

Tuesday, October 1, 2024

Dance Fitness

Date and Time: Tuesday, October 1 10:00 am - 11:00 am

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more info 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, October 1 10:00 am - 12:00 pm

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 August 20th to October 1st, 2024 in the Community Boardroom

10:00 am - 12:00 pm

Easy Fit

Date and Time: Tuesday, October 1 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris, ON

Coming to **Paris, ON** at the **Cowan Community Health Hub (25 Curtis Ave N)** join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance!

Every Tuesday starting September 10th, 2024 from 10:30 – 11:30 a.m.

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

National Seniors Day Event

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

Address: 363 Colborne Street

Join us for a day of health, connection, and community for National Seniors Day on Tuesday, October 1st from 1:00 - 3:00 pm at Grand River Community Health Centre! ✨

We're excited to offer a FREE event for those 55+ and their loved ones featuring a brief presentation on Service Canada programs followed by an open house to meet partnering local health and social services teams to learn about senior specific programs. Let's come together to learn, share, and support one another! 🏡

For more information and to register for the presentation component of the day please contact OG at oegiebor@grchc.ca or (519) 754-0777 ext. 233

ID Clinic Drop-in

Date and Time: Tuesday, October 1 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at bkidder@grchc.ca

Gentle Yoga

Date and Time: Tuesday, October 1 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join our volunteer for free Gentle Yoga every Tuesday from 5:30 - 6:45 p.m.

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Wednesday, October 2, 2024

Acting Up Drama Group

Date and Time: Wednesday, October 2 9:45 am - 10:45 am

Address: 363 Colborne Street

Unlock your inner actor!

Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 18th to November 20th, 2024.

Wednesdays from 9:45 - 10:45 a.m. learn a few tricks of the trade in a fun and enjoyable environment!

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

Easy Fit

Date and Time: Wednesday, October 2 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@grhc.ca

Caring for My COPD Program Orientation

Date and Time: Wednesday, October 2 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, October 2 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

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

Thursday, October 3, 2024

Paramedic Health Drop-In Clinic

Date and Time: Thursday, October 3 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or bbsos@grchc.ca

Dance Fitness

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

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, October 3 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, October 3 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

2SLGBTQIA+ Community Connections

Date and Time: Thursday, October 3 6:00 pm - 7:30 pm

Address: 363 Colborne Street

We're thrilled to share that 2SLGBTQIA+ Community Connections is returning!

Beginning Thursday, February 1st, 2024, this social group is for community members 18+ and takes place on the first Thursday of every month from 6:00 to 7:30 pm

Join us as we gather, connect and socialize.

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

Brantford Cabaret

Date and Time: Thursday, October 3 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Thursdays

6:00 - 7:30pm

September 19th to December 5th, 2024

Musical Theatre Workshop

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

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

For **YOUTH** ages 8-17

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

Friday, October 4, 2024

Breakfast Club

Date and Time: Friday, October 4 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505 or Melissa at msiegel@grchc.ca or ext. 479

Dance Fitness

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

Address: 363 Colborne Street

*******Currently FULL*******

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.

When:

Every Tuesday & Thursday

10:00 - 11:00 am

Every Friday

11:00 am - 12:00 pm

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to be added to the waitlist please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, October 4 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Let's Grow Your Garden

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

Address: 363 Colborne Street

*****Currently FULL*****

Similar to humans, plants are living beings that need love and nurturing to grow. During this guided session, participants will have the opportunity to pot a succulent, decorate the pot, and create jewelry for their plant. The session aims to foster the connection between caring for a plant, and oneself, while also promoting social connections among participants.

Grand River Community Health Centre
Courtyard

Register by emailing jmacdonald@grchc.ca or call (519) 754-0777 ext. 254

Offered through the City of Brantford and the Let's Get Moving campaign: <https://www.brantford.ca/en/living-here/lets-get-moving.aspx>

Sit Fit

Date and Time: Friday, October 4 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Flavours of Brantford 2.0

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

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from September to December 2024. Each month focuses on food from a different continent, including South America, Asia, Europe, and Africa. Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent each week.

Registration is required and limited to only one of the 4-week series offered. All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

Stay Tuned for more programs coming in 2025!

Monday, October 7, 2024

Notes & Beats

Date and Time: Monday, October 7 9:30 am - 11:00 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 & Beats starts Monday, September 16th, 2024 and is **FREE** to anyone to attend!

