

## Friday, November 1, 2024

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### Breakfast Club

Date and Time: Friday, November 1 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

### Dance Fitness

Date and Time: Friday, November 1 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

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

## Easy Fit

Date and Time: Friday, November 1 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](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, November 1 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](mailto:awhite@grchc.ca)

## Monday, November 4, 2024

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### Notes & Beats

Date and Time: Monday, November 4 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Beating Strong: Heart Health Workshop

Date and Time: Monday, November 4 10:00 am - 11:00 am

Address: 25 Curtis Avenue North, Paris

We got the beat!

Join us for our free Beating Strong: Heart Health Workshop in Paris starting November 4th. 🧡❤️

This workshop will run on Mondays from 10:00 - 11:00 a.m. in the board room at the Cowan Community Health Centre in Paris (25 Curtis Ave N).

During the workshop, we will discuss:

- How to determine your heart age
- Nutrition for heart health
- Heart healthy lifestyle tips
- Improving your social well-being
- Managing stress
- And more!

This information will be covered over three sessions. There's no need to attend all of the sessions if you only wish to attend one, or if you miss a session, feel free to join that one next month!

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

## Paramedic Health Drop-In Clinic

Date and Time: Monday, November 4 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](mailto:bbsos@grchc.ca)

## Flavours of Brantford 2.0

Date and Time: Monday, November 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](https://Brantford.ca/FlavoursOfBrantford)

Stay Tuned for more programs coming in 2025!

## Tuesday, November 5, 2024

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### Dance Fitness

