


GRCHC Community Health and Wellbeing Program Calendar – May 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <div>Outreach Station is OPEN Monday to Friday</div> <div>9:00 am to 3:30 pm</div> | | | 1 | 2 |
| | | | 10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – 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) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom) 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) |
| 5 | 6 | 7 | 8 | 9 |
| 9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:30am – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-2:00pm – 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) 1:00-3:00pm – Basic Shelf (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) 2:00-3:30pm – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) 2:30-4:00pm – Food & Mood Cooking Class (Com. Kitchen) | 10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – 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) 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) 1:00-3:00pm – Emotional Eating Workshop (Boardroom) 2:00-3:00pm – Sit Fit (Com. Rm A&B) |
| 12 | 13 | 14 | 15 | 16 |
| 9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:30am – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-2:00pm – 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) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 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) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Kitchen) 2:00-3:30pm – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) | 10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – 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) 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) |
| 19 | 20 | 21 | 22 | 23 |
| <div>CLOSED for Victoria Day</div> <div></div> | 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 – Basic Shelf (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 B) 2:00-3:30pm – Beating Strong: Heart Health Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe) | 10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-3:30pm – 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) 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) |
| 26 | 27 | 28 | 29 | 30 |
| 9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:30am – Pre-Diabetes Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris) 11:00am-12:00pm – Tai Chi (Com. Rm A&B) 1:00-2:00pm – 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) 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) 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) 10:00am-3:30pm – 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) | 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 | Gender Journey Brant | 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 | Emotional Eating Workshop | Food & Mood Cooking Class | Happy Heart, Diabetes & Me | 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



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

BEATING STRONG: HEART HEALTH WORKSHOP SERIES

Join us for informative sessions on heart health and learn about:

- Cholesterol values and what they really mean
- The Mediterranean way of eating and other heart healthy nutrition tips
- Strategies for improving social and mental well-being and managing stress

When: Wednesdays May 7th, 14th & 21st from 2:00 - 3:30 p.m.

Where: Norfolk Family Health Team (185 Robinson St, Simcoe)

For more information or to register, please contact ipct-info@grchc.ca or call (226) 388-4725

May is MS Awareness Month

Whether you participate in a fundraising event, volunteer, or simply learn more about Multiple Sclerosis (MS) and MS research, every action impacts the lives of over 90,000 Canadians who live with MS.

To learn more, please visit mscanada.ca/msawarenessmonth



Follow us on social media!



MAY 2025

GRCHC NEWSLETTER



Cream of Asparagus Soup

Ingredients

- 2 pounds fresh asparagus ends trimmed
- 3 tablespoons butter
- 1 small yellow onion chopped
- 2 garlic cloves minced
- 1/2 teaspoon dry mustard powder
- Salt and pepper
- 4 1/2 cups low-sodium chicken or vegetable broth
- 1/2 cup whipping (35%) cream
- 1 tablespoon lemon juice

Instructions

- Trim the tips from 6 asparagus spears (2 inches from the top). Slice lengthwise if thick; set aside for garnish. Chop the rest, including trimmed bits, into 1/2-inch pieces.
- In a pot, melt 1 tbsp butter over medium heat. Add 1/2 chopped onion and cook for 5 minutes. Stir in 1 minced garlic clove, cook 1-2 more minutes. Add chopped asparagus and 1/2 tsp mustard powder. Season with salt and pepper. Cook, stirring, for 5 minutes.
- Add about 1 3/4 cups broth, just enough to cover. Bring to a boil, then simmer, covered, until asparagus is tender, 15-20 minutes.
- Meanwhile, boil reserved asparagus tips in salted water until just tender, about 2 minutes. Drain and rinse under cold water.
- Purée the soup (in batches if needed) and return to the pot. Stir in 1/4 cup cream and extra broth if needed. Warm over low heat. Add 1/2 tbsp lemon juice, adjust seasoning.
- Serve topped with asparagus tips.

<https://canadianfoodfocus.org/in-your-kitchen/eat-your-vegetables-asparagus/>

Primary Care Access Clinic

Our Primary Care Access Clinic offers inclusive, non-urgent care for those without a primary provider.

Services can include:

- Preventive care & screenings
- Pregnancy & child health support
- Vaccines & sexual health
- Mental health & chronic condition care

Appointment required.

Please contact (226) 388-4725 or ipct-info@grchc.ca

Note: If you already have a doctor or nurse practitioner, you're not eligible.