

Monday, October 2, 2023

Notes and Beats

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

Address: 363 Colborne Street

Have you ever wanted to join a music or singing class and felt shy, intimidated or that you didn't have the talent to take part? Do you like music trivia, history and quirky facts about Rock and Roll, Jazz, Reggae, Calypso, Latin, Pop, Hip-Hop, Country and Broadway? Have you ever wanted to just sit in a room with like-minded people listening to music and singing just for the fun of it? Get together with friends to hit some sticks, blow on a kazoo, bang on a tambourine, clap your hands, stomp your feet, wiggle your hips, snap your fingers, and take part in MUSIC-ING.

Community Music is about participation in music-making rather than the performance. Musicking welcomes everyone, regardless of talent, experience, or musical knowledge. All-inclusive, diversified, interactive and dynamic. Community music welcomes everyone!!

Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythms, songs, trivia, humming, drumming, singing, instruments, harmony, melodies, tuning and crooning -- singing and mingling!!!

The motto of our community music classes - EVERYone Is Important ... EVERYone is a Star!!!

Notes and Beats begins Monday, September 18th at 10am - 11:30am and is FREE to anyone to attend. The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Tuesday, October 3, 2023

Let's Make Macrame

Date and Time: Tuesday, October 3 10:00 am - 11:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more

No experience necessary, whether you are a beginner or advanced, all are welcome

Every Tuesday from September 5th to October 10th 2023

10:00 - 11:30 am

For information or to register email/call

Gloria at gord@grchc.ca or (519)754-0777 ext. 223

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

Where:

Grand River Community Health Centre

363 Colborne Street, Brantford

Basic Shelf Cooking Class

Date and Time: Tuesday, October 3 10:00 am - 12:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Learn basic cooking skills, get a free cookbook, and have fun!

Tuesdays from September 19th to October 10th

10:00 am - 12:00 pm

Grand River Community Health Centre

363 Colborne Street, Brantford

Open to adults in the community

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

(Re)Discovering Your Body's Wisdom

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

Address: 363 Colborne Street

Want to learn strategies to be the expert of your body?

Join today and learn about mindfulness and mindful eating, explore how living in diet culture affects how you view yourself and food, and become familiar with Intuitive Eating and the core principles!

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

Gentle Yoga

Date and Time: Tuesday, October 3 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

ID Clinic Drop-In

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

We are offering an in-person, ID Clinic drop-in service at GRCHC

Anyone is welcome to drop by every Tuesday from 5-7pm to get assistance with completing applications for birth certificates, health cards and photo ID

No registration required!

For more information contact:

Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Wednesday, October 4, 2023

Acting Up Adult Drama Group

Date and Time: Wednesday, October 4 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford

Unlock your inner actor! Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 20th. Every Wednesday from 10-11am until November 15th, learn a few tricks of the trade in a fun and enjoyable environment!

For more information and to register please contact Lisa at lidoan@grchc.ca or call (519) 754-0777 ext 252.

Easy Fit

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Men in Action

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

Address: 363 Colborne Street

Drop-in to learn and share our experiences! Men in Action is a social group where the group comes together for coffee, chatting and other activities.

Every Wednesday from 1:30 pm to 3 pm

Grand River Community Health Centre 363 Colborne Street, Brantford

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

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Date and Time: Wednesday, October 4 3:00 pm - 5:00 pm

Address: 363 Colborne Street

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Anyone is welcome to drop by every Tuesday from 5-7pm and now every Wednesday from 3-5pm to get assistance with completing applications for birth certificates, health cards and photo ID.

No registration required! First come first served.

For more information please contact:

Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Thursday, October 5, 2023

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

ed with aerobic movements.

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email mbentia@grchc.ca or call (519)-754-0777 ext. 251

Stitch n' Chat

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on y our knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at gord@grchc.ca or call 519-754-0777 ext. 223 to join

Let's Cook Together

Date and Time: Thursday, October 5 5:00 pm - 7:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us to learn new recipes and to cook delicious simple meals, or share with the group beloved recipes that re mind you of home!

Thursdays from September 28 to December 14, 2023 5:00 pm to 7:00 pm

To register or for more information please contact

Makeda at mkafele-green@grchc.ca or

(519) 754 0777 ext. 222

Brantford Cabaret

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Thursdays

6:00-7:30pm

September 21st to November 30th, 2023

Musical Theatre Workshop

Learn about acting, singing, staging, choreography and more!

