

GRCHC Community Health and Wellbeing Program Calendar – March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-3:00pm – 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) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D)	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 – 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 – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00- 7:30pm – 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 – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&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 – 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) 1:30-3:00pm – Men in Action* (Com. Rm A) 2:00-3:00pm – 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 – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00-7:30pm – 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
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&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) 2:00-3:30pm – Expressive Arts Group* (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D)	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. B) 2:00-3:00pm – 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) 11:00am-3:00pm – Explore Social Prescribing* (Boardroom) 1:00-3:00pm – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00-7:30pm – 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) 11:00am-12:00pm – Tai Chi (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&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) 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) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Drop-in Outreach Clinic* (Norfolk Family Health Team – 185 Robinson St, Simcoe) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 3:00-5:00pm – Flavours of Brantford (Com. Kitchen) 6:00-7:30pm – 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)
31	<div style="border: 2px solid #0070C0; padding: 10px; display: inline-block;"> <h3 style="margin: 0;">Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm</h3> </div>			

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 | 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 | Kitchen Confidence | 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 | Happy Heart, Diabetes & Me | Amanda – awhite@grchc.ca or ext. 273
 Explore Social Prescribing | Jodi – jhelps@grchc.ca or ext. 308
 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 for current and upcoming programs

If you have questions about a program please email info@grchc.ca

This Month's Centre Spotlight ACTING UP

Unlock your creativity and build confidence with our dynamic, free acting workshop designed for adults of all experience levels. Whether you're a beginner or an experienced performer, our program offers a variety of improv, drama lessons and script work.

When: Wednesdays from 9:45 - 10:45 a.m.

Where: 363 Colborne Street, Brantford ON in Community Boardroom

To register, please contact Lisa at ldoan@grchc.ca or call (519) 754-0777 ext. 252

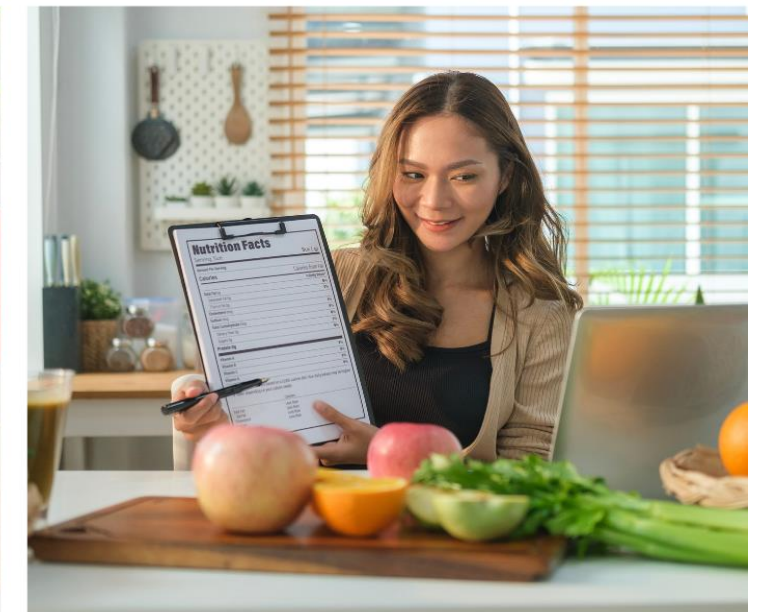
Nutrition Month

The theme this year is: Nourish to Flourish! Highlighting the "transformative role that food and nutrition play in our lives, going far beyond simply meeting physical needs," - John Paul Cody-Cox, CEO of Dietitians of Canada. Food bares the ability to brings us together, supports mental health, and nurtures our communities.

<https://www.dietitians.ca/News/2025/Nourish-to-Flourish-Nutrition-Month-2025>



Follow us on social media



Beet Borscht

Ingredients

- 2 tablespoons vegetable oil
- 1 onion diced
- 3 cloves garlic minced
- 1/2 teaspoon caraway seeds
- 1 1/2 lb beets peeled and diced
- 5 cups diced green cabbage
- 2 white potatoes (about 280 g), cubed
- 2 stalks celery diced
- 1 carrots diced
- 2 bay leaves
- 1 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 can tomato paste
- 1 tablespoon packed brown sugar
- 10 cups water
- 3 tablespoons vinegar

Instructions

- In large Dutch oven, heat oil over medium-high heat; cook onion, garlic and caraway seeds, stirring occasionally, until softened and light golden, about 4 minutes.
- Stir in beets, cabbage, potatoes, celery, carrot, bay leaves, salt and pepper; cook over medium heat, stirring often, until beets are starting to soften, about 10 minutes.
- Stir in tomato paste and brown sugar; cook, stirring, for 2 minutes. Stir in water; bring to boil. Reduce heat and simmer, stirring occasionally, until beets are tender, about 40 minutes. Stir in vinegar; discard bay leaves. (Make-ahead: Freeze in airtight container for up to 2 weeks.)

<https://www.canadianliving.com/food/recipe/beet-borscht>

Nutrition Counselling

This service is available to Norfolk, County of Brant, and Brantford residents. Whether referred by a healthcare provider or self-referred, individuals can meet with a registered dietitian for support with:

- Cholesterol Management
- Hypertension
- Pre-diabetes & Diabetes
- Digestive Health (IBS, IBD, Celiac, etc.)
- Infant & Toddler Nutrition
- Bone Health
- Fatty Liver Disease
- Iron Deficiency and more

If you have primary care elsewhere, please call (226) 388-4725 or ipct-info@grchc.ca.

If you have primary care at GRCHC, please call (519) 754-0777 ext. 479 or email msiegel@grchc.ca.