

GRCHC Community Health and Wellbeing Program Calendar – November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30-11:00am – Notes & Beats (Com. Rm A&B) 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) 5:30-6:45pm – Gentle Yoga (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) 12:00am-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) 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)
10	11	12	13	14
9:30-11:00am – Notes & Beats (Com. Rm A&B) 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) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:30-11:30am – Learn to Paint (Boardroom) 10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 12:00pm-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)	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) 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
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24	25	26	27	28
<u>No Day Programming Due to All Staff Training</u>	<u>Only Evening Programming Due to All Staff Training</u> 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:30-10:30am – Belly Dancing with Tammy (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) 12:00pm-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 – 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)

Outreach Station is OPEN Monday to Friday
9:00 am to 3:30 pm

DIABETES



Please see our website www.grandriverchc.ca for current and upcoming programs.

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

HAPPY HEART, DIABETES & ME

A FREE Nutrition Class led by Registered Dietitian. Join us and learn how to cook heart healthy meals & meals to help control your diabetes!

This month's topic;
Heart Disease

Week 1: Nutrition basics for managing cholesterol and high blood pressure

Week 2: Practical strategies to implement label reading and recipe adjustments

Monday, November 3rd and 10th, 2025 1:00 - 2:00 p.m.

For more information or to register, please contact Melissa at (519) 754-0777 ext. 479 or msiegel@grchc.ca

November is Diabetes Awareness Month

Diabetes Awareness Month is here! Living with diabetes can feel like a full-time job, but many people don't understand the challenges that come with managing this complex, often invisible condition. Let's change that. This month, let's commit to making time to understand and support those who live with this condition every single day.

To learn more, please visit www.diabetes.ca



Follow us on social media!



NOVEMBER 2025

GRCHC NEWSLETTER



Steak and Roasted Vegetable Sheet-Pan Dinner

Ingredients

- 1 1/2 cups each: cauliflower, broccoli, carrots, cut into small pieces
- 1 1/2 tsp canola oil
- 1/2 tsp each: onion powder, dried thyme, dried rosemary, paprika
- 1/2 lb beef strip loin steak
- Garlic Aioli
 - 2 Tbsp yogurt, 0% fat M.F.
 - 1/2 tsp water
 - 1/4 tsp each: crushed garlic and Dijon mustard

Instructions

- Heat oven to 400°F (200°C).
- Mix veggies: In a big bowl, mix cauliflower, broccoli, and carrots with some canola oil. In a small bowl, mix your spices. Sprinkle spices on the veggies and stir.
- Bake: Put the veggies on a foil-covered baking pan. Roast for 12 minutes.
- Cook steak: In a pan on medium-high heat, cook the steak for 2 minutes on each side. Cover and set aside.
- Make sauce: In a small bowl, mix yogurt, water, garlic, and mustard.
- Finish baking: Move veggies to the side of the pan. Put steak in the middle. Roast 4 to 6 more minutes, or until steak is medium-rare (140°F/60°C).
- Rest and slice: Take steak out, cover, and let it rest for 5 minutes. Then slice thin.
- Serve: Put veggies on plates. Add steak on top. Drizzle with garlic sauce.

<https://canadianfoodfocus.org/recipes/steak-and-roasted-vegetable-sheet-pan-dinner/>

Drop-In Outreach Clinic

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

**First, Second & Fourth
Wednesday of every month**

10:00 - 11:00 a.m.

**Friendship House
452 Grey Street
Brantford, Ontario**