



Grand River Community Health Centre

Thursday, January 1, 2026

Closed for the New Year

Date and Time: Thursday, January 1 12:00 am - 11:55 pm

Address: 363 Colborne Street

Friday, January 2, 2026

Breakfast Club

Date and Time: Friday, January 2 9:30 am - 10:30 am

Address: 363 Colborne Street

Drop-in for coffee, tea, pancakes, and conversation!

Easy Fit

Date and Time: Friday, January 2 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Looking to move more and feel stronger?

Join our exercise class designed to improve **strength, balance, power, and posture**.

Class Times & Location

- **Wednesdays** | 11 a.m.–12 p.m. and/or **Fridays** | 1–2 p.m.
363 Colborne St, Brantford

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grhc.ca

Sit Fit

Date and Time: Friday, January 2 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Looking to move more and feel stronger?

Join our seated exercise class designed to improve **strength, core, and posture**.

Class Times & Locations

- **Fridays | 2–3 p.m.**
363 Colborne St, Brantford

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grhc.ca

Tuesday, January 6, 2026

Easy Fit

Date and Time: Tuesday, January 6 10:30 am - 11:30 am

Address: 25 Curtis Ave, Paris ON

Looking to move more and feel stronger?

Join our exercise class designed to improve strength, balance, power, and posture.

Class Times & Location

- **Tuesdays | 10:30–11:30 a.m.**
Cowan Community Health Hub (25 Curtis Ave, Paris)

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grhc.ca

Wednesday, January 7, 2026

Learn to Paint

Date and Time: Wednesday, January 7 9:30 am - 11:30 am

Address: 363 Colborne Street

Learn to Paint

- Beginner friendly
- Welcoming environment
- All material are provided

Wednesday January 7th from 9:30 – 11:30 am

363 Colborne Street, Brantford ON

For more information or to register, please contact Dianne at (519) 750-4932 or dcrotta@grchc.ca

Easy Fit

Date and Time: Wednesday, January 7 11:00 am - 12:00 pm

Address: 363 Colborne Street

Looking to move more and feel stronger?

Join our exercise class designed to improve **strength, balance, power, and posture**.

Class Times & Location

- **Wednesdays** | 11 a.m.–12 p.m. and/or **Fridays** | 1–2 p.m.
363 Colborne St, Brantford

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grchc.ca

Men in Action

Date and Time: Wednesday, January 7 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Men in Action

- Drop-in to learn and share our experiences

Wednesdays from 1:30 to 3:00 p.m

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

Thursday, January 8, 2026

Learn to Knit

Date and Time: Thursday, January 8 11:00 am - 12:30 pm

Address: 363 Colborne Street

Learn to Knit

- No experience necessary, whether you are a beginner or advanced, all are welcome
- All materials will be provided

Thursdays from 11:00 am – 12:30 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grchc.ca

Stitch n' Chat

Date and Time: Thursday, January 8 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Stitch n' Chat

Join us weekly for a social gathering where women can unwind, work on knitting, crocheting, and sewing projects or simply enjoy great conversation!

Thursdays from 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grchc.ca

2SLGBTQIA+ Community Connections

Date and Time: Thursday, January 8 6:00 pm - 7:30 pm

Address: 363 Colborne Street

2SLGBTQIA+ Community Connections

- Join members of the 2SLGBTQIA+ community for a free in-person social group

Thursdays from 6:00 – 7:30 pm

363 Colborne Street, Brantford ON

For information or to register, please email Dianne at dcrotta@grchc.ca or call (519) 750-4932

Breakfast Club

Date and Time: Friday, January 9 9:30 am - 10:30 am

Address: 363 Colborne Street

Drop-in for coffee, tea, pancakes, and conversation!

Easy Fit

Date and Time: Friday, January 9 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Looking to move more and feel stronger?

Join our exercise class designed to improve **strength, balance, power, and posture**.

