



Grand River Community Health Centre

Generated January 5, 2026

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12:00 am Closed for the New Year	2 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	3
4	5	6 10:30 am Easy Fit	7 9:30 am Learn to Paint 11:00 am Easy Fit 1:30 pm Men in Action	8 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 6:00 pm 2SLGBTQIA+ Community Connections	9 9:30 am Breakfast Club 1:00 pm Easy Fit 2:00 pm Sit Fit	10
11	12 1:00 pm Happy Heart Diabetes & Me	13 10:30 am Easy Fit 5:30 pm Gender Journey Brant 5:30 pm Gentle Yoga	14 9:30 am Learn to Paint 11:00 am Easy Fit 1:00 pm Learn to Paint 1:30 pm Men in Action	15 11:00 am Learn to Knit 1:00 pm Stitch n' Chat 5:30 pm Pre-Diabetes Workshop	16 9:30 am Breakfast Club	17
18	19 9:30 am Notes & Beats 1:00 pm Happy Heart Diabetes & Me	20 10:00 am Dance Fitness with Joan Minnery 1:00 pm Kitchen Confidence 5:30 pm Gentle Yoga	21 9:30 am Learn to Paint 1:00 pm Learn to Paint 1:30 pm Men in Action	22 10:00 am Dance Fitness with Joan Minnery 11:00 am Learn to Knit 1:00 pm Stitch n' Chat	23 9:30 am Breakfast Club 11:00 am Dance Fitness with Joan Minnery	24
25	26 9:30 am Notes & Beats	27 10:00 am Dance Fitness with Joan Minnery 1:00 pm Kitchen Confidence 5:30 pm Gentle Yoga	28 1:30 pm Men in Action	29 10:00 am Dance Fitness with Joan Minnery 11:00 am Learn to Knit 1:00 pm Stitch n'	30 9:30 am Breakfast Club 11:00 am Dance Fitness with Joan Minnery	

		5:30 pm Gender Journey Brant		Chat	
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<https://calendar.grandriverchc.ca>