Grand River Community Health Centre

363 Colborne Street, Brantford

For YOUTH ages 8-17

Email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

2SLGBTQIA+ Community Connections

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

2SLGBTQIA+ Community Connections

Meets the first and third Thursday of each month from 6:00-7:30pm

Description: In-person social group for members of the 2SLGBTQIA+ community

For more info or to register please contact Lisa at lidoan@grchc.ca or 519-754-0777 ext. 252

For more 2SLGBTQIA+ programs and services at Grand River Community Health Centre please visit [our web page](#).

Friday, October 6, 2023

Breakfast Club

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Sit Fit

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

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Monday, October 9, 2023

Notes and Beats

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

Address: 363 Colborne Street

Have you ever wanted to join a music or singing class and felt shy, intimidated or that you didn't have the talent to take part? Do you like music trivia, history and quirky facts about Rock and Roll, Jazz, Reggae, Calypso, Latin, Pop, Hip-Hop, Country and Broadway? Have you ever wanted to just sit in a room with like-minded people listening to music and singing just for the fun of it? Get together with friends to hit some sticks, blow on a kazoo, bang on a tambourine, clap your hands, stomp your feet, wiggle your hips, snap your fingers, and take part in MUSIC-ING.

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Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Tuesday, October 10, 2023

Let's Make Macrame

Date and Time: Tuesday, October 10 10:00 am - 11:30 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more

No experience necessary, whether you are a beginner or advanced, all are welcome

Every Tuesday from September 5th to October 10th 2023

10:00 - 11:30 am

For information or to register email/call

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Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

Where:

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(Re)Discovering Your Body's Wisdom

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

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Want to learn strategies to be the expert of your body?

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ID Clinic Drop-In

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

We are offering an in-person, ID Clinic drop-in service at GRCHC

Anyone is welcome to drop by every Tuesday from 5-7pm to get assistance with completing applications for birth certificates, health cards and photo ID

No registration required!

For more information contact:

Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, October 10 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Wednesday, October 11, 2023

Acting Up Adult Drama Group

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

Address: 363 Colborne Street, Brantford

Unlock your inner actor! Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 20th. Every Wednesday from 10-11am until November 15th, learn a few tricks of the trade in a fun and enjoyable environment!

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

Easy Fit

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Men in Action

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

Address: 363 Colborne Street

Drop-in to learn and share our experiences! Men in Action is a social group where the group comes together for coffee, chatting and other activities.

Every Wednesday from 1:30 pm to 3 pm

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For more information please contact:

Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email mbentia@grchc.ca or call (519)-754-0777 ext. 251

Stitch n' Chat

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on your knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at gord@grchc.ca or call 519-754-0777 ext. 223 to join

Let's Cook Together

Date and Time: Thursday, October 12 5:00 pm - 7:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us to learn new recipes and to cook delicious simple meals, or share with the group beloved recipes that remind you of home!

Thursdays from September 28 to December 14, 2023 5:00 pm to 7:00 pm

To register or for more information please contact

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Brantford Cabaret

Date and Time: Thursday, October 12 6:00 pm - 7:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Thursdays

6:00-7:30pm

September 21st to November 30th, 2023

Musical Theatre Workshop

Learn about acting, singing, staging, choreography and more!

Grand River Community Health Centre

363 Colborne Street, Brantford

For YOUTH ages 8-17

Email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Gender Journey Brant

Date and Time: Thursday, October 12 6:00 pm - 7:30 pm

Address: 363 Colborne Street

A social group for trans and non-binary adults held at GRCHC! Join in for opportunities to make new connections.

Pre-registration required.

Second and fourth Thursday of every month

6:00-7:30pm

363 Colborne Street, Brantford

For more information or to register please email Lisa at lidoan@grchc.ca or call

Friday, October 13, 2023

Breakfast Club

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Sit Fit

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

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Monday, October 16, 2023

Notes and Beats

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

Address: 363 Colborne Street

Have you ever wanted to join a music or singing class and felt shy, intimidated or that you didn't have the talent

to take part? Do you like music trivia, history and quirky facts about Rock and Roll, Jazz, Reggae, Calypso, Latin, Pop, Hip-Hop, Country and Broadway? Have you ever wanted to just sit in a room with like-minded people listening to music and singing just for the fun of it? Get together with friends to hit some sticks, blow on a kazoo, bang on a tambourine, clap your hands, stomp your feet, wiggle your hips, snap your fingers, and take part in MUSIC-ING.

