



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

Monday	Tuesday	Wednesday	Thursday	Friday
September 30	1	2	3	4
<p><b>CLOSED for National Day for Truth and Reconciliation</b></p> 	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) 1:00-3:00pm – National Seniors Day Event (Com. Rm A&B) 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) 10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 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) 11:00-12:00pm – Dance Fitness (Com. Rm A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-3:00pm – Let’s Grow Your Garden (Com. Courtyard) 2:00-3:00pm – Sit Fit (Com. Rm A&B) 3:00-5:00pm – Flavours of Brantford 2.0 (Com. Kitchen)
7	8	9	10	11
9:30-11:00am – Notes & Beats (Com. Rm A&B) 10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:00pm – Nutrition for Bone Health (Com. Kitchen) 3:00-5:00pm – Flavours of Brantford 2.0 (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) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 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) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-4:00pm – Drop-in Paramedic Health Clinic* (SOS Clinic) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00-12:00pm – 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)
14	15	16	17	18
<p><b>CLOSED for Thanksgiving</b></p> 	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 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) 1:00pm- 3:00pm – Let’s P-aint Away (Com. Rm A) 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 – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00-12:00pm – 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)
21	22	23	24	25
9:30-11:00am – Notes & Beats (Com. Rm A&B) 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) 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) 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 (Com. Rm A) 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 – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00-12:00pm – 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)
28	29	30	31	<p><b>Outreach Station is OPEN</b></p> <p><b>Monday to Friday</b></p> <p><b>9:00 am to 3:30 pm</b></p>
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00am-12:00pm – Power of Protein in Aging (Com. 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) 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) 1:00-3:00pm – Learn to Paint (Com. Rm A) 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 – Stitch n’ Chat (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  
 2SLGBTQIA+ 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 | Nutrition for Bone Health | Power of Protein in Aging | Melissa – msiegel@grchc.ca or ext. 479  
 Drop-in Paramedic Health Clinic | BBSOS Program – bbsos@grchc.ca or ext. 432  
 Dance Fitness | Gentle Yoga | National Seniors Day Event | 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  
 Let’s P-aint Away | Let’s Grow Your Garden | Jazzlyn – jmacdonald@grchc.ca or 254



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

### POWER OF PROTEIN SESSION WITH COOKING DEMO

Join GRCHC dietitians to learn the importance of incorporating protein in our diet as we age, what to do if we have a low appetite, food sources, and some delicious recipes!

**When:** Monday, October 28th from 11:00 a.m. - 12:00 p.m.

**Where:** 363 Colborne Street, Brantford in Community Kitchen

For more information, please contact **Melissa**, Dietitian, at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or **(519) 754-0777 ext. 479**

October is Community Health and Wellbeing Month (CHWM)! This year's theme is "The Future is Community." The overarching goal of CHWM this year is to secure commitments from the Government of Ontario to invest in Ontario's community health sector.

For more information, please visit <https://www.allianceon.org/CHWM2024>



Follow us on social media



#### Apple Herb Stuffing

##### Ingredients:

- 2 tablespoons of butter
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 clove garlic, minced
- 2 apples, diced
- 1 tablespoons of chopped fresh sage or 1 teaspoon of dried
- 1/2 tsp chopped fresh rosemary or 1/8 teaspoon of dried
- 1/4 teaspoon of celery seeds
- Salt and pepper to taste
- 1/2 cup of turkey or chicken stock
- 7 cups cubed day-old bread

##### Instructions

- Melt butter over medium heat in a large skillet. Add celery, onions and garlic, sauté until starting to soften.
- Add apples, sage, rosemary, celery seeds, a teaspoon of salt and pepper, until onions start to turn golden and apples just start to get tender.
- Pour in 1/4 cup of the stock and scrape up brown bits.
- Transfer vegetables to a large bowl and mix with bread. Add enough of the stock to moisten stuffing. Season with salt and pepper to taste. Let cool completely.
- Pack into a buttered 8- to 10-cup (2 to 2.5 L) baking dish. You can cover and refrigerate stuffing for up to 1 day.
- Cover baking dish with buttered foil. Bake in 325° to 375°F (160° to 190°C) oven, alongside turkey, for 45 minutes or until hot in the centre. Uncover and bake for about 15 minutes longer or until top and sides are golden and crisp.

<https://canadianfoodfocus.org/recipes/apple-herb-stuffing/>

#### National Seniors Day Event

We're excited to offer a **FREE** event for those 55+ and their loved ones featuring a brief presentation on Service Canada programs followed by an open house to meet local health and social services agencies to learn about senior specific programs and resources.

**When:** Tuesday, October 1st, 2024  
1:00 to 3:00 p.m.

**Where:** Community Rooms A & B  
363 Colborne Street, Brantford

For more information and to register for the presentation, please contact OG at [oegiebor@grchc.ca](mailto:oegiebor@grchc.ca) or **(519) 754-0777 ext. 233**