

## Monday, June 2, 2025

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### Notes and Beats

Date and Time: Monday, June 2 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythm s, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

#### When:

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

#### Where:

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

### Pre-Diabetes Workshop Series

Date and Time: Monday, June 2 10:00 am - 11:30 am

Address: 185 Robinson Street, Simcoe ON

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

#### When:

Mondays June 2nd, 9th & 16th

10:00 - 11:30 a.m.

**Where:**

Norfolk Family Health Team (185 Robinson St, Simcoe)

To register, please call (226) 388-4725.

## Tai Chi

Date and Time: Monday, June 2 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

**When:**

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, June 2 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

**When:**

Monday, June 2nd, 9th & 16th

1:00 - 2:00 p.m.

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Room A & Community Kitchen

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

## Beating Strong: Heart Health Workshop Series

Date and Time: Monday, June 2 2:00 pm - 3:30 pm

Address: 25 Curtis Avenue North, Paris ON

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

### When:

Mondays June 2nd, 9th & 16th

2:00 - 3:30 p.m.

### Where:

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

To register, please call (226) 388-4725.

## Tuesday, June 3, 2025

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### Dance Fitness

Date and Time: Tuesday, June 3 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

### When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

## Where:

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

## Easy Fit

Date and Time: Tuesday, June 3 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

## When:

Every Tuesday

10:30 - 11:30 a.m.

## Where:

Cowan Community Health Hub (25 Curtis Ave N, Paris ) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Kitchen Confidence

Date and Time: Tuesday, June 3 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **P re-registration for each 4-week session or by topic is required.**

## When and Topic:

Tuesday, June 3rd, 2025 - Crockpot

Tuesday, June 10th, 2025 - One Pot

Tuesday, June 17th, 2025 - Summer Salads

Tuesday, June 24th, 2025 - Strawberries and Preserves

1:00 - 3:00 p.m.

## Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 4

## ID Clinic Drop-in

Date and Time: Tuesday, June 3 5:00 pm - 7:00 pm

Address: 363 Colborne Street

📌 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Gentle Yoga

Date and Time: Tuesday, June 3 5:30 pm - 6:45 pm

Address: 363 Colborne Street

☐ ♀ Join our volunteer for free Gentle Yoga! No experience required, mats and equipment provided **Pre-registration is required.**

### When:

Every Tuesday

5:30 - 6:45 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Wednesday, June 4, 2025

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## Easy Fit

Date and Time: Wednesday, June 4 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Wednesday

11:00 a.m. - 12:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Drop-in Outreach Clinic

Date and Time: Wednesday, June 4 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

**Clinic Hours:**

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

**This drop-in service will support folks who:**

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

**Services offered:**

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

**Note:** This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

## Caring for My COPD Program Orientation

Date and Time: Wednesday, June 4 1:00 pm - 1:30 pm

Address: 363 Colborne Street

"Caring for My COPD" program orientation is a 1.5 hour education session to learn what COPD is, and what the 10 week program entails. You must pre-register and have a referral from a physician in order to join.

For more information, please contact Deb at (519) 754-0777 ext. 235

## Men in Action

Date and Time: Wednesday, June 4 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

### When:

Every Wednesday

1:30 - 3:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Thursday, June 5, 2025

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## Dance Fitness

Date and Time: Thursday, June 5 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

### When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

### Where:

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

## Learn to Knit

Date and Time: Thursday, June 5 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

**When:**

Every Thursday

11:00 a.m. - 12:30 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## Stitch n' Chat

Date and Time: Thursday, June 5 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## 2SLGBTQIA+ Community Connections

Date and Time: Thursday, June 5 6:00 pm - 7:30 pm

Address: 363 Colborne Street

A social group for adults 18+ who are part of the 2SLGBTQIA+ community held at Grand River Community Health Centre. Join us as we gather, connect and socialize! **Pre-registration is required.**

**When:**

1st Thursday of each month

6:00 - 7:30 p.m.