Every Monday from 9:30 - 11:00 a.m. until Monday, December 16th, 2024

The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Grand River Community Health Centre, 363 Colborne Street, Brantford

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

Paramedic Health Drop-In Clinic

Date and Time: Monday, October 7 10:00 am - 4:00 pm

Address: 363 Colborne Street

Drop in on Mondays from 1:00 to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) and see a paramedic!

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 254 or bbsos@grchc.ca

Nutrition for Bone Health

Date and Time: Monday, October 7 11:00 am - 12:00 pm

Address: 363 Colborne Street

Join our dietitian and learn about nutrition for maintaining bone health, get resources for more information, and enjoy a taste of a calcium rich recipe!

Monday, October 7th, 2024

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

363 Colborne Street, Brantford in Community Kitchen

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

Flavours of Brantford 2.0

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

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from September to December 2024. Each month focuses on food from a different continent, including South America, Asia, Europe, and Africa. Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent each week.

Registration is required and limited to only one of the 4-week series offered. All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

Stay Tuned for more programs coming in 2025!

Tuesday, October 8, 2024

Dance Fitness

Date and Time: Tuesday, October 8 10:00 am - 11:00 am

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

Date and Time: Tuesday, October 8 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris, ON

Coming to **Paris, ON** at the **Cowan Community Health Hub (25 Curtis Ave N)** join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance!

Every Tuesday starting September 10th, 2024 from 10:30 – 11:30 a.m.

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

ID Clinic Drop-in

Date and Time: Tuesday, October 8 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at bkidder@grchc.ca

Gentle Yoga

Date and Time: Tuesday, October 8 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join our volunteer for free Gentle Yoga every Tuesday from 5:30 - 6:45 p.m.

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Gender Journey Brant

Date and Time: Tuesday, October 8 5:30 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 Tuesday of every month

5:30 - 7:30 p.m.

363 Colborne Street, Brantford

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

Wednesday, October 9, 2024

Acting Up Drama Group

Date and Time: Wednesday, October 9 9:45 am - 10:45 am

Address: 363 Colborne Street

Unlock your inner actor!

Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 18th to November 20th, 2024.

Wednesdays from 9:45 - 10:45 a.m. 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 9 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 9 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

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

Thursday, October 10, 2024

Paramedic Health Drop-In Clinic

Date and Time: Thursday, October 10 10:00 am - 4:00 pm

Address: 363 Colborne Street

Our weekly Paramedic Health Clinic hours are expanding!

Drop in on Mondays from 10:00 a.m. to 4:00 p.m. AND Thursdays from 10:00 a.m. to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) in the SOS area.

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 432 or bbsos@grchc.ca

Dance Fitness

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

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, October 10 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, October 10 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

Brantford Cabaret

Date and Time: Thursday, October 10 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Thursdays

6:00 - 7:30pm

September 19th to December 5th, 2024

Musical Theatre Workshop

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

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

For **YOUTH** ages 8-17

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

Friday, October 11, 2024

Breakfast Club

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

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505 or Melissa at msiegel@grchc.ca or ext. 479

Dance Fitness

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

Address: 363 Colborne Street

*******Currently FULL*******

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.

When:

Every Tuesday & Thursday

10:00 - 11:00 am

Every Friday

11:00 am - 12:00 pm

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to be added to the waitlist please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, October 11 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Sit Fit

Date and Time: Friday, October 11 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Tuesday, October 15, 2024

Dance Fitness

Date and Time: Tuesday, October 15 10:00 am - 11:00 am

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

Date and Time: Tuesday, October 15 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris, ON

Coming to **Paris, ON** at the **Cowan Community Health Hub (25 Curtis Ave N)** join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance!

Every Tuesday starting September 10th, 2024 from 10:30 – 11:30 a.m.

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

Drop-in Outreach Clinic

Date and Time: Tuesday, October 15 12:00 pm - 6:30 pm

Address: 363 Colborne Street

Starting Tuesday, October 15th, 2024, Grand River Community Health Centre is launching a Drop-in Outreach Clinic with our Interprofessional Primary Care Team!

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

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

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

363 Colborne Street, Brantford ON

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

ID Clinic Drop-in

Date and Time: Tuesday, October 15 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at bkidder@grchc.ca

Gentle Yoga

Date and Time: Tuesday, October 15 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join our volunteer for free Gentle Yoga every Tuesday from 5:30 - 6:45 p.m.

