

## Wednesday, October 1, 2025

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### Drop-in Outreach Clinic

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

Address: 363 Colborne Street

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

### **When:**

Every Wednesday

1:30 - 3:00 p.m.

### **Where:**

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

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

## Thursday, October 2, 2025

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## Dance Fitness

Date and Time: Thursday, October 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Learn to Knit

Date and Time: Thursday, October 2 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

**When:**

Every Thursday

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

**Where:**

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Basic Shelf

Date and Time: Thursday, October 2 5:00 pm - 6:00 pm

Address: 363 Colborne Street

☐ Join our free Basic Shelf classes where you will learn basic cooking skills and get a free cookbook! Pre-registration for each 4-week session is required. **Please note: this round is currently FULL.**

**When:**

Tuesdays from November 4th - 25th, 2025

1:00 - 3:00 p.m.

**Where:**

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

To be added to the waitlist, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## Brantford Cabaret

Date and Time: Thursday, October 2 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

**When:**

Every Thursday until December 2025

6:00 - 7:30 p.m.

**Where:**

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

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

## 2SLGBTQIA+ Community Connections

Date and Time: Thursday, October 2 6:00 pm - 7:30 pm

Address: 363 Colborne Street

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

### When:

1st Thursday of each month

6:00 - 7:30 p.m.

### Where:

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

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

## Friday, October 3, 2025

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### Breakfast Club

Date and Time: Friday, October 3 9:30 am - 10:30 am

Address: 363 Colborne Street

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

### When:

Every Friday

9:30 - 10:30 a.m.

### Where:

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

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

### Dance Fitness

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

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 incorporate

orated with aerobic movements! **Pre-registration is required.**

**When:**

Every Friday until December 2025

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

**Where:**

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

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

## Easy Fit

Date and Time: Friday, October 3 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, October 3 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

## Monday, October 6, 2025

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### Notes & Beats

Date and Time: Monday, October 6 9:30 am - 11:00 am

Address: 363 Colborne Street

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

#### When:

Every Monday

9:30 - 11:00 a.m.

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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

### Tai Chi

Date and Time: Monday, October 6 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

#### When:

Mondays (excluding statutory holidays) from October 6th - December 15th, 2025

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

#### Where:

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

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, October 6 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, October 6th, 20th & 27th

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, October 7, 2025

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### Let's Make Macramé

Date and Time: Tuesday, October 7 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](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

### Dance Fitness

Date and Time: Tuesday, October 7 10:00 am - 11:00 am

Address: 363 Colborne Street



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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Easy Fit

Date and Time: Tuesday, October 7 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

## Bone Health Presentation


Date and Time: Tuesday, October 7 11:30 am - 12:30 pm

Address: 25 Curtis Ave N, Paris, ON

Join one of our Registered Dietitians to learn about:

- The role of nutrition in bone health,
- Recommended vitamins and minerals,
- Practical tips for meals and snacks

 Tuesday, October 7th, 2025

 11:30 a.m. – 12:30 p.m.

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

## Kitchen Confidence

Date and Time: Tuesday, October 7 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where folks can bring in their favourite recipes to recreate and share! Pre-registration for each 4-week session is required. **Please note: this round is currently FULL.**

### When:

Tuesdays from October 7th - 28th, 2025

1:00 - 3:00 p.m.

### Where:

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

To be added to the waitlist, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## ID Clinic Drop-in

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

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

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

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

## Gentle Yoga

Date and Time: Tuesday, October 7 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

**When:**

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

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

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

## Wednesday, October 8, 2025

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### Learn to Paint

Date and Time: Wednesday, October 8 9:30 am - 10:30 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, October 8th **OR** Wednesday, October 15th, 2025

9:30 - 11:30 a.m.

**Where:**

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

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

### Drop-in Outreach Clinic

Date and Time: Wednesday, October 8 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, October 8 11:00 am - 12:00 pm

Address: 363 Colborne Street

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**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, October 8 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

## Learn to Paint

Date and Time: Wednesday, October 8 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, October 8th **OR** Wednesday, October 15th, 2025

1:00 - 3:00 p.m.

### Where:

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

To register, please contact Lisa at [lloan@grchc.ca](mailto:lloan@grchc.ca) or call (519) 754-0777 ext. 252

## Community Health and Wellbeing Open House Event

Date and Time: Wednesday, October 8 1:00 pm - 5:00 pm


Address: 25 Curtis Ave N, Paris, ON

October is Community Health and Wellbeing Month and to celebrate, Grand River Community Health Centre (GRCHC) is inviting community members to attend an Open House event! 🍁

Come and connect with local agencies, discover the services they offer, and learn how their work supports our community's health and wellness. Enjoy activities, helpful resources, local produce and giveaways (while supplies last). 🍎🍏

Everyone is welcome — bring a friend!

