


GRCHC Community Health and Wellbeing Program Calendar – August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm			1	2
			10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 10:00am-11:00pm – 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 – 2SLGBTQ+ Community Connections Social (Boardroom) 2:30-4:00pm – Mind Body Wellness Group (Brantford Public Library - Main Site)	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)
5	6	7	8	9
Closed for Civic Day 	1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD Orientation (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 2:30-4:00pm – Mind Body Wellness Group (Brantford Public Library - Main Site)	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
10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Sew What (Com. Rm A) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A and Kitchen) 1:00-3:00pm – Housing Resource Centre Drop-in Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 5:30-7:30pm – Gender Journey Brant (Boardroom)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 2:30-4:00pm – Mind Body Wellness Group (Brantford Public Library - Main Site)	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)
19	20	21	22	23
10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Sew What (Com. Rm A) 1:00-3:00pm – Housing Resource Centre Drop-in Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00am-12:00pm – Let’s Make Macramé (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD Orientation (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 2:30-4:00pm – Mind Body Wellness Group (Brantford Public Library - Main Site)	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	30
10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Sew What (Com. Rm A) 1:00-3:00pm – Housing Resource Centre Drop-in Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00am-12:00pm – Let’s Make Macramé (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 5:30-7:30pm – Gender Journey Brant (Boardroom)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-3:00pm – Learn to Paint (Com. Rm A & B) 1:30-3:00pm – Men in Action* (Boardroom)	10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 2:30-4:00pm – Mind Body Wellness Group (Brantford Public Library - Main Site) 3:00-7:00pm – International Overdose Awareness Day Event (Victoria Park 65 Market Street, Brantford)	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)

To register call us at (519) 754-0777 and use extension from the list:
 *Drop-in groups, no registration required

ID Clinic Drop-in | Men in Action | Brad – bkidder@grchc.ca or ext. 505
 2SLGBTQ+ Community Connections | Gender Journey Brant | Learn to Paint | Lisa – ldoan@grchc.ca or ext. 252
 Learn to Knit | Stitch n’ Chat | Gloria – gord@grchc.ca or ext. 223
 Breakfast Club | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479
 Drop-in Paramedic Health Clinic | BBSOS Program – bbsos@grchc.ca or ext. 432
 Dance Fitness | Sew What | OG – oegiebor@grchc.ca or ext. 233
 Mind Body Wellness Group | Magda – mbentia@grchc.ca or ext. 251
 Easy/Sit Fit | Amanda – awhite@grchc.ca or ext. 273
 Caring for my COPD 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

MIND AND BODY WELLNESS GROUP

Do you experience chronic pain? If so, join our pain self-management group. Drop by and learn coping skills for mental and physical health.

Pre-registration is not required.

When: Thursdays from 2:30 - 4:00 p.m.

Where: Brantford Public Library - Main site 173 Colborne Street, Brantford ON

For more information please contact Magda at mbentia@grchc.ca

We want to hear from you! Feedback about your experience at GRCHC can be submitted online <https://forms.grandriverchc.ca/Client-Feedback-or-Complaint-Form>



Follow us on social media



Grilled Corn with Garlic Mayonnaise, Feta, and Lime

Ingredients:

- 4 cobs fresh sweet corn shucked
- 2 tsp canola oil
- 1/4 cup mayonnaise
- 1/2 tsp smoke paprika or chili powder
- 1/2 tsp garlic powder
- 1 fresh lime juiced
- 1/4 cup crumbled feta cheese
- 1 tsp chili powder
- torn cilantro leaves or flat-leaf parsley for garnish
- lime wedges for serving

Instructions

- Preheat the grill to medium. Brush the cobs evenly with the oil. Grill for about 8-10 minutes, turning frequently. The corn will have some charred spots and be fork tender when it's ready to come off the grill.
- Stir mayonnaise with the paprika and garlic powder.
- Place on a large platter and brush each cob with the spicy mayonnaise.
- Squeeze lime juice over the corn
- Scatter feta cheese on top.
- Sprinkle with the chili powder and some cilantro.

<https://canadianfoodfocus.org/recipe/wprm-grilled-corn-with-garlic-mayonnaise-feta-and-lime/>

Happy Heart, Diabetes & Me

Monday, August 12th, 2024
1:00 pm to 3:00 pm

What to expect:

- 1 hour of light exercise and education
- 1 hour nutrition talk and food demo
- Learn about risk factors for heart disease and facts on fibre



Contact [Amanda awhite@grchc.ca](mailto:Awhite@grchc.ca) for more information or call (519) 754-0777 ext. 273