


GRCHC Community Health and Wellbeing Program Calendar – October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Outreach Station is OPEN Monday to Friday</div> <div>9:00 am to 3:30 pm</div>		<div>1</div> <div>10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;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)</div>	<div>2</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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 &amp; B)</div>	<div>3</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</div>
<div>6</div> <div>9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 11:00am-12:00pm – Tai Chi (Com. Rm A&amp;B) 1:00-2:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</div>	<div>7</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 11:30am-12:30pm – Bone Health Presentation (Paris Hub, Boardroom – 25 Curtis Ave N) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B)</div>	<div>8</div> <div>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&amp;B) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:00-3:00pm – Learn to Paint (Boardroom) 1:00-5:00pm – Community Health and Wellbeing Month Open House Event* (Paris Hub, Community Room – 25 Curtis Ave N)</div>	<div>9</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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 &amp; B)</div>	<div>10</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</div>
<div>13</div> <div>CLOSED for Thanksgiving</div> <div></div>	<div>14</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B) 5:30-7:30pm – Gender Journey Brant (Boardroom)</div>	<div>15</div> <div>9:30-11:30am – Learn to Paint (Boardroom) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;B) 11:30am-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) 3:00-4:00pm – Protein Power (Com. Kitchen)</div>	<div>16</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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 &amp; B)</div>	<div>17</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</div>
<div>20</div> <div>9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 11:00am-12:00pm – Tai Chi (Com. Rm A&amp;B) 1:00-2:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</div>	<div>21</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B)</div>	<div>22</div> <div>10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;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)</div>	<div>23</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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 &amp; B)</div>	<div>24</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</div>
<div>27</div> <div>9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 11:00am-12:00pm – Tai Chi (Com. Rm A&amp;B) 1:00-2:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</div>	<div>28</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 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* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B) 5:30-7:30pm – Gender Journey Brant (Boardroom)</div>	<div>29</div> <div>9:30-10:30am – Belly Dancing with Tammy (Com. Rm A&amp;B) 10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;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) 3:00-4:00pm – Nutrition for Fatty Liver Disease (Com. Kitchen)</div>	<div>30</div> <div>10:00-11:00am – Dance Fitness (Com. Rm A&amp;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 &amp; B)</div>	<div>31</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</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 | Lisa – ldoan@grchc.ca or ext. 252  
Learn to Knit | Let’s Make Macramé | Stitch n’ Chat | Gloria – gord@grchc.ca or ext. 223  
Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Nutrition for Fatty Liver Disease | Power of Protein | Melissa – msiegel@grchc.ca or ext. 479  
Belly Dancing with Tammy | Dance Fitness | Easy/Sit Fit | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233  
Bone Health Presentation | Interprofessional Primary Care Team (IPCT) – (226) 388-4725





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)

## Want to give back to the community?

We're seeking a reliable, welcoming Volunteer Leader.

This volunteer role includes:

- Training and supporting new Greeter Volunteers,
- Coordinating coverage and contacting on-call volunteers when needed, and
- Ensuring consistent, friendly service at our Outreach Station

1-year commitment required. Ideal for someone who's organized, dependable, has a flexible schedule, and enjoys supporting others. Apply today by scanning the QR code!



### October is ADHD Awareness Month

This October, the Centre for ADHD Awareness Canada (CADDAC) is raising awareness about the additional mental health conditions that often come with an ADHD diagnosis. Early intervention is shown to prevent further mental health disorders such as anxiety, depression, and substance use disorders.

To learn more, please visit [www.caddac.ca](http://www.caddac.ca)



Follow us on social media!



### Walnut and Flax Carrot Cookies

#### Ingredients

- |  |                                       |
|--|---------------------------------------|
| • 1/2 cup canola oil                                   | • 3/4 cup rolled oats                 |
| • 2/3 cup brown sugar, lightly packed                  | • 1/4 cup ground flaxseed             |
| • 1 egg  | • 1/2 cup chopped toasted walnuts     |
| • 1 tsp pure vanilla extract                           | • 2 tsp cinnamon                      |
| • 3/4 cup whole-wheat or all-purpose gluten-free flour | • 1/4 tsp baking soda                 |
|  | • 1 cup finely grated carrots, packed |

#### Instructions

- Preheat oven to 350°F (180°C). Line baking sheet with parchment paper.
- In mixing bowl, beat together canola oil, sugar, egg, and vanilla.
- In separate bowl, toss together flour, oats, flaxseed, walnuts, cinnamon, and baking soda.
- Add dry ingredients and carrots to the wet ingredients and stir well by hand to combine.
- Scoop tablespoon-sized portions and place on cookie sheet, about 2 in. (5-cm) apart. Bake for 13-15 minutes.

<https://canadianfoodfocus.org/recipes/walnut-and-flax-carrot-cookies/>

### Community Health and Wellbeing Open House

Come connect with local organizations and agencies, discover the services they offer, and learn how their work supports our community's health and wellness. Enjoy activities, helpful resources, and free local produce (while supplies last)!

**When:** Wednesday, October 8<sup>th</sup>, 2025

**Where:** Cowan Community Health Hub Hub (25 Curtis Ave N, Paris)

**Time:** 1:00 - 5:00 p.m.

**Cost:** FREE