

Tuesday, September 2, 2025

Dance Fitness

Date and Time: Tuesday, September 2 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 or call (519) 754-0777 ext. 233

Let's Make Macramé

Date and Time: Tuesday, September 2 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our free Let's Make Macramé group and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more! Beginners and advanced welcome, materials will be provided. **Pre-registration for each 7-week session is required.**

When:

Tuesdays from September 2nd - October 21st, 2025

10:00 a.m. - 12:00 p.m.

Where:

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

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

Easy Fit

Date and Time: Tuesday, September 2 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

ID Clinic Drop-in

Date and Time: Tuesday, September 2 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, September 2 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 or call (519) 754-0777 ext. 233

Wednesday, September 3, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, September 3 10:00 am - 11:00 am

Address: 452 Grey Street, Brantford

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

Clinic Hours:

1st, 2nd & 4th Wednesday of every month from 10:00 - 11:00 a.m. at Friendship House (452 Grey Street, Brantford)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Drop-in Outreach Clinic

Date and Time: Wednesday, September 3 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Men in Action

Date and Time: Wednesday, September 3 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 or call (519) 754-0777 ext. 505

Thursday, September 4, 2025

Dance Fitness

Date and Time: Thursday, September 4 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 or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, September 4 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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, September 4 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 or call (519) 754-0777 ext. 223

2SLGBTQIA+ Community Connections

Date and Time: Thursday, September 4 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 or call (519) 754-0777 ext. 252

Friday, September 5, 2025

Breakfast Club

Date and Time: Friday, September 5 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 or call (519) 754-0777 ext. 479

Monday, September 8, 2025

Happy Heart, Diabetes & Me

Date and Time: Monday, September 8 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, September 8th, 15th & 22nd

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

Tuesday, September 9, 2025

Let's Make Macramé

Date and Time: Tuesday, September 9 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our free Let's Make Macramé group and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more! Beginners and advanced welcome, materials will be provided. **Pre-registration for each 7-week session is required.**

When:

Tuesdays from September 2nd - October 21st, 2025

10:00 a.m. - 12:00 p.m.

Where:

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

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

Dance Fitness

Date and Time: Tuesday, September 9 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:

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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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, September 9 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

ID Clinic Drop-in

Date and Time: Tuesday, September 9 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, September 9 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 or call (519) 754-0777 ext. 233

Gender Journey Brant

Date and Time: Tuesday, September 9 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 lidoan@grchc.ca or call (519) 754-0777 ext. 252

Wednesday, September 10, 2025

Learn to Paint

Date and Time: Wednesday, September 10 9:30 am - 11:30 am

Address: 363 Colborne Street

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the classes opens on the first (1st) of the month.**

When:

Wednesday, September 10th **OR** Wednesday, September 17th, 2025

9:30 - 11:30 a.m.

Where:

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

To register, please contact Lisa at lidoan@grchc.ca or call (519) 754-0777 ext. 252

Drop-in Outreach Clinic

Date and Time: Wednesday, September 10 10:00 am - 11:00 am

Address: 452 Grey Street, Brantford

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

Clinic Hours:

1st, 2nd & 4th Wednesday of every month from 10:00 - 11:00 a.m. at Friendship House (452 Grey Street, Brantford)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Drop-in Outreach Clinic

Date and Time: Wednesday, September 10 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)

We serve people who:

- Have difficulty making and keeping appointments

- Do not have a primary care provider
- Do not have a health card
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Services offered:

- Wound care
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Wednesday, September 10th **OR** Wednesday, September 17th, 2025

1:00 - 3:00 p.m.

Where:

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

To register, please contact Lisa at ldoan@grchc.ca or call (519) 754-0777 ext. 252

Men in Action

Date and Time: Wednesday, September 10 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 or call (519) 754-0777 ext. 505

Dance Fitness

Date and Time: Thursday, September 11 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:

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

Learn to Knit

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Address: 363 Colborne Street

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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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, September 11 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 or call (519) 754-0777 ext. 223

Friday, September 12, 2025

Breakfast Club

Date and Time: Friday, September 12 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 or call (519) 754-0777 ext. 479

Easy Fit

Date and Time: Friday, September 12 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, September 12 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, September 15, 2025

Notes & Beats

Date and Time: Monday, September 15 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.