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Wednesday, October 16, 2024

Acting Up Drama Group

Date and Time: Wednesday, October 16 9:45 am - 10:45 am

Address: 363 Colborne Street

Unlock your inner actor!

Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 18th to November 20th, 2024.

Wednesdays from 9:45 - 10:45 a.m. 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 16 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

Caring for My COPD Program Orientation

Date and Time: Wednesday, October 16 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 t

he 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

Let's P-aint Away

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

Address: 363 Colborne Street

*****Currently FULL*****

Intentionally named, participants will be encouraged to paint the pain away, fostering a space to view painting as a form of healing and stress relief. The session will be led by Dianne from Grand River Community Health Centre, who finds peace and joy from painting. Beginners are welcome and encouraged. Program takes place at Grand River Community Health Centre, Community Room B.

Registration required by emailing jmacdonald@grchc.ca or calling 519-754-0777 ext. 254

Offered through the City of Brantford and the Let's Get Moving campaign: <https://www.brantford.ca/en/living-here/lets-get-moving.aspx>

Men in Action

Date and Time: Wednesday, October 16 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

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

Thursday, October 17, 2024

Dance Fitness

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

Address: 363 Colborne Street

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 incorporat

ed with aerobic movements.

When:

Every Tuesday & Thursday

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January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, October 17 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, October 17 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

Drop-in Outreach Clinic

Date and Time: Thursday, October 17 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Grand River Community Health Centre is hosting a Drop-in Outreach Clinic with our Interprofessional Primary Care Team.

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

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

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

363 Colborne Street, Brantford ON

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

Brantford Cabaret

Date and Time: Thursday, October 17 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Thursdays

6:00 - 7:30pm

September 19th to December 5th, 2024

Musical Theatre Workshop

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

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

For **YOUTH** ages 8-17

For more information or to register your youth please contact Brad at bkidder@grhc.ca or call (519) 754-0777 ext. 505

Friday, October 18, 2024

Breakfast Club

Date and Time: Friday, October 18 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at bkidder@grchc.ca or call (519) 754-0777 ext. 505 or Melissa at msiegel@grchc.ca or ext. 479

Dance Fitness

Date and Time: Friday, October 18 11:00 am - 12:00 pm

Address: 363 Colborne Street

*******Currently FULL*******

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.

When:

Every Tuesday & Thursday

10:00 - 11:00 am

Every Friday

11:00 am - 12:00 pm

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to be added to the waitlist please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, October 18 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Sit Fit

Date and Time: Friday, October 18 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Flavours of Brantford 2.0

Date and Time: Friday, October 18 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from September to December 2024. Each month focuses on food from a different continent, including South America, Asia, Europe, and Africa. Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent each week.

Registration is required and limited to only one of the 4-week series offered. All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

Stay Tuned for more programs coming in 2025!

Monday, October 21, 2024

Notes & Beats

Date and Time: Monday, October 21 9:30 am - 11:00 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 & Beats starts Monday, September 16th, 2024 and is **FREE** to anyone to attend!

Every Monday from 9:30 - 11:00 a.m. until Monday, December 16th, 2024

The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Grand River Community Health Centre, 363 Colborne Street, Brantford

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

Paramedic Health Drop-In Clinic

Date and Time: Monday, October 21 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop in on Mondays from 1:00 to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) and see a paramedic!

Services offered include:

- Basic medical assessments

- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 254 or bbsos@grchc.ca

Happy Heart, Diabetes and Me

Date and Time: Monday, October 21 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Learn how to:

manage your heart health & diabetes through movement/exercise

&

cook heart healthy meals, & meals to help control your diabetes

Register for any classes you are interested in:

Nov 27 - Diabetes & sick day management

Dec 18- How to manage your cholesterol; facts on fats

Jan 15 - What is diabetes & prediabetes; balanced snacking

Feb 26 - What is hypertension & low sodium diet

March 18 - Diabetic foot assessment & benefits of protein

April 15 - Risk factors for heart disease & Mediterranean diet

May 27 - What is diabetes & prediabetes; balanced snacking

June 17 - Exercise & glucometer readings; eating for exercise

July 15 - Driving & diabetes and plant based diet

Aug 19 - Risk factors for heart disease and facts on fibre

Sept 16 - What is diabetes & prediabetes; balances snacking

Oct 21 - How to manage your cholesterol; Mediterranean diet

1:00-3:00pm In-person

Grand River Community Health Centre

363 Colborne Street, Brantford

Community Room A/B and Community Kitchen

Classes are run by:

Melissa Siegel-Registered Dietician

Amanda White-R.Kin, Clinical Exercise Physiologist, Certified Diabetes Educator

contact either:

Melissa Siegel : msiegel@grchc.ca or (519)-754-0777 ext 479

Amanda White : awhite@grchc.ca or (519)-754-0777 ext 273

Flavours of Brantford 2.0

Date and Time: Monday, October 21 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from September to December 2024. Each month focuses on food from a different continent, including South America, Asia, Europe, and Africa. Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent each week.

Registration is required and limited to only one of the 4-week series offered. All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

Stay Tuned for more programs coming in 2025!

Tuesday, October 22, 2024

Dance Fitness

Date and Time: Tuesday, October 22 10:00 am - 11:00 am

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

Date and Time: Tuesday, October 22 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris, ON

Coming to **Paris, ON** at the **Cowan Community Health Hub (25 Curtis Ave N)** join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance!

Every Tuesday starting September 10th, 2024 from 10:30 – 11:30 a.m.

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

ID Clinic Drop-in

Date and Time: Tuesday, October 22 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at bkidder@grchc.ca

Gentle Yoga

Date and Time: Tuesday, October 22 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join our volunteer for free Gentle Yoga every Tuesday from 5:30 - 6:45 p.m.

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Gender Journey Brant

Date and Time: Tuesday, October 22 5:30 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 Tuesday of every month

5:30 - 7:30 p.m.

363 Colborne Street, Brantford

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

Wednesday, October 23, 2024

Acting Up Drama Group

Date and Time: Wednesday, October 23 9:45 am - 10:45 am

Address: 363 Colborne Street

Unlock your inner actor!

Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 18th to November 20th, 2024.

Wednesdays from 9:45 - 10:45 a.m. 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 23 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

Learn to Paint

Date and Time: Wednesday, October 23 1:00 pm - 3:00 pm

Address: 363 Colborne Street

*****Currently FULL*****

Learn to use acrylic paint!

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, October 23rd, 2024

1:00 - 3:00 p.m. in Community Rooms A

Grand River Community Health Centre

363 Colborne Street, Brantford

For information and to be added to the waitlist please email Lisa at ldoan@grchc.ca or call (519) 754-0777 ext . 252

Men in Action

Date and Time: Wednesday, October 23 1:30 pm - 3:00 pm

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

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

Thursday, October 24, 2024

Dance Fitness

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

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, October 24 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, October 24 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

Drop-in Outreach Clinic

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

Address: 363 Colborne Street

Grand River Community Health Centre is hosting a Drop-in Outreach Clinic with our Interprofessional Primary Care Team.

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

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

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

363 Colborne Street, Brantford ON

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

Brantford Cabaret

Date and Time: Thursday, October 24 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Thursdays

6:00 - 7:30pm

September 19th to December 5th, 2024

Musical Theatre Workshop

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

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

For **YOUTH** ages 8-17

For more information or to register your youth please contact Brad at bkidder@grhc.ca or call (519) 754-0777 ext. 505

Friday, October 25, 2024

Breakfast Club

Date and Time: Friday, October 25 9:30 am - 10:30 am

Address: 363 Colborne Street

Join us for coffee, tea, breakfast, and conversation!

All are welcome! Drop-in every Friday from 9:30 - 10:30 a.m. at 363 Colborne Street

For more information please contact Brad at bkidder@grhc.ca or call (519) 754-0777 ext. 505 or Melissa at msiegel@grhc.ca or ext. 479

Dance Fitness

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

Address: 363 Colborne Street

*******Currently FULL*******

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.

When:

Every Tuesday & Thursday

10:00 - 11:00 am

Every Friday

11:00 am - 12:00 pm

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

For more information or to be added to the waitlist please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, October 25 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Sit Fit

Date and Time: Friday, October 25 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

For more information and to register please contact Amanda at (519) 754-0777 ext. 273 or awhite@grchc.ca

Monday, October 28, 2024

Notes & Beats

Date and Time: Monday, October 28 9:30 am - 11:00 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 & Beats starts Monday, September 16th, 2024 and is **FREE** to anyone to attend!