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Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Mood for Thought Education Group

Date and Time: Monday, October 16 1:00 pm - 2:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Please join us for an intro to CBT (Cognitive Behavioural Therapy). As a group, we will learn skills and receive understanding and support from others facing similar issues.

Mondays, October 16, 23 & 30th 2023

1:00 p.m. - 2:30 p.m.

363 Colborne St. E. Brantford, ON

Please email or call Beth to register at 519-754-0777 ext. 437 or bpearson@grchc.ca

*Open to community members and clients

Drop-in Paramedic Health Clinic

Date and Time: Monday, October 16 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Happy Heart, Diabetes & Me

Date and Time: Monday, October 16 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join in-person for a 1 hour education and exercise class + 1 hour cooking demonstration and nutrition talk on a monthly topic related to heart health and blood sugar management.

Contact Melissa Siegel, RD: msiegel@grchc.ca or (519) 754-0777 ext. 479 OR Amanda White, R. Kin.: awhit@grchc.ca or (519) 754-0777 ext. 273

Topics Include:

- **February 13th** - Plant Based Options & Driving with Diabetes
- **March 20th** - Mediterranean Diet & Risk factors for Heart Disease
- **April 17th** - Carbohydrate Label Reading & Blood Sugar Management
- **May 15th** - Soup Recipe & Sick Day Management for Diabetes
- **June 19th** - Power of Protein & Foot Assessments
- **July 17th** - Facts on Fats & Exercise Routine
- **August 21st** - Role of Fibre & Medications while Exercising for Diabetes
- **September 18th** - Sodium Substitutes & Hypertension
- **October 16th** - Carbohydrate Label Reading & Risk Factors for Heart Disease

Tuesday, October 17, 2023

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

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(Re)Discovering Your Body's Wisdom

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Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Gentle Yoga

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Tuesdays

5:00-6:15pm

January to December 2023

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363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

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January to December 2023

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Description: In-person social group for members of the 2SLGBTQIA+ community

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For more 2SLGBTQIA+ programs and services at Grand River Community Health Centre please visit [our web page](#).

Friday, October 20, 2023

Breakfast Club

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Sit Fit

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

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Monday, October 23, 2023

Notes and Beats

Date and Time: Monday, October 23 10:00 am - 11:30 am

Address: 363 Colborne Street

Have you ever wanted to join a music or singing class and felt shy, intimidated or that you didn't have the talent to take part? Do you like music trivia, history and quirky facts about Rock and Roll, Jazz, Reggae, Calypso, Latin, Pop, Hip-Hop, Country and Broadway? Have you ever wanted to just sit in a room with like-minded people listening to music and singing just for the fun of it? Get together with friends to hit some sticks, blow on a kazoo, bang on a tambourine, clap your hands, stomp your feet, wiggle your hips, snap your fingers, and take part in MUSIC-ING.

Community Music is about participation in music-making rather than the performance. Musicking welcomes everyone, regardless of talent, experience, or musical knowledge. All-inclusive, diversified, interactive and dynamic. Community music welcomes everyone!!

Come and enjoy a fun-filled, laid-back, smile-enhancing hour of rhythms, songs, trivia, humming, drumming, singing, instruments, harmony, melodies, tuning and crooning -- singing and mingling!!!

The motto of our community music classes - EVERYone Is Important ... EVERYone is a Star!!!

Notes and Beats begins Monday, September 18th at 10am - 11:30am and is FREE to anyone to attend. The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Mood for Thought Education Group

Date and Time: Monday, October 23 1:00 pm - 2:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Please join us for an intro to CBT (Cognitive Behavioural Therapy). As a group, we will learn skills and receive understanding and support from others facing similar issues.

Mondays, October 16, 23 & 30th 2023

1:00 p.m. - 2:30 p.m.

363 Colborne St. E. Brantford, ON

Please email or call Beth to register at 519-754-0777 ext. 437 or bpearson@grchc.ca

*Open to community members and clients

Drop-in Paramedic Health Clinic

Date and Time: Monday, October 23 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Tuesday, October 24, 2023

Let's Make Macrame

Date and Time: Tuesday, October 24 10:00 am - 11:30 am

Address: 363 Colborne Street

Join us and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more

No experience necessary, whether you are a beginner or advanced, all are welcome

Every Tuesday from October 24th to December 5th 2023

10:00 - 11:30 am

For information or to register email/call

Gloria at gord@grchc.ca or (519)754-0777 ext. 223

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

Where:

Grand River Community Health Centre

(Re)Discovering Your Body's Wisdom

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

Address: 363 Colborne Street

Want to learn strategies to be the expert of your body?