 Wednesday, October 8th, 2025

 1:00 – 5:00 p.m.

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

## Thursday, October 9, 2025

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## Dance Fitness

Date and Time: Thursday, October 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:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Learn to Knit

Date and Time: Thursday, October 9 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

**When:**

Every Thursday

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

**Where:**

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

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

## Stitch n' Chat

Date and Time: Thursday, October 9 1:00 pm - 3:00 pm

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Brantford Cabaret

Date and Time: Thursday, October 9 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

**When:**

Every Thursday until December 2025

6:00 - 7:30 p.m.

**Where:**

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

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

## Friday, October 10, 2025

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### Breakfast Club

Date and Time: Friday, October 10 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

## Dance Fitness

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

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 Friday until December 2025

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

### Where:

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

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

## Easy Fit

Date and Time: Friday, October 10 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, October 10 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 re**



quired.

**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

## Tuesday, October 14, 2025

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### Dance Fitness

Date and Time: Tuesday, October 14 10:00 am - 11:00 am

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

### Let's Make Macramé

Date and Time: Tuesday, October 14 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](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Easy Fit

Date and Time: Tuesday, October 14 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

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

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

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

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

## Kitchen Confidence

Date and Time: Tuesday, October 14 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where folks can bring in their favourite recipes to recreate and share! Pre-registration for each 4-week session is required. **Please note: this round is currently FULL.**

**When:**

Tuesdays from October 7th - 28th, 2025

1:00 - 3:00 p.m.

**Where:**

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

To be added to the waitlist, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## ID Clinic Drop-in

Date and Time: Tuesday, October 14 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

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

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

## Gentle Yoga

Date and Time: Tuesday, October 14 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:30 - 6:45 p.m.

### Where:

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

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

## Gender Journey Brant

Date and Time: Tuesday, October 14 5:30 pm - 7:30 pm

Address: 363 Colborne Street

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

### When:

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

**Where:**

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

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

## Wednesday, October 15, 2025

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### Learn to Paint

Date and Time: Wednesday, October 15 9:30 am - 10:30 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, October 8th **OR** Wednesday, October 15th, 2025

9:30 - 11:30 a.m.

**Where:**

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

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

### Easy Fit

Date and Time: Wednesday, October 15 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, October 15 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

## Caring for My COPD Program Orientation

Date and Time: Wednesday, October 15 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

## Learn to Paint

Date and Time: Wednesday, October 15 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, October 8th **OR** Wednesday, October 15th, 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](mailto:lidoan@grchc.ca) or call (519) 754-0777 ext. 252

## Men in Action

Date and Time: Wednesday, October 15 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

**When:**

Every Wednesday

1:30 - 3:00 p.m.

**Where:**

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

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

## Protein Power

Date and Time: Wednesday, October 15 3:00 pm - 4:00 pm

Address: 363 Colborne Street

During Community Health and Wellbeing Month, join one of our dietitians to:

- Learn about the important role of protein in aging, and
- Try a plant protein recipe!

**When:**

Wednesday, October 15th, 2025

3:00 - 4:00 p.m.

**Where:**

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

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

## Thursday, October 16, 2025

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## Dance Fitness

Date and Time: Thursday, October 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 [ogiebor@grchc.ca](mailto:ogiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Learn to Knit

Date and Time: Thursday, October 16 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

### When:

Every Thursday

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

### Where:

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

Are you a beginner or experienced knitter? All are welcome to our weekly Stitch n' Chat group! Come by to

work on your craft or knitting skills. **Pre-registration is required.**

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Brantford Cabaret

Date and Time: Thursday, October 16 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

**When:**

Every Thursday until December 2025

6:00 - 7:30 p.m.

**Where:**

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

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

## Friday, October 17, 2025

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### Breakfast Club

Date and Time: Friday, October 17 9:30 am - 10:30 am

Address: 363 Colborne Street

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

**When:**

Every Friday

9:30 - 10:30 a.m.

**Where:**



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

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

## Dance Fitness

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

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 Friday until December 2025

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

### Where:

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

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

## Easy Fit

Date and Time: Friday, October 17 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, October 17 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, October 20, 2025

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### Notes & Beats

Date and Time: Monday, October 20 9:30 am - 11:00 am

Address: 363 Colborne Street

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

**When:**

Every Monday

9:30 - 11:00 a.m.

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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

### Tai Chi

Date and Time: Monday, October 20 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

**When:**

Mondays (excluding statutory holidays) from October 6th - December 15th, 2025

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

**Where:**

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

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, October 20 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, October 6th, 20th & 27th

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, October 21, 2025

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### Let's Make Macramé

Date and Time: Tuesday, October 21 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](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Dance Fitness

Date and Time: Tuesday, October 21 10:00 am - 11:00 am

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Easy Fit

Date and Time: Tuesday, October 21 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

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

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

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

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

## Kitchen Confidence

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

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where folks can bring in their favourite recipes to recreate and share! Pre-registration for each 4-week session is required. **Please note: this round is currently FULL.**

### When:

Tuesdays from October 7th - 28th, 2025

1:00 - 3:00 p.m.