**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford)

For more information or to register, please contact Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca) or call (519) 754-0777 ext. 252

## Friday, June 6, 2025

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### Breakfast Club

Date and Time: Friday, June 6 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

**When:**

Every Friday

9:30 - 10:30 a.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

### Easy Fit

Date and Time: Friday, June 6 1:00 pm - 2:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Friday

1:00 - 2:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

### Sit Fit

Date and Time: Friday, June 6 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

**When:**

Every Friday

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Nutrition for Bone Health

Date and Time: Friday, June 6 2:00 pm - 3:00 pm

Address: 363 Colborne Street

In collaboration with the City of Brantford and the Healthy Aging Passport Program 2025, join Registered Dietitian Melissa Siegel to discuss nutrition for maintaining strong bone health as we age and taste a new recipe!

Friday, June 6th, 2025

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please call (226) 388-4725 or email [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca).

## Monday, June 9, 2025

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### Notes and Beats

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

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythms, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

**When:**

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Pre-Diabetes Workshop Series

Date and Time: Monday, June 9 10:00 am - 11:30 am

Address: 185 Robinson Street, Simcoe ON

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

**When:**

Mondays June 2nd, 9th & 16th

10:00 - 11:30 a.m.

**Where:**

Norfolk Family Health Team (185 Robinson St, Simcoe)

To register, please call (226) 388-4725.

## Tai Chi

Date and Time: Monday, June 9 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registratio**

**n for each 10-week session is required.**

**When:**

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, June 9 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

**When:**

Monday, June 2nd, 9th & 16th

1:00 - 2:00 p.m.

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Room A & Community Kitchen

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

## Beating Strong: Heart Health Workshop Series

Date and Time: Monday, June 9 2:00 pm - 3:30 pm

Address: 25 Curtis Avenue North, Paris ON

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

**When:**

Mondays June 2nd, 9th & 16th

2:00 - 3:30 p.m.

**Where:**

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

To register, please call (226) 388-4725.

## **Tuesday, June 10, 2025**

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### **Dance Fitness**

Date and Time: Tuesday, June 10 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

### **Easy Fit**

Date and Time: Tuesday, June 10 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

Cowan Community Health Hub (25 Curtis Ave N, Paris ) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Kitchen Confidence

Date and Time: Tuesday, June 10 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **P re-registration for each 4-week session or by topic is required.**

**When and Topic:**

Tuesday, June 3rd, 2025 - Crockpot

Tuesday, June 10th, 2025 - One Pot

Tuesday, June 17th, 2025 - Summer Salads

Tuesday, June 24th, 2025 - Strawberries and Preserves

1:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

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

## ID Clinic Drop-in

Date and Time: Tuesday, June 10 5:00 pm - 7:00 pm

Address: 363 Colborne Street

📌 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

**When:**

Every Tuesday

5:00 - 7:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Gentle Yoga

Date and Time: Tuesday, June 10 5:30 pm - 6:45 pm

Address: 363 Colborne Street

☐ ♀ Join our volunteer for free Gentle Yoga! No experience required, mats and equipment provided **Pre-registration is required.**

**When:**

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Gender Journey Brant

Date and Time: Tuesday, June 10 5:30 pm - 7:30 pm

Address: 363 Colborne Street

A social group for trans, non-binary and gender diverse adults (18+) held at Grand River Community Health Centre! Join in for opportunities to make new connections. **Pre-registration is required.**

**When:**

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford)

For more information or to register, please contact Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca) or call (519) 754-0777 ext. 252

## Wednesday, June 11, 2025

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## Easy Fit

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

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

### When:

Every Wednesday

11:00 a.m. - 12:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Drop-in Outreach Clinic

Date and Time: Wednesday, June 11 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

### Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

### This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

### Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

**Note:** This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

## Men in Action

Date and Time: Wednesday, June 11 1:30 pm - 3:00 pm

Address: 363 Colborne Street



Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

**When:**

Every Wednesday

1:30 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Soft Food Diet

Date and Time: Wednesday, June 11 2:00 pm - 3:00 pm

Address: 363 Colborne Street

In collaboration with the City of Brantford and the Healthy Aging Passport Program 2025, join Registered Dietitian Melissa Siegel to discuss what foods are included on a soft food diet and taste a new recipe!