Join today and learn about mindfulness and mindful eating, explore how living in diet culture affects how you view yourself and food, and become familiar with Intuitive Eating and the core principles!

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

ID Clinic Drop-In

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

We are offering an in-person, ID Clinic drop-in service at GRCHC

Anyone is welcome to drop by every Tuesday from 5-7pm to get assistance with completing applications for birth certificates, health cards and photo ID

No registration required!

For more information contact:

Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, October 24 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

363 Colborne Street, Brantford

For info or to register please email Magdalena at mbentia@grchc.ca or call (519)754-0777 ext. 251

Wednesday, October 25, 2023

Acting Up Adult Drama Group

Date and Time: Wednesday, October 25 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford

Unlock your inner actor! Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 20th. Every Wednesday from 10-11am until November 15th, learn a few tricks of the trade in a fun and enjoyable environment!

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

Easy Fit

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

Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence.

To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Men in Action

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

Address: 363 Colborne Street

Drop-in to learn and share our experiences! Men in Action is a social group where the group comes together for coffee, chatting and other activities.

Every Wednesday from 1:30 pm to 3 pm

Grand River Community Health Centre 363 Colborne Street, Brantford

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

ID Clinic Drop-in

Date and Time: Wednesday, October 25 3:00 pm - 5:00 pm

Address: 363 Colborne Street

We are expanding our in-person, ID Clinic drop-in service at GRCHC!

Anyone is welcome to drop by every Tuesday from 5-7pm and now every Wednesday from 3-5pm to get assistance with completing applications for birth certificates, health cards and photo ID.

No registration required! First come first served.

For more information please contact:

Brad at bkidder@grchc.ca or (519) 754-0777 ext. 505

Thursday, October 26, 2023

Dance Fitness

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

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info or to register please email mbentia@grchc.ca or call (519)-754-0777 ext. 251

Stitch n' Chat

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join online or in person for a weekly Stitch and Chat group

Are you a beginner or experienced knitter? All are welcome to our Stitch n' Chat group! Come by to work on y our knitting or macrame skills

Every Thursday from 1-3 pm

Please email Gloria at gord@grchc.ca or call 519-754-0777 ext. 223 to join

Let's Cook Together

Date and Time: Thursday, October 26 5:00 pm - 7:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us to learn new recipes and to cook delicious simple meals, or share with the group beloved recipes that re mind you of home!

Thursdays from September 28 to December 14, 2023 5:00 pm to 7:00 pm

To register or for more information please contact

Makeda at mkafele-green@grchc.ca or

(519) 754 0777 ext. 222

Brantford Cabaret

Date and Time: Thursday, October 26 6:00 pm - 7:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Thursdays

6:00-7:30pm

September 21st to November 30th, 2023

Musical Theatre Workshop

Learn about acting, singing, staging, choreography and more!

Grand River Community Health Centre

363 Colborne Street, Brantford

For YOUTH ages 8-17

Email Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505

Gender Journey Brant

Date and Time: Thursday, October 26 6:00 pm - 7:30 pm

Address: 363 Colborne Street

A social group for trans and non-binary adults held at GRCHC! Join in for opportunities to make new connections.

Pre-registration required.

Second and fourth Thursday of every month

6:00-7:30pm

363 Colborne Street, Brantford

For more information or to register please email Lisa at lidoan@grchc.ca or call

(519)-754-0777 ext. 252

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Breakfast Club

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For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Easy Fit

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Address: 363 Colborne Street

Posture, balance, strength and endurance exercises to move with more confidence. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca

Sit Fit

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

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or awhite@grchc.ca.

Monday, October 30, 2023

Notes and Beats

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

Address: 363 Colborne Street

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- Service navigation and support

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Tuesday, October 31, 2023

Let's Make Macrame

Date and Time: Tuesday, October 31 10:00 am - 11:30 am

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Join us and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more

No experience necessary, whether you are a beginner or advanced, all are welcome

Every Tuesday from October 24th to December 5th 2023

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For information or to register email/call

Gloria at gord@grchc.ca or (519)754-0777 ext. 223

Dance Fitness

Date and Time: Tuesday, October 31 10:00 am - 11:00 am

Address: 363 Colborne Street

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2023

What:

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.

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Date and Time: Tuesday, October 31 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Tuesdays

5:00-6:15pm

January to December 2023

Grand River Community Health Centre

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<https://calendar.grandriverchc.ca>