

## GRCHC Community Health and Wellbeing Program Calendar – November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm</b>				1
				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)
4	5	6	7	8
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Beating Strong: Heart Health Workshop (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care) 3:00-5:00pm – Flavours of Brantford 2.0 (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) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-2:30pm – Caring for my COPD Orientation (Boardroom) 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 – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – 2SLGBTQ+ 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)
11	12	13	14	15
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				11:00am-12:30pm – Learn to Knit (Boardroom) 1:00-3:00pm – Stitch n’ Chat (Boardroom) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)
18	19	20	21	22
<u>No Day Programming Due to All Staff Training</u>	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) 1:30-3:30pm – Expressive Arts Group (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	9:45-10:45am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:30pm – World COPD Day Event (Com. Rm A & 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* (Outreach Station) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 2:00-3:00pm – Mind Body Wellness Group* (Brantford Public Library – 173 Colborne St) 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) 3:00-5:00pm – Flavours of Brantford 2.0 (Com. Kitchen)
25	26	27	28	29
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00-11:00am – Beating Strong: Heart Health Workshop (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Kitchen) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care) 3:00-5:00pm – Flavours of Brantford 2.0 (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) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 1:30-3:30pm – Expressive Arts Group (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 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) 1:00-3:00pm – Learn to Paint (Boardroom) 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 – Drop-in Outreach Clinic* (Outreach Station) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 2:00-3:00pm – Mind Body Wellness Group* (Brantford Public Library – 173 Colborne St) 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)

To register, please call us at (519) 754-0777 and use extension from the list:

\*Drop-in groups, no registration required

Brantford Cabaret | ID Clinic Drop-in | Men in Action | Notes & Beats | Brad – bkidder@grchc.ca or ext. 505  
 2SLGBTQ+ Community Connections | Acting Up | Gender Journey Brant | Learn to Paint | 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  
 Drop-in Paramedic Health Clinic | BBSOS Program – bbsos@grchc.ca or ext. 254  
 Dance Fitness | Gentle Yoga | OG – oegiebor@grchc.ca or ext. 233  
 Flavours of Brantford 2.0 | Makeda – mkafele-green@grchc.ca or ext. 222  
 Easy/Sit Fit | Happy Heart, Diabetes & Me | Amanda – awhite@grchc.ca or ext. 273  
 Caring for my COPD Orientation | Deb – dthornberry@grchc.ca or ext. 235  
 Beating Strong: Heart Health Workshop | Amy – acampbell@grchc.ca or call (226) 388-4725  
 Expressive Arts Group | Breanne – bvandeven@grchc.ca or ext. 259



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

### DROP-IN OUTREACH CLINIC

#### Services offered at the drop-in clinic:

- See a health care provider
- Access wound care
- Receive sexual health info & testing
- Access harm reduction supplies
- Get support obtaining ID
- Receive mental health support & referrals

#### To support folks who

- Use substances
- Are unhoused or street involved
- Have difficulty making & keeping appointments
- Do not have a primary care provider and/or a health card

**When:** Tuesdays 12:00 p.m. - 6:30 p.m. & Thursdays 1:00 p.m. - 3:00 p.m.

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

This Diabetes Awareness Month, let's take a moment to understand the realities of living with diabetes and deepen our knowledge of this complex condition. It is an important time to raise awareness, promote education, and ensure that everyone affected by diabetes has access to the care and resources they need to live a healthy life.

For more information, please visit <https://www.diabetes.ca>



Follow us on social media



NOVEMBER 2024

# GRCHC NEWSLETTER



### Apple Pie Smoothie

#### Ingredients:

- 1 medium apple (such as Cortland, Empire or Honeycrisp)
- 1 cup milk (substitute milk for other alternatives as desired)
- 1/3 cup ice cubes (about 4-5)
- 1/4 cup large flake oats
- 2 pitted dates
- Pinch of ground cinnamon
- 1 teaspoon lemon juice, or more to taste

#### Instructions

- Process ingredients in a blender until smooth. Cool in the refrigerator for at least 15 minutes and up to 12 hours. Enjoy in a chilled glass.

<https://canadianfoodfocus.org/recipes/apple-pie-smoothie/>

### Seasonal Craft "Make and Take" Workshop

Come spend a festive afternoon crafting holiday treats to take home or share as gifts! No cost, and everyone is invited!

**When:** Wednesday, December 4th, 2024  
3:00 - 6:00 p.m.

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

To register, please call or email Gloria at [gord@grchc.ca](mailto:gord@grchc.ca) or (519) 754-0777 ext. 223