September 15th to December 15th, 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 or call (519) 754-0777 ext. 505

Happy Heart, Diabetes & Me

Date and Time: Monday, September 15 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, September 8th, 15th & 22nd

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

Tuesday, September 16, 2025

Let's Make Macramé

Date and Time: Tuesday, September 16 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our free Let's Make Macramé group and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more! Beginners and advanced welcome, materials will be provided. **Pre-registration for each 7-week session is required.**

When:

Tuesdays from September 2nd - October 21st, 2025

10:00 a.m. - 12:00 p.m.

Where:

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

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

Dance Fitness

Date and Time: Tuesday, September 16 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, September 16 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

ID Clinic Drop-in

Date and Time: Tuesday, September 16 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, September 16 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 or call (519) 754-0777 ext. 233

Wednesday, September 17, 2025

Learn to Paint

Date and Time: Wednesday, September 17 9:30 am - 11:30 am

Address: 363 Colborne Street

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the classes opens on the first (1st) of the month.**

When:

Wednesday, September 10th **OR** Wednesday, September 17th, 2025

9:30 - 11:30 a.m.

Where:

To register, please contact Lisa at lidoan@grchc.ca or call (519) 754-0777 ext. 252

Easy Fit

Date and Time: Wednesday, September 17 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, September 17 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
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- Obtain harm reduction supplies

Learn to Paint

Date and Time: Wednesday, September 17 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the classes opens on the first (1st) of the month.**

When:

Wednesday, September 10th **OR** Wednesday, September 17th, 2025

1:00 - 3:00 p.m.

Where:

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

To register, please contact Lisa at lidoan@grchc.ca or call (519) 754-0777 ext. 252

Caring for My COPD Program Orientation

Date and Time: Wednesday, September 17 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, September 17 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 or call (519) 754-0777 ext. 505

Thursday, September 18, 2025

Dance Fitness

Date and Time: Thursday, September 18 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:

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

Learn to Knit

Date and Time: Thursday, September 18 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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, September 18 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 or call (519) 754-0777 ext. 223

Friday, September 19, 2025

Breakfast Club

Date and Time: Friday, September 19 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 or call (519) 754-0777 ext. 479

Easy Fit

Date and Time: Friday, September 19 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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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, September 19 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, September 22, 2025

Notes & Beats

Date and Time: Monday, September 22 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.

September 15th to December 15th, 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 or call (519) 754-0777 ext. 505

Let's Make Macramé

Date and Time: Tuesday, September 23 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our free Let's Make Macramé group and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more! Beginners and advanced welcome, materials will be provided. **Pre-registration for each 7-week session is required.**

When:

Tuesdays from September 2nd - October 21st, 2025

10:00 a.m. - 12:00 p.m.

Where:

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

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

Dance Fitness

Date and Time: Tuesday, September 23 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, September 23 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

ID Clinic Drop-in

Date and Time: Tuesday, September 23 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 or call (519) 754-0777 ext. 505

Gender Journey Brant

Date and Time: Tuesday, September 23 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 or call (519) 754-0777 ext. 252

Gentle Yoga

Date and Time: Tuesday, September 23 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 or call (519) 754-0777 ext. 233

Wednesday, September 24, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, September 24 10:00 am - 11:00 am

Address: 452 Grey Street, Brantford

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

Clinic Hours:

1st, 2nd & 4th Wednesday of every month from 10:00 - 11:00 a.m. at Friendship House (452 Grey Street, Brantford)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks

- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Easy Fit

Date and Time: Wednesday, September 24 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, September 24 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)

We serve people who:

- Have difficulty making and keeping appointments
- Do not have a primary care provider
- Do not have a health card
- Are unhoused, precariously housed or street involved

Services offered:

- Wound care
- Blood pressure checks
- Injections and immunizations
- Supporting and obtaining Ontario identification
- Obtain harm reduction supplies

Men in Action

Date and Time: Wednesday, September 24 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 or call (519) 754-0777 ext. 505

Thursday, September 25, 2025

Dance Fitness

Date and Time: Thursday, September 25 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 or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, September 25 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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, September 25 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 or call (519) 754-0777 ext. 223

Friday, September 26, 2025

Breakfast Club

Date and Time: Friday, September 26 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 or call (519) 754-0777 ext. 479

Easy Fit

Date and Time: Friday, September 26 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, September 26 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, September 29, 2025

Notes & Beats

Date and Time: Monday, September 29 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.

September 15th to December 15th, 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 or call (519) 754-0777 ext. 505

<https://calendar.grandriverchc.ca>