Wednesday, June 11th, 2025

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please call (226) 388-4725 or email [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca).

## Thursday, June 12, 2025

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## Dance Fitness

Date and Time: Thursday, June 12 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

## Learn to Knit

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

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

**When:**

Every Thursday

11:00 a.m. - 12:30 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## Stitch n' Chat

Date and Time: Thursday, June 12 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## Friday, June 13, 2025

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## Breakfast Club

Date and Time: Friday, June 13 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

### When:

Every Friday

9:30 - 10:30 a.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## Service Canada Outreach Drop-in Clinic

Date and Time: Friday, June 13 10:00 am - 1:00 pm

Address: 363 Colborne Street

📍 Meet with a Service Canada Outreach Specialist and get information and help navigating the following programs and benefits:

1. Social Insurance Number (SIN): Assistance with applying for a SIN.
2. Employment Insurance (EI): Helping applying for EI benefits online.
3. Canada Pension Plan (CPP), Canada Pension Plan Disability (CPP-D), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and Survivor Benefits: Support with applications and reviewing completed forms.
4. Canadian Dental Care Plan (CDCP): Guidance on applying for CDCP benefits.
5. Passport Canada Programs: Assistance with passport-related inquiries and reviewing applications.
6. Client File Reviews: Reviewing application statuses or addressing specific client inquiries by accessing individual files (with appropriate identification).

### When:

Second Friday of each month

10:00 a.m. - 1:00 p.m.

No appointment necessary, first come first served.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Meeting Room D

## Easy Fit

Date and Time: Friday, June 13 1:00 pm - 2:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Friday

1:00 - 2:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Sit Fit

Date and Time: Friday, June 13 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

**When:**

Every Friday

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Monday, June 16, 2025

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### Notes and Beats

Date and Time: Monday, June 16 9:30 am - 11:00 am

Address: 363 Colborne Street

Notes and Beats with Joan Minnery: Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythm s, songs, trivia, humming, drumming, swinging, instruments, harmony, melodies, tuning and crooning -- singing and mingling! **Pre-registration is required.**

**When:**

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please email Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Pre-Diabetes Workshop Series

Date and Time: Monday, June 16 10:00 am - 11:30 am

Address: 185 Robinson Street, Simcoe ON

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

**When:**

Mondays June 2nd, 9th & 16th

10:00 - 11:30 a.m.

**Where:**

Norfolk Family Health Team (185 Robinson St, Simcoe)

To register, please call (226) 388-4725.

## Tai Chi

Date and Time: Monday, June 16 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance

while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

**When:**

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, June 16 1:00 pm - 2:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

**When:**

Monday, June 2nd, 9th & 16th

1:00 - 2:00 p.m.

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Room A & Community Kitchen

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

## Beating Strong: Heart Health Workshop Series

Date and Time: Monday, June 16 2:00 pm - 3:30 pm

Address: 25 Curtis Avenue North, Paris ON

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

**When:**

Mondays June 2nd, 9th & 16th

2:00 - 3:30 p.m.

**Where:**

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

To register, please call (226) 388-4725.

## Tuesday, June 17, 2025

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### Dance Fitness

Date and Time: Tuesday, June 17 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

### Easy Fit

Date and Time: Tuesday, June 17 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

Cowan Community Health Hub (25 Curtis Ave N, Paris ) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Kitchen Confidence

Date and Time: Tuesday, June 17 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **P re-registration for each 4-week session or by topic is required.**

**When and Topic:**

Tuesday, June 3rd, 2025 - Crockpot

Tuesday, June 10th, 2025 - One Pot

Tuesday, June 17th, 2025 - Summer Salads

Tuesday, June 24th, 2025 - Strawberries and Preserves

1:00 - 3:00 p.m.

**Where:**


Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

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

## ID Clinic Drop-in

Date and Time: Tuesday, June 17 5:00 pm - 7:00 pm

Address: 363 Colborne Street

 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

**When:**

Every Tuesday

5:00 - 7:00 p.m.



