


## GRCHC Community Health and Wellbeing Program Calendar – January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid #0070C0; padding: 10px; background-color: white;"> <p style="font-size: 1.2em; margin: 0;"><b>Outreach Station is OPEN Monday to Friday</b></p> <p style="font-size: 1.2em; margin: 0;">9:00 am to 3:30 pm</p> </div>		<p>1</p> <p>CLOSED for New Year's Day</p> 	<p>2</p> <p>11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Stitch n' Chat (Com. Rm A)</p> <p style="text-align: center;"><u>No Evening Programming</u></p>	<p>3</p> <p>9:30-10:30am – Breakfast Club* (Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
<p>6</p> <p>11:00am-12:00pm – Tai Chi (Com. Rm A&amp;B) 1:00 pm-3:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</p>	<p>7</p> <p>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B)</p>	<p>8</p> <p>11:00am-12:00pm – Easy Fit (Com. Rm A&amp;B) 1:30-3:00pm – Men in Action* (Com. Rm A)</p>	<p>9</p> <p>10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Stitch n' Chat (Com. Rm A) 6:00-7:00pm – Overdose Support Group* (Boardroom) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Com. Kitchen)</p>	<p>10</p> <p>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&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
<p>13</p> <p>9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 10:00-11:00am – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris) 11:00am-12:00pm – Tai Chi (Com. Rm A&amp;B) 2:00pm-3:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</p>	<p>14</p> <p>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B) 5:30-7:30pm – Gender Journey Brant (Boardroom)</p>	<p>15</p> <p>11:00am-12:00pm – Easy Fit (Com. Rm A&amp;B) 1:30-3:00pm – Men in Action* (Com. Kitchen) 2:00-3:00pm – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)</p>	<p>16</p> <p>10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Stitch n' Chat (Com. Rm A)</p>	<p>17</p> <p>9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
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For more information or to register, please call (519) 754-0777 and use extension from the list:

\* = Drop-in programs, no registration required

ID Clinic Drop-in | Men in Action | Notes & Beats | Brad – bkidder@grchc.ca or ext. 505  
 2SLGBTQIA+ Community Connections | 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  
 Breakfast Club | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479  
 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 | Happy Heart, Diabetes & Me | 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 | 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

### PEER-LED OVERDOSE SUPPORT GROUP

A supportive space for those experiencing loss due to overdose or substance-related harms, offering solidarity, shared experiences, and understanding.

**When:** Every 2nd and 4th Thursday from 6:00 p.m. - 7:00 p.m.

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

For more information, please contact Boni at [bagyman@grchc.ca](mailto:bagyman@grchc.ca) or call (519) 754-0777 ext. 468

January is Alzheimer's Awareness Month, a time when individuals and organizations across Canada are encouraged to deepen their understanding of dementia and its profound impact on Canadians. This month offers an opportunity to learn about the daily challenges, triumphs, and aspirations of those living with dementia.

For more information, please visit <https://alzheimer.ca/en>



Follow us on social media



JANUARY 2025

# GRCHC NEWSLETTER



## Beef Barley Soup

### Ingredients

- 1 lb stewing beef cubes (or 3 cups/750 mL chopped cooked roast beef)
- 3 Tbsp canola oil, divided
- 2 cloves garlic, minced
- 1 medium onion, diced
- 2 cups chopped carrots
- 2 cups chopped celery
- 2 tsp dried thyme leaves
- 2 tsp dried parsley
- 2 bay leaves
- 8 cups reduced-sodium beef broth
- 1 (28 oz/796 mL) no-salt-added canned diced tomatoes
- 3/4 cup pearl or pot barley
- 1/4 tsp pepper

### Instructions

- In a large soup pot, add 1 Tbsp (15 mL) of canola oil and beef cubes; cook over medium-high until beef is browned. Remove from pan. (Omit this step if using cooked roast beef.)
- In same pot, add remaining 2 Tbsp (30 mL) canola oil, garlic, and onions. Sauté for about 6–8 minutes. Add carrots and celery and continue to sauté for another 6–8 minutes. Stir in thyme and parsley and cook for an additional 2 minutes.
- Return beef to pan and add bay leaves, broth, tomatoes, barley, and pepper. Bring to a boil. Cover and simmer for about 40 minutes. Serve. Leftovers keep well in the freezer.

<https://canadianfoodfocus.org/recipes/grandmas-beef-barley-soup/>

## Service Canada Drop-in Clinic

Meet with a Service Canada Outreach Specialist and get information and help with different federal programs and benefits, such as the Canada Pension Plan (CPP), Employment Insurance (EI), and much more!

**When:** Second Friday of each month  
10:00 a.m. - 1:00 p.m.

**Where:** 363 Colborne Street,  
Brantford ON

For more information, contact Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca) or (519) 754-0777 ext. 252