Class Times & Location

- **Wednesdays** | 11 a.m.–12 p.m. and/or **Fridays** | 1–2 p.m.
363 Colborne St, Brantford

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grchc.ca

Sit Fit

Date and Time: Friday, January 9 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Looking to move more and feel stronger?

Join our seated exercise class designed to improve **strength, core, and posture**.

Class Times & Locations

- **Fridays** | 2–3 p.m.
363 Colborne St, Brantford

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

Monday, January 12, 2026

Happy Heart Diabetes & Me

Date and Time: Monday, January 12 1:00 pm - 2:00 pm

Address: 363 Colborne Street

A FREE Monthly Program

Nutrition class led by Registered Dietitian

- Join us and learn how to cook heart healthy meals & meals to help control your diabetes

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

Tuesday, January 13, 2026

Easy Fit

Date and Time: Tuesday, January 13 10:30 am - 11:30 am

Address: 25 Curtis Ave, Paris ON

Looking to move more and feel stronger?

Join our exercise class designed to improve strength, balance, power, and posture.

Class Times & Location

- Tuesdays | 10:30–11:30 a.m.
Cowan Community Health Hub (25 Curtis Ave, Paris)

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grchc.ca

Gender Journey Brant

Date and Time: Tuesday, January 13 5:30 pm - 7:30 pm

Address: 363 Colborne Street

Peer support group for trans,non-binary and gender-diverse adults

2nd and 4th Tuesday of every month

- 5:30 - 7:30 p.m.

For more information or to register, please email Dianne at dcortta@grchc.ca or call (519) 750-4932

Gentle Yoga

Date and Time: Tuesday, January 13 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join us for a free beginner friendly class that guides you through practices that harmonize the mind, and body.

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

Wednesday, January 14, 2026

Learn to Paint

Date and Time: Wednesday, January 14 9:30 am - 11:30 am

Address: 363 Colborne Street

Learn to Paint

- Beginner friendly
- Welcoming environment
- All material are provided

2nd and 3rd Wednesday of every month from 9:30 – 11:30 am or 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Dianne at (519) 750-4932 or dcrotta@grchc.ca

Easy Fit

Date and Time: Wednesday, January 14 11:00 am - 12:00 pm

Address: 363 Colborne Street

Looking to move more and feel stronger?

Join our exercise class designed to improve **strength, balance, power, and posture.**

Class Times & Location

- **Wednesdays** | 11 a.m.–12 p.m. and/or **Fridays** | 1–2 p.m.

Non-medically supervised

Low to moderate intensity

Modifications available for all abilities (including seated options)

Open to all community members

To register, please call: OG at (519) 754-0777 ext. 233 or email oegiebor@grhc.ca

Learn to Paint

Date and Time: Wednesday, January 14 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Learn to Paint

- Beginner friendly
- Welcoming environment
- All material are provided

2nd and 3rd Wednesday of every month from 9:30 – 11:30 am or 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Dianne at (519) 750-4932 or dcrotta@grhc.ca

Men in Action

Date and Time: Wednesday, January 14 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Men in Action

- Drop-in to learn and share our experiences

Wednesdays from 1:30 to 3:00 p.m

For more information, please contact Brad at (519) 754-0777 ext. 505 or email bkidder@grhc.ca

Thursday, January 15, 2026

Learn to Knit

Date and Time: Thursday, January 15 11:00 am - 12:30 pm

Address: 363 Colborne Street

Learn to Knit

- No experience necessary, whether you are a beginner or advanced, all are welcome
- All materials will be provided

Thursdays from 11:00 am – 12:30 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grhc.ca

Stitch n' Chat

Date and Time: Thursday, January 15 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Stitch n' Chat

Join us weekly for a social gathering where women can unwind, work on knitting, crocheting, and sewing projects or simply enjoy great conversation!