**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Gentle Yoga

Date and Time: Tuesday, June 17 5:30 pm - 6:45 pm

Address: 363 Colborne Street

☐ ♀ Join our volunteer for free Gentle Yoga! No experience required, mats and equipment provided **Pre-registration is required.**

**When:**

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Wednesday, June 18, 2025

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## Easy Fit

Date and Time: Wednesday, June 18 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Wednesday

11:00 a.m. - 12:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Drop-in Outreach Clinic

Date and Time: Wednesday, June 18 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

### Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

### This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

### Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

**Note:** This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

## Caring for My COPD Program Orientation

Date and Time: Wednesday, June 18 1:00 pm - 1:30 pm

Address: 363 Colborne Street

"Caring for My COPD" program orientation is a 1.5 hour education session to learn what COPD is, and what the 10 week program entails. You must pre-register and have a referral from a physician in order to join.

For more information, please contact Deb at (519) 754-0777 ext. 235

## Men in Action

Date and Time: Wednesday, June 18 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

### When:

Every Wednesday

1:30 - 3:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Protein Power

Date and Time: Wednesday, June 18 2:00 pm - 3:00 pm

Address: 363 Colborne Street

In collaboration with the City of Brantford and the Healthy Aging Passport Program 2025, join Registered Dietitian Amy Campbell to discuss the importance of getting enough protein into our diet as we age and taste a new recipe!

Wednesday, June 18th, 2025

2:00 - 3:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please call (226) 388-4725 or email [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca).

## Thursday, June 19, 2025

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## Dance Fitness

Date and Time: Thursday, June 19 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

### When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

### Where:

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

## Learn to Knit

Date and Time: Thursday, June 19 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

### When:

Every Thursday

11:00 a.m. - 12:30 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## Stitch n' Chat

Date and Time: Thursday, June 19 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

### When:

Every Thursday

1:00 - 3:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## Friday, June 20, 2025

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## Breakfast Club

Date and Time: Friday, June 20 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

**When:**

Every Friday

9:30 - 10:30 a.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## Easy Fit

Date and Time: Friday, June 20 1:00 pm - 2:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Friday

1:00 - 2:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Sit Fit

Date and Time: Friday, June 20 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

**When:**

Every Friday

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Cooking with Lori

Date and Time: Friday, June 20 2:00 pm - 4:00 pm

Address: 363 Colborne Street

In celebration of Indigenous History Month and Indigenous Peoples' Day, join this vibrant and enriching community cooking class led by local caterer, Lori Harris! Prepare traditional Haudenosaunee dishes, including corn soup and freshly made scones from scratch.

Friday, June 20th, 2025

2:00 - 4:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

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

## Monday, June 23, 2025

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### Tai Chi

Date and Time: Monday, June 23 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

### When:

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Tuesday, June 24, 2025

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### Dance Fitness

Date and Time: Tuesday, June 24 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

## Easy Fit

Date and Time: Tuesday, June 24 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

Cowan Community Health Hub (25 Curtis Ave N, Paris ) in Community Room

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Kitchen Confidence

Date and Time: Tuesday, June 24 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **Pre-registration for each 4-week session or by topic is required.**

**When and Topic:**

Tuesday, June 3rd, 2025 - Crockpot

Tuesday, June 10th, 2025 - One Pot

Tuesday, June 17th, 2025 - Summer Salads

Tuesday, June 24th, 2025 - Strawberries and Preserves

1:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

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

## ID Clinic Drop-in

Date and Time: Tuesday, June 24 5:00 pm - 7:00 pm

Address: 363 Colborne Street

🔓 Drop-in and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

**When:**

Every Tuesday

5:00 - 7:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Dietitian Room

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Gentle Yoga

Date and Time: Tuesday, June 24 5:30 pm - 6:45 pm

Address: 363 Colborne Street

🧘 ♀ Join our volunteer for free Gentle Yoga! No experience required, mats and equipment provided **Pre-registration is required.**

**When:**

Every Tuesday

5:30 - 6:45 p.m.



