

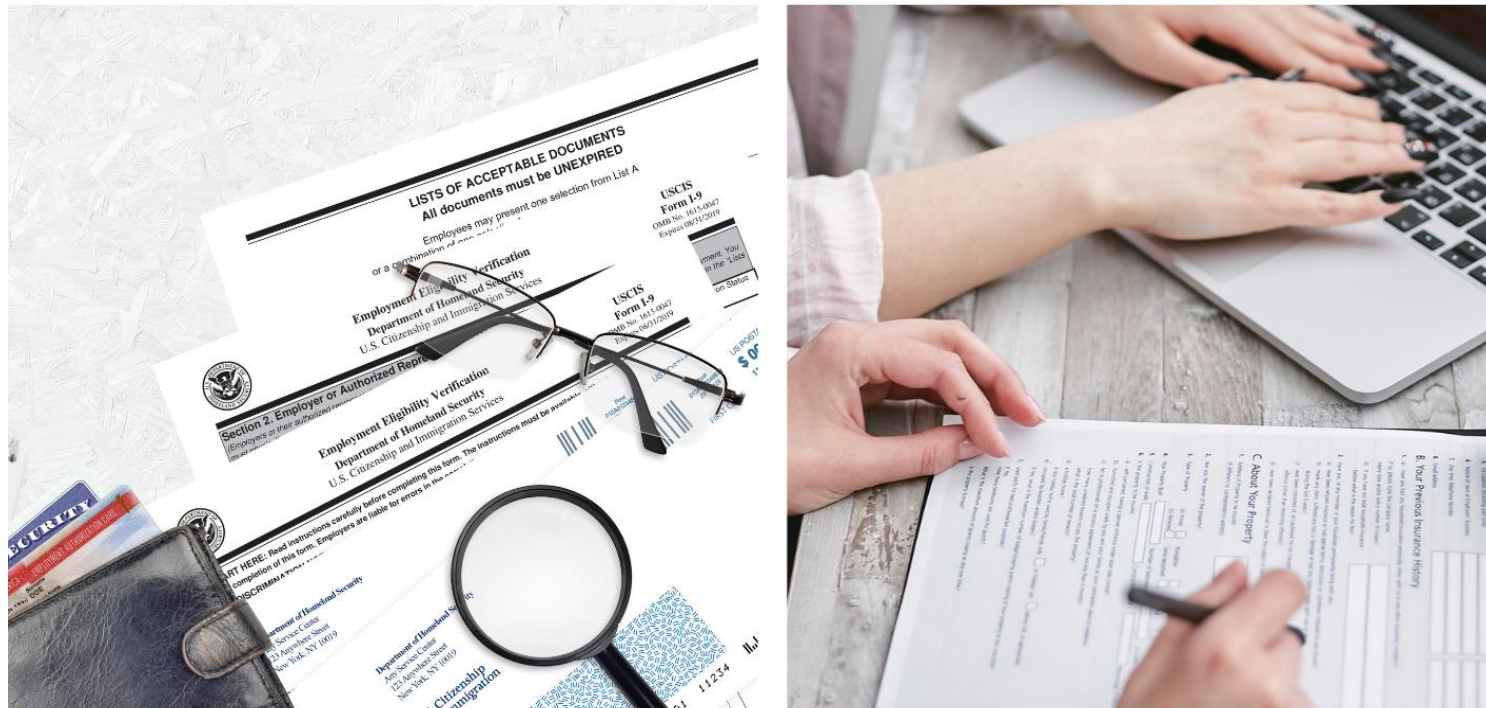
GRCHC Community Health and Wellbeing Program Calendar – June 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Outreach Station is OPEN Monday to Friday 9:00am to 4:00pm | | | 1 | 2 |
| | | | 10:00-11:00am – Zumba (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – 2SLGBTQ+ Social (Boardroom) | 9:30-10:30am – Breakfast Club* (Com. Kitchen) 10:00-11:00 am Belly Dancing (Com. Rm. A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B) |
| 5 | 6 | 7 | 8 | 9 |
| | 10:00-11:00am – Zumba (Com. Rms. A&B) 1:00-3:00pm – Cooking for One (Com. Kitchen) 5:00-6:15pm – Gentle Yoga (Com. Rm. A&B) 5:00-7:00pm – ID Clinic Drop-In* (Dietician Rm) | 10:00am-12:00pm – Summer Salads Cooking Class (Com. Kitchen) 11:00am-12:00pm – Easy Fit (Com. Rm. A&B) | 10:00-11:00am – Zumba (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – Gender Journey Brant (Boardroom) | 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) |
| 12 | 13 | 14 | 15 | 16 |
| 1:00-2:30pm – Mood for Thought Anxiety & Depression (Boardroom) | 10:00-11:00am – Zumba (Com. Rms. A&B) 1:00-3:00pm – Cooking for One (Com. Kitchen) 5:00-6:15pm – Gentle Yoga (Com. Rm. A&B) 5:00-7:00pm – ID Clinic Drop-In* (Dietician Rm) | 11:00am-12:00pm – Easy Fit (Com. Rm. A&B) 3:00-5:00 pm – Let’s Cook Together (Kitchen) | 10:00-11:00am – Zumba (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (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) |
| 19 | 20 | 21 | 22 | 23 |
| 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm. A&B and Com. Kitchen) 1:00-2:30pm – Mood for Thought Anxiety & Depression (Boardroom) | 10:00-11:00am – Zumba (Com. Rms. A&B) 1:00-3:00pm – Cooking for One (Com. Kitchen) 5:00-6:15pm – Gentle Yoga (Com. Rm. A&B) 5:00-7:00pm – ID Clinic Drop-In* (Dietician Rm) | 11:00am-12:00pm – Easy Fit (Com. Rm. A&B) 3:00-5:00 pm – Let’s Cook Together (Com. Kitchen) | 10:00-11:00am – Zumba (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – Gender Journey Brant (Boardroom) | 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) |
| 26 | 27 | 28 | 29 | 30 |
| 1:00-2:30pm – Mood for Thought Anxiety & Depression (Boardroom) | 10:00-11:00am – Zumba (Com. Rms. A&B) 5:00-6:15pm – Gentle Yoga (Com. Rm. A&B) 5:00-7:00pm – ID Clinic Drop-In* (Dietician Rm) | 11:00am-12:00pm – Easy Fit (Com. Rm. A&B) 3:00-5:00 pm – Let’s Cook Together (Com. Kitchen) | 10:00-11:00am – Zumba (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (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) |