Thursdays from 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grhc.ca

Pre-Diabetes Workshop

Date and Time: Thursday, January 15 5:30 pm - 7:00 pm

Address: 363 Colborne Street

Pre-Diabetes Workshop

January 15, 2026

5:30-7:00 PM

363 Colborne St

Learn about pre-diabetes, risk factors, and practical steps for diabetes prevention.

Registration required please contact (226) 388-4725 or ipct-info@grhc.ca

Friday, January 16, 2026

Breakfast Club

Date and Time: Friday, January 16 9:30 am - 10:30 am

Address: 363 Colborne Street

Drop-in for coffee, tea, pancakes, and conversation!

Monday, January 19, 2026

Notes & Beats

Date and Time: Monday, January 19 9:30 am - 11:00 am

Address: 363 Colborne Street

Free Community Music Class!

Mondays 9:30 - 11:00 am

To register, please call Brad at (519) 754-0777 ext. 505 or email bkidder@grchc.ca

Happy Heart Diabetes & Me

Date and Time: Monday, January 19 1:00 pm - 2:00 pm

Address: 363 Colborne Street

A FREE Monthly Program

Nutrition class led by Registered Dietitian

- Join us and learn how to cook heart healthy meals & meals to help control your diabetes

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

Tuesday, January 20, 2026

Dance Fitness with Joan Minnery

Date and Time: Tuesday, January 20 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan Minnery

Dance Fitness combines line dancing, Latin styles, and Zumba with aerobic moves, all set to an exciting mix of music!

Every Tuesday and Thursday from 10-11 am | Fridays from 11 am to 12 pm

For info or to register please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Kitchen Confidence

Date and Time: Tuesday, January 20 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Kitchen Confidence

- Free 4-week hands-on cooking classes
- Share recipes and recreate meals to enjoy together

Tuesdays from 1:00 - 3:00 p.m.

363 Colborne Street, Brantford ON Community Kitchen

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

Gentle Yoga

Date and Time: Tuesday, January 20 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join us for a free beginner friendly class that guides you through practices that harmonize the mind, and body.

- For information or to register, please email OG at oegiebor@grhc.ca or call (519) 754-0777 ext. 233

Wednesday, January 21, 2026

Learn to Paint

Date and Time: Wednesday, January 21 9:30 am - 11:30 am

Address: 363 Colborne Street

Learn to Paint

- Beginner friendly
- Welcoming environment
- All material are provided

2nd and 3rd Wednesday of every month from 9:30 – 11:30 am or 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Dianne at (519) 750-4932 or dcrotta@grhc.ca

Learn to Paint

Date and Time: Wednesday, January 21 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Learn to Paint

- Beginner friendly
- Welcoming environment
- All material are provided

2nd and 3rd Wednesday of every month from 9:30 – 11:30 am or 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Dianne at (519) 750-4932 or dcrotta@grchc.ca

Men in Action

Date and Time: Wednesday, January 21 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Men in Action

- Drop-in to learn and share our experiences

Wednesdays from 1:30 to 3:00 p.m

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

Thursday, January 22, 2026

Dance Fitness with Joan Minnery

Date and Time: Thursday, January 22 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan Minnery

Dance Fitness combines line dancing, Latin styles, and Zumba with aerobic moves, all set to an exciting mix of music!

Every Tuesday and Thursday from 10-11 am | Fridays from 11 am to 12 pm

For info or to register please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, January 22 11:00 am - 12:30 pm

Address: 363 Colborne Street

Learn to Knit

- No experience necessary, whether you are a beginner or advanced, all are welcome
- All materials will be provided

Thursdays from 11:00 am – 12:30 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grchc.ca

Stitch n' Chat

Date and Time: Thursday, January 22 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Stitch n' Chat

Join us weekly for a social gathering where women can unwind, work on knitting, crocheting, and sewing projects or simply enjoy great conversation!

Thursdays from 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grchc.ca

Friday, January 23, 2026

Breakfast Club

Date and Time: Friday, January 23 9:30 am - 10:30 am

Address: 363 Colborne Street

Drop-in for coffee, tea, pancakes, and conversation!