### Where:

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

To be added to the waitlist, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## ID Clinic Drop-in

Date and Time: Tuesday, October 21 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

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

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

## Gentle Yoga

Date and Time: Tuesday, October 21 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

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

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

## Wednesday, October 22, 2025

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### Drop-in Outreach Clinic

Date and Time: Wednesday, October 22 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, October 22 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, October 22 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, October 22 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

**When:**

Every Wednesday

1:30 - 3:00 p.m.

**Where:**

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

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

## Dance Fitness

Date and Time: Thursday, October 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Learn to Knit

Date and Time: Thursday, October 23 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

### When:

Every Thursday

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

### Where:

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street



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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Brantford Cabaret

Date and Time: Thursday, October 23 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

**When:**

Every Thursday until December 2025

6:00 - 7:30 p.m.

**Where:**

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

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

## Friday, October 24, 2025

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### Breakfast Club

Date and Time: Friday, October 24 9:30 am - 10:30 am

Address: 363 Colborne Street

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

**When:**

Every Friday

9:30 - 10:30 a.m.

**Where:**

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

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

## Dance Fitness

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

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 Friday until December 2025

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

**Where:**

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

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

## Easy Fit

Date and Time: Friday, October 24 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, October 24 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, October 27, 2025

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### Notes & Beats

Date and Time: Monday, October 27 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

### Tai Chi

Date and Time: Monday, October 27 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

n is required.

**When:**

Mondays (excluding statutory holidays) from October 6th - December 15th, 2025

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

**Where:**

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

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, October 27 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, October 6th, 20th & 27th

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, October 28, 2025

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### Dance Fitness

Date and Time: Tuesday, October 28 10:00 am - 11:00 am

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Easy Fit

Date and Time: Tuesday, October 28 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

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

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

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

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

## Kitchen Confidence

Date and Time: Tuesday, October 28 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where folks can bring in their favourite recipes to recreate and share! Pre-registration for each 4-week session is required. **Please note: this round is currently FULL.**

**When:**

Tuesdays from October 7th - 28th, 2025

1:00 - 3:00 p.m.

**Where:**

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

To be added to the waitlist, please contact Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call (519) 754-0777 ext. 479

## ID Clinic Drop-in

Date and Time: Tuesday, October 28 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

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

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

## Gentle Yoga

Date and Time: Tuesday, October 28 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:30 - 6:45 p.m.

### Where:

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

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

## Gender Journey Brant

Date and Time: Tuesday, October 28 5:30 pm - 7:30 pm

Address: 363 Colborne Street

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

### When:

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

**Where:**

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

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

## Wednesday, October 29, 2025

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### Belly Dancing with Tammy

Date and Time: Wednesday, October 29 9:30 am - 10:30 am

Address: 363 Colborne Street

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

**When:**

Wednesday, October 29th, 2025

9:30 - 10:30 a.m.

**Where:**

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

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

### Easy Fit

Date and Time: Wednesday, October 29 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, October 29 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, October 29 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

### **When:**

Every Wednesday

1:30 - 3:00 p.m.

### **Where:**

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

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

## Nutrition for Fatty Liver Disease

Date and Time: Wednesday, October 29 3:00 pm - 4:00 pm

Address: 363 Colborne Street



During Community Health and Wellbeing Month, join one of our dietitians to:

- Learn about the role of nutrition and activity in managing fatty liver disease, and
- Try a delicious recipe!

**When:**

Wednesday, October 29th, 2025

3:00 - 4:00 p.m.

**Where:**

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

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

## Thursday, October 30, 2025

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### Dance Fitness

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

### Learn to Knit

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

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

**Where:**

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Brantford Cabaret

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

Address: 363 Colborne Street

Brantford Cabaret with Joan Minnery: A musical theatre workshop where youth will learn about acting, singing, staging, choreography and more! **Pre-registration is required. For youth age 8-17.**

**When:**

Every Thursday until December 2025

6:00 - 7:30 p.m.

**Where:**

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

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

## Breakfast Club

Date and Time: Friday, October 31 9:30 am - 10:30 am

Address: 363 Colborne Street

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

### When:

Every Friday

9:30 - 10:30 a.m.

### Where:

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

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

## Dance Fitness

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

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 Friday until December 2025

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

### Where:

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

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

## Easy Fit

Date and Time: Friday, October 31 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, October 31 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

<https://calendar.grandriverchc.ca>