* Drop-in program, no registration required

2SLGBTQ+ Community Connection: Lisa – ldoan@grchc.ca or ext. 252
Belly Dancing Class: Magdalena – mbentia@grchc.ca or ext. 251
Breakfast Club: Brad – bkidder@grchc.ca or ext. 505
Cooking for One: Melissa - msiegel@grchc.ca or ext. 479
Easy/Sit Fit: Amanda – awhite@grchc.ca or ext. 273
Gender Journey Brant: Lisa – ldoan@grchc.ca or ext. 252
Gentle Yoga: Magdalena – mbentia@grchc.ca or ext. 251

Happy Heart, Diabetes & Me: Melissa - msiegel@grchc.ca or ext. 479
ID Clinic Drop-In: Brad – bkidder@grchc.ca or ext. 505
Let’s Cook Together: Makeda - mkafele-green@grchc.ca
Mood for Thought: Beth – bpearson@grchc.ca or ext. 437
Summer Salads: Melissa - msiegel@grchc.ca or ext. 479
Stitch n’ Chat: Gloria – gord@grchc.ca or ext. 223
Zumba: Magdalena – mbentia@grchc.ca or ext. 251



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

DROP-IN ID CLINIC

Drop-in and get help with applications for Health Cards, Birth Certificates and Photo ID!

When: Tuesdays from 5:00 -7:00 pm

Where: Grand River Community Health Centre
363 Colborne Street, Brantford ON

For more info please contact Lisa at ldoan@grchc.ca or **519-754-0777 ext. 252** or Brad at bkidder@grchc.ca or **519-754-0777 ext. 505**

Saturday, June 3 is National Health and Fitness Day this year. Take a friend for a stroll. Walk or bike in the park for a bit of fresh air. Take a break with your friends or family outdoors. Share your activities with other Canadians using the hashtag #LetsMoveCanada. Why? Because exercise is good for our physical and mental wellbeing and contributes to lifelong health and well-ness.

For more information visit: www.nhfdcan.ca



JUNE 2023

GRCHC NEWSLETTER



Raspberry & white chocolate muffins

Ingredients:

- 2 cups flour ,
- ½ teaspoon salt
- 2 teaspoon baking powder
- ¾ cups granulated sugar
- 2 eggs at room temperature
- ½ cup unsalted butter
- ½ cup whole milk
- 1½ teaspoon vanilla
- 1 ¼ cups raspberries
- ⅔ cups white chocolate chips

Instructions

1. Preheat oven to 375°F.
2. In a small bowl, whisk together the flour, sugar, baking powder and salt. In a separate, medium bowl, whisk the egg, butter, vanilla and milk. Add the flour mixture into the wet ingredients and stir just until combined.
3. Gently fold the raspberries and white chocolate chips into the batter to combine. Scoop into muffin tin lined with muffin cups.
4. Bake for 19-22 minutes or until a toothpick comes up clean. Cool before serving. Store sealed at room temperature for about 4-5 days or in the refrigerator for one week.

<https://www.bbcgoodfood.com/recipes/raspberry-white-chocolate-muffins>

Pride Month

June is Pride Month when 2SLGBTQI+ communities and allies come together to spotlight the resilience, celebrate the talent, and recognize the contributions of 2SLGBTQI+ communities.

Join Grand River Community Health
Centre at Brantford Pride!



June 17th, 2023

12 PM to 4 PM

Mohawk Park
51 Lynwood Drive, Brantford ON

To find out more visit
<https://brantfordpride.com/events>