Dance Fitness with Joan Minnery

Date and Time: Friday, January 23 11:00 am - 12:00 pm

Address: 363 Colborne Street

Dance Fitness with Joan Minnery

Dance Fitness combines line dancing, Latin styles, and Zumba with aerobic moves, all set to an exciting mix of music!

Every Tuesday and Thursday from 10-11 am | Fridays from 11 am to 12 pm

For info or to register please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Monday, January 26, 2026

Notes & Beats

Date and Time: Monday, January 26 9:30 am - 11:00 am

Address: 363 Colborne Street

Free Community Music Class!

Mondays 9:30 - 11:00 am

To register, please call Brad at (519) 754-0777 ext. 505 or email bkidder@grchc.ca

Tuesday, January 27, 2026

Dance Fitness with Joan Minnery

Date and Time: Tuesday, January 27 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan Minnery

Dance Fitness combines line dancing, Latin styles, and Zumba with aerobic moves, all set to an exciting mix of music!

Every Tuesday and Thursday from 10-11 am | Fridays from 11 am to 12 pm

For info or to register please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Kitchen Confidence

Date and Time: Tuesday, January 27 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Kitchen Confidence

- Free 4-week hands-on cooking classes
- Share recipes and recreate meals to enjoy together

Tuesdays from 1:00 - 3:00 p.m.

363 Colborne Street, Brantford ON Community Kitchen

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

Gentle Yoga

Date and Time: Tuesday, January 27 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join us for a free beginner friendly class that guides you through practices that harmonize the mind, and body.

- For information or to register, please email OG at ogiebor@grchc.ca or call (519) 754-0777 ext. 233

Gender Journey Brant

Date and Time: Tuesday, January 27 5:30 pm - 7:30 pm

Address: 363 Colborne Street

Peer support group for trans,non-binary and gender-diverse adults

2nd and 4th Tuesday of every month

- 5:30 - 7:30 p.m.

For more information or to register, please email Dianne at dcortta@grchc.ca or call (519) 750-4932

Wednesday, January 28, 2026

Men in Action

Date and Time: Wednesday, January 28 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Men in Action

- Drop-in to learn and share our experiences

Wednesdays from 1:30 to 3:00 p.m

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

Thursday, January 29, 2026

Dance Fitness with Joan Minnery

Date and Time: Thursday, January 29 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan Minnery

Dance Fitness combines line dancing, Latin styles, and Zumba with aerobic moves, all set to an exciting mix of music!

Every Tuesday and Thursday from 10-11 am | Fridays from 11 am to 12 pm

Learn to Knit

Date and Time: Thursday, January 29 11:00 am - 12:30 pm

Address: 363 Colborne Street

Learn to Knit

- No experience necessary, whether you are a beginner or advanced, all are welcome
- All materials will be provided

Thursdays from 11:00 am – 12:30 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grchc.ca

Stitch n' Chat

Date and Time: Thursday, January 29 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Stitch n' Chat

Join us weekly for a social gathering where women can unwind, work on knitting, crocheting, and sewing projects or simply enjoy great conversation!

Thursdays from 1:00 – 3:00 pm

363 Colborne Street, Brantford ON

For more information or to register, please contact Gloria at (519) 754-0777 ext. 223 or gord@grchc.ca

Friday, January 30, 2026

Breakfast Club

Date and Time: Friday, January 30 9:30 am - 10:30 am

Address: 363 Colborne Street

Drop-in for coffee, tea, pancakes, and conversation!

Dance Fitness with Joan Minnery

Date and Time: Friday, January 30 11:00 am - 12:00 pm

Address: 363 Colborne Street

Dance Fitness with Joan Minnery

Dance Fitness combines line dancing, Latin styles, and Zumba with aerobic moves, all set to an exciting mix of music!

Every Tuesday and Thursday from 10-11 am | Fridays from 11 am to 12 pm

For info or to register please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

<https://calendar.grandriverchc.ca>