

GRCHC Community Health and Wellbeing Program Calendar – June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:30am – Pre-Diabetes 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. Rm A & Com. Kitchen) 2:00-3:30pm – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-11:30am – COPD & Lung Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 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)	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)	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. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Nutrition for Bone Health (Com. Kitchen) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
9	10	11	12	13
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:30am – Pre-Diabetes 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. Rm A & Com. Kitchen) 2:00-3:30pm – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-11:30am – COPD & Lung Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 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)	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) 2:00-3:00pm – Soft Food Diet (Com. Kitchen)	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. 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)
16	17	18	19	20
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:30am – Pre-Diabetes 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. Rm A & Com. Kitchen) 2:00-3:30pm – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-11:30am – 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)	9:30-11:30am – 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) 2:00-3:00pm – Power of Protein in Aging (Com. Kitchen)	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. 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) 2:00-4:00pm – Cooking with Lori (Com. Kitchen)
23	24	25	26	27
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) 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)	9:30-10:30am – Belly Dancing (Com. Rm A&B) 10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 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 – Nutrition for Brain Health (Com. Kitchen)	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. 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)
30	<div>Outreach Station is OPEN Monday to Friday</div> <div>9:00 am to 3:30 pm</div>			
11:00am-12:00pm – Tai Chi (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

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 | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479
Belly Dancing | Cooking with Lorie | Dance Fitness | Easy/Sit Fit | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233
Beating Strong: Heart Health Workshop | Nutrition for Bone Health | Soft Food Diet | Power of Protein Aging | Nutrition of Brain Health | 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

2SLGBTQIA+ COMMUNITY CONNECTIONS

Join members of the 2SLGBTQIA+ community for a free in-person social group!

When: 1st Thursday of each month from 6:00 - 7:30 p.m.

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

For more information or to register, please contact ldoan@grchc.ca or call (519) 754-0777 ext. 252

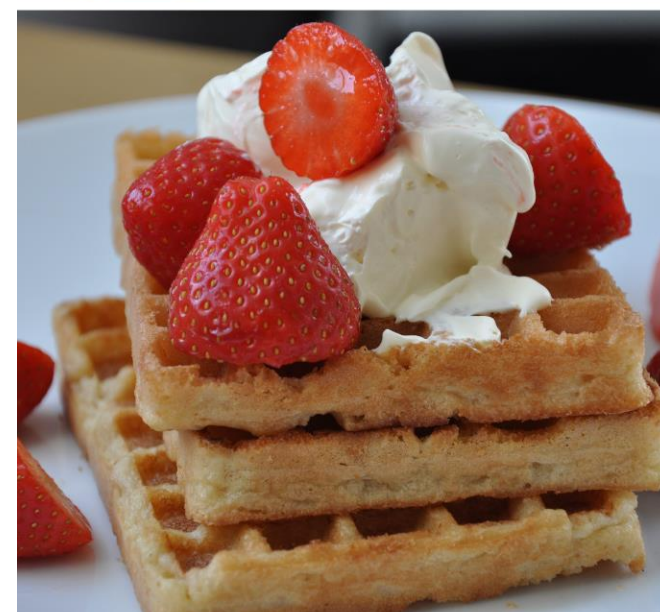
June is Canadian Men's Health Month

Did you know? Approximately 70% of men's health issues are preventable. No matter how you do it—getting screened, exercising, getting outside or checking in with a friend—take charge of your health.

To learn more, please visit menshealthfoundation.ca



Follow us on social media!



Barley Waffles and Strawberries

Ingredients

- 2 1/4 cups whole barley flour
- 2 tablespoons granulated sugar
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 2 eggs, beaten
- 2 1/4 cups milk
- 1/4 cup canola oil
- 1 teaspoon vanilla

Instructions

- Start heating waffle iron as manufacturer directs.
- In a medium bowl, combine barley flour, sugar, baking powder and salt.
- In a smaller bowl, combine eggs, milk, canola oil and vanilla and stir into dry ingredients just until well combined.
- Pour batter onto the waffle iron following manufacturer's instructions and gently close. Remove the waffles when the lid lifts open easily, about 5 to 6 minutes.

<https://canadianfoodfocus.org/recipes/barley-waffles/>

Pride Month

June is Pride Month—a time dedicated to celebrating 2SLGBTQIA+ communities for their resilience and talents, and advocating for equal rights.

Join Grand River Community Health Centre at Pride in the Park!

Saturday, June 14th, 2025

12:00 - 5:00 p.m.

51 Lynwood Drive, Brantford ON

To find out more, please visit brantfordpride.com/events