe/herb-ginger-glazed-carrots>

### Men in Action

A men's social group to connect, share experiences, and engage in open discussions!

**When:** Drop-in Wednesdays from 1:30 to 3:00 p.m.

**Where:** 363 Colborne Street, Brantford ON in Community Room A

For more information, please contact Brad at (519) 754-0777 ext. 505 or email [bkidder@grchc.ca](mailto:bkidder@grchc.ca).