**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Gender Journey Brant

Date and Time: Tuesday, June 24 5:30 pm - 7:30 pm

Address: 363 Colborne Street

A social group for trans, non-binary and gender diverse adults (18+) held at Grand River Community Health Centre! Join in for opportunities to make new connections. **Pre-registration is required.**

**When:**

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford)

For more information or to register, please contact Lisa at [ldoan@grchc.ca](mailto:ldoan@grchc.ca) or call (519) 754-0777 ext. 252

## Wednesday, June 25, 2025

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### Belly Dancing

Date and Time: Wednesday, June 25 9:30 am - 10:30 am

Address: 363 Colborne Street

This women's only, beginner-friendly class is the perfect way to get moving, have fun, and embrace your inner dancer. **Pre-registration is required.**

**When:**

Last Wednesday of each month until July 30th, 2025

9:30 - 10:30 a.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

## Easy Fit

Date and Time: Wednesday, June 25 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

### When:

Every Wednesday

11:00 a.m. - 12:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Drop-in Outreach Clinic

Date and Time: Wednesday, June 25 11:30 am - 3:00 pm

Address: 95 Darling Street, Brantford ON

Grand River Community Health Centre has launched its Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

### Clinic Hours:

Wednesdays from 11:30 a.m. - 3:00 p.m. at St. Andrew's Church (95 Darling Street, Brantford)

### This drop-in service will support folks who:

- Use substances
- Are unhoused or street involved
- Have difficulty making and keeping appointments
- Do not have a primary care provider and/or a health card

### Services offered:

- See a health care provider
- Access wound care
- Receive sexual health information and testing
- Get support obtaining ID
- Receive mental health support and referrals

**Note:** This is **not** a walk in clinic. Patients will be seen on a first-come, first-served basis.

## Men in Action

Date and Time: Wednesday, June 25 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others! Pre-registration not required.

**When:**

Every Wednesday

1:30 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

For more information, please contact Brad at [bkidder@grchc.ca](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Nutrition for Brain Health

Date and Time: Wednesday, June 25 2:00 pm - 3:00 pm

Address: 363 Colborne Street

In collaboration with the City of Brantford and the Healthy Aging Passport Program 2025, join Registered Dietitian Amy Campbell to discuss what nutrients and eating patterns will provide your brain with great nutrition and try a new recipe!

Wednesday, June 25th, 2025

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information or to register, please call (226) 388-4725 or email [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca).

## Thursday, June 26, 2025

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### Dance Fitness

Date and Time: Thursday, June 26 10:00 am - 11:00 am

Address: 363 Colborne Street

Dance Fitness with Joan: A combination of Zumba & Line Dancing done to Country, Pop & Latin Music. Learn the basics of Merengue, Salsa, Bachata, Cumbia, Reggaeton as well as old school Line dancing & all incorporated with aerobic movements! **Pre-registration is required.**

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

Grand River Community Health Centre ( 363 Colborne Street, Brantford) in Community Rooms A & B

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

## Learn to Knit

Date and Time: Thursday, June 26 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join our Learn to Knit group! Beginners and advanced welcome, materials will be provided. **Pre-registration is required.**

**When:**

Every Thursday

11:00 a.m. - 12:30 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

## Stitch n' Chat

Date and Time: Thursday, June 26 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to work on your craft or knitting skills. **Pre-registration is required.**

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Room A

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

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## Friday, June 27, 2025

## Breakfast Club

Date and Time: Friday, June 27 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation! All are welcome. Pre-registration not required.

### When:

Every Friday

9:30 - 10:30 a.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Kitchen

For more information, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## Easy Fit

Date and Time: Friday, June 27 1:00 pm - 2:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance! **Pre-registration is required.**

### When:

Every Friday

1:00 - 2:00 p.m.

### Where:

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Sit Fit

Date and Time: Friday, June 27 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

### When:

Every Friday

2:00 - 3:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

For more information or to register, please contact Amanda at (519) 754-0777 ext. 273

## Monday, June 30, 2025

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### Tai Chi

Date and Time: Monday, June 30 11:00 am - 12:00 pm

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

**When:**

Mondays from March 24th - May 26th, 2025

11:00 a.m. - 12:00 p.m.

**Where:**

Grand River Community Health Centre (363 Colborne Street, Brantford) in Community Rooms A & B

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

<https://calendar.grandriverchc.ca>