


GRCHC Community Health and Wellbeing Program Calendar – February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm				
3	4	5	6	7
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 10:00-11:00am – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 1:00 pm-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-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)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30-3:00pm – Drop-in Outreach Clinic* (St. Andrew Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Rm A) 2:00-3:00pm – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:00pm – 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) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00- 7:30 pm – Brantford Cabaret (Com. Rm A&B) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom)	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)
10	11	12	13	14
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00pm-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 – 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) 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) 11:30-3:00pm – Drop-in Outreach Clinic* (St. Andrew Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Kitchen) 2:00-3:00pm – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:00pm – 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) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00-7:00pm – Overdose Support Group* (Boardroom) 6:00- 7:30 pm – 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)
17	18	19	20	21
CLOSED for Family Day 	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)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30-3:00pm – Drop-in Outreach Clinic* (St. Andrew 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) 2:00-3:00pm – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:00pm – 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) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00- 7:30 pm – 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) 3:30-4:30pm – Belly Dancing (Com. Rm A&B)
24	25	26	27	28
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 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) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 11:30-3:00pm – Drop-in Outreach Clinic* (St. Andrew Church – 95 Darling St, Brantford) 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) 10:00am-3:00pm – 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) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00-7:00pm – Overdose Support Group* (Boardroom) 6:00- 7:30 pm – 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)

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 | Melissa – msiegel@grchc.ca or ext. 479
 Belly Dancing | Dance Fitness | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233
 Flavours of Brantford | Makeda – mkafele-green@grchc.ca or ext. 222
 Easy/Sit Fit | Amanda – awhite@grchc.ca or ext. 273
 Overdose Support Group | Boni – bgayman@grchc.ca or ext. 468
 Expressive Arts Group | Breanne – bvandeven@grchc.ca or ext. 259
 Pre-Diabetes Workshop | Beating Strong: Heart Health Workshop | Inter-professional Primary Care Team (IPCT) – info-ipct@grchc.ca or call (226) 388-4725



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

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 or call (519) 754-0777 ext. 259

February is Black History Month

Every February, people across Canada participate in Black History Month events and festivities that honour the legacy of Black people in Canada and their communities. No matter where you live, we invite all Canadians to learn more about Black Canadian communities, and how they continue to help shape Canada.



Follow us on social media



FEBRUARY 2025

GRCHC NEWSLETTER



Beef and Broccoli Stir Fry

Ingredients

- 1 lb beef stir fry strips
- 1 Tbsp cornstarch
- 1/2 tsp baking soda
- 2 Tbsp soy sauce
- 2 cloves garlic, minced
- 1 tsp ground ginger or 2 tsp (10 mL) minced fresh ginger
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup hoisin sauce
- 1/3 cup sodium reduced beef broth
- 3 Tbsp canola oil or vegetable oil, divided
- 3 cups chopped broccoli

Instructions

- In a large bowl, toss together beef stir fry strips with cornstarch and baking soda to coat. Add soy sauce, garlic, ginger, salt and pepper and toss well until beef is well coated. Cover and refrigerate for at least 30 minutes or up to 4 hours.
- In a small bowl, whisk together hoisin sauce and beef broth; set aside.
- In a large skillet, heat 1 Tbsp (15 mL) of the oil over medium heat and saute broccoli for 3 minutes; return to a bowl. Return skillet to medium high heat and heat remaining oil. Saute beef for about 5 minutes or until browned. Return broccoli to skillet and pour over hoisin mixture. Cook, stirring for about 2 minutes or until well coated.

<https://canadianfoodfocus.org/recipes/beef-and-broccoli-stir-fry/>

Client Experience Survey

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Or visit the link below:
<https://www.surveymonkey.com/r/2X8L72B>

Help us improve programs and services at GRCHC.