Every Monday from 9:30 - 11:00 a.m. until Monday, December 16th, 2024

The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Grand River Community Health Centre, 363 Colborne Street, Brantford

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

Power of Protein in Aging

Date and Time: Monday, October 28 11:00 am - 12:00 pm

Address: 363 Colborne Street

Join GRCHC dietitians to learn to learn the importance of:

- Incorporating protein in our diet as we age
- What to do if we have a low appetite
- Food sources and delicious recipes

Monday, October 28th, 2024

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

363 Colborne Street, Brantford ON

Community Kitchen

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

Paramedic Health Drop-In Clinic

Date and Time: Monday, October 28 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop in on Mondays from 1:00 to 4:00 p.m. at Grand River Community Health Centre (363 Colborne Street, Brantford) and see a paramedic!

Services offered include:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support
- Sexually transmitted infections (STI) testing

No health card is required.

For more information please call (519) 754-0777 ext. 254 or bbsos@grchc.ca

Flavours of Brantford 2.0

Date and Time: Monday, October 28 3:00 pm - 5:00 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from September to December 2024. Each month focuses on food from a different continent, including South America, Asia, Europe, and Africa. Participants will not only prepare and enjoy a traditional meal, but they will also learn about the culture of a different country within the continent each week.

Registration is required and limited to only one of the 4-week series offered. All programs will take place at the Grand River Health Care Community Kitchen from 3 p.m. to 5 p.m.

Learn more at Brantford.ca/FlavoursOfBrantford

Stay Tuned for more programs coming in 2025!

Tuesday, October 29, 2024

Dance Fitness

Date and Time: Tuesday, October 29 10:00 am - 11:00 am

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

Date and Time: Tuesday, October 29 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris, ON

Coming to **Paris, ON** at the **Cowan Community Health Hub (25 Curtis Ave N)** join our free Easy Fit class where you'll learn gentle exercises to help with posture, balance, strength, and endurance!

Every Tuesday starting September 10th, 2024 from 10:30 – 11:30 a.m.

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

ID Clinic Drop-in

Date and Time: Tuesday, October 29 5:00 pm - 7:00 pm

Address: 363 Colborne Street

Drop-in on Tuesdays from 5:00 - 7:00 p.m. and get help with applications for birth certificates, health cards, and photo ID card. No appointment necessary, first come first served.

When: Every Tuesday from 5:00 - 7:00 p.m.

Where: 363 Colborne Street, Brantford ON, Dietitian Room

Have questions? Please call Brad at (519) 754-0777 ext. 505 or email at bkidder@grchc.ca

Gentle Yoga

Date and Time: Tuesday, October 29 5:30 pm - 6:45 pm

Address: 363 Colborne Street

Join our volunteer for free Gentle Yoga every Tuesday from 5:30 - 6:45 p.m.

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Wednesday, October 30, 2024

Acting Up Drama Group

Date and Time: Wednesday, October 30 9:45 am - 10:45 am

Address: 363 Colborne Street

Unlock your inner actor!

Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting September 18th to November 20th, 2024.

Wednesdays from 9:45 - 10:45 a.m. 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 30 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

Learn to Paint

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

Address: 363 Colborne Street

*****Currently FULL*****

Learn to use acrylic paint!

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, October 30th, 2024

1:00 - 3:00 p.m. in Community Rooms A

Grand River Community Health Centre

363 Colborne Street, Brantford

For information and to be added to the waitlist, please email Lisa at lidoan@grchc.ca or call (519) 754-0777 ext. 252

Men in Action

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

Address: 363 Colborne Street

Drop by our Men in Action group and learn from and chat with others!

Every Wednesday in Community Room A from 1:30 p.m. to 3:00 p.m.

Pre-registration not required!

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

Thursday, October 31, 2024

Dance Fitness

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

Address: 363 Colborne Street

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.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, October 31 11:00 am - 12:30 pm

Address: 363 Colborne Street

Join us Thursdays from 11:00 a.m. to 12:30 p.m. in Community Room A and Learn to Knit!

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, October 31 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

Drop-in Outreach Clinic

Date and Time: Thursday, October 31 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Grand River Community Health Centre is hosting a Drop-in Outreach Clinic with our Interprofessional Primary Care Team.

Clinic Hours:

Tuesdays from 12:00 p.m. - 6:30 p.m.

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

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

363 Colborne Street, Brantford ON

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

