


GRCHC Community Health and Wellbeing Program Calendar – July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Outreach Station is OPEN</div> <div>Monday to Friday</div> <div>9:00 am to 3:30 pm</div>	1	2	3	4
	<div>CLOSED for Canada Day</div> <div></div>	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) 2:00-3:30pm – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – 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) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom)	9:30-10:30am – Breakfast Club* (Com. Rm A& 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
10:00-11:30am – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-2:00pm – Happy Heart, Diabetes & Me (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) 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&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:30-11:30am – Learn to Paint (Boardroom) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 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) 2:00-3:30pm – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – 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)	9:30-10:30am – Breakfast Club* (Com. Rm A& 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
10:00-11:30am – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-2:00pm – Happy Heart, Diabetes & Me (Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-11:30am – COPD & Lung Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	9:30-11:30am – Learn to Paint (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 (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A) 2:00-3:30pm – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – 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)	9:30-10:30am – Breakfast Club* (Com. Rm A& 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)
21	22	23	24	25
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28	29	30	31	
11:00am-12:00pm – Tai Chi (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-11:30am – COPD & Lung Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 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&B)	9:30-10:30am – Belly Dancing (Com. Rm A&B) 10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford)	10:00-11:00am – 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)	

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 | 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 | 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
Beating Strong: Heart Health Workshop | Pre-Diabetes Workshop | Interprofessional Primary Care Team (IPCT) – info-ipct@grchc.ca or call (226) 388-4725
COPD & Lung Health Workshop | Deb – 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

LEARN TO KNIT

No experience necessary, whether you are a beginner or advanced, all are welcome

When: Thursdays from 11:00 am - 12:30 pm

Where: Grand River Community Health Centre (363 Colborne St, Brantford)

For more information or to register, please contact Gloria at gord@grchc.ca or call (519) 754-0777 ext. 223

July is Disability Pride Month

observed every July, it's a time to celebrate the identities, culture, and significant contributions of individuals with disabilities.

To learn more, please visit

<https://www.supportedemployment.ca/disability-pride-month/>



Grand River
Community
Health Centre

Follow us on social media!



JULY 2025

GRCHC NEWSLETTER



Frozen Yogurt Bark with Flax

Ingredients

- 2 cups plain Greek yogurt
- 1 Table spoon vanilla extract
- 2 Table spoon honey
- 1/4 cup ground flax
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/2 cup pineapple chopped
- 2 Table spoon pumpkin seed
- 2 Table spoon flaxseed

Instructions

- In a bowl, combine yogurt, vanilla, honey and ground flax; mix.
- Spread mixture on a baking pan covered with parchment paper. Sprinkle with fruit and seeds. Freeze for at least 2 hours. Break apart frozen yogurt bark and serve. Store in the freezer.

<https://canadianfoodfocus.org/recipes/frozen-yogurt-bark-with-flax/>

Happy Heart, Diabetes & Me

A free monthly Nutrition Program led by a registered Dietitian

Monday July 7 and 14
1:00 - 2:00 p.m.

Topics include:

- Heart Health nutrition and lifestyle recommendation
- label reading and recipe adjustments
- food demo

To register contact Melissa at 519-754-0777 ext 479 or email at msiegel@grchc.ca