



GRCHC Community Health and Wellbeing Program Calendar – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED for Labour Day 	10:00am-12:00pm – Let’s Make Macramé (Boardroom) 5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Rm A)	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)	9:30-10:30am – Breakfast Club* (Com. Kitchen)
8	9	10	11	12
1:00-2:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00am-12:00pm – Let’s Make Macramé (Boardroom) 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) 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) 11:30am-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)	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) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
15	16	17	18	19
9:30-11:00am – Notes & Beats (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)	9:30-11:30am – Learn to Paint (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) 1:00-3:00pm – 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 – Stitch n’ Chat (Com. Rm A) 6:00-7:30pm – Brantford Cabaret (Com. Rm A & B)	9:30-10:30am – Breakfast Club* (Com. Rm A&B) 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) 2:00-4:00pm – Cooking with Lori (Com. Kitchen)
22	23	24	25	26
9:30-11:00am – Notes & Beats (Com. Rm A&B)	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) 5:30-7:30pm – Gender Journey Brant (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) 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) 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)
29	30	<div>Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm</div>		Exciting event coming soon... Save the date! Wednesday, October 8 th , 2025 1:00 – 5:00 pm
9:30-11:00am – Notes & Beats (Com. Rm A&B)	CLOSED for National Day for Truth and Reconciliation 			



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

NOTES & BEATS

Free community music class open to adults who have an interest in music and music history where you can sing and learn to play different instruments!

When: Mondays starting September 15th from 9:30 - 11:00 a.m.

Where: Grand River Community Health Centre (363 Colborne St, Brantford)

For more information and to register, please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Ovarian and Prostate Awareness Month

September is Prostate and Ovarian Cancer Awareness Month, a time to raise awareness and support those affected by these cancers. Early detection and education are key to improving outcomes - let's take a moment to learn about the symptoms and risk factors. Together, we can spread knowledge and encourage proactive health measures.

To learn more, please visit www.cancer.ca



Follow us on social media!



Spaghetti with Balsamic Roasted Tomatoes and Chickpeas

Ingredients

- 5 cups halved cherry tomatoes
- 2 cups cooked chickpeas (if using canned, be sure to thoroughly rinse)
- 4 garlic cloves, smashed
- 3 Tbsp canola oil
- 3 Tbsp balsamic vinegar
- 1/4 tsp black pepper
- 1 box (375 g) whole grain spaghetti
- 1/2 cup chopped fresh basil, plus more for garnish
- 1/4 cup crumbled feta cheese or grated Parmesan cheese optional garnish

Instructions

- Preheat the oven to 425°F (220°C). Line a rimmed 13 x 18-inch (33 x 48 cm) baking sheet with aluminum foil or parchment paper.
- Place the tomatoes, chickpeas, garlic, canola oil, balsamic vinegar, and black pepper in a large bowl. Gently toss.
- Place the tomato mixture on the prepared pan and roast for 15 minutes or until softened.
- Meanwhile, in a large pot of boiling water cook the pasta according to package directions. Pasta should be tender but firm. Drain (do not rinse), reserving 1/2 cup (125 mL) of pasta water.
- Place the pasta in a large bowl, adding in the roasted tomato mixture (be sure to get all of the pan juices), reserved pasta water, and fresh basil. Gently toss.
- Divide the pasta into bowls and garnish with fresh basil leaves and cheese, if using.

<https://canadianfoodfocus.org/recipes/spaghetti-with-balsamic-roasted-tomatoes-and-chickpeas/>



Gentle Yoga

Join us for free Gentle Yoga! No experience required, mats and equipment provided.

When: Tuesdays from 5:30 - 6:45 p.m.

Where: 363 Colborne St, Brantford ON

For more information or to register, please contact OG at oegiebor@grchc.ca or (519) 754-0777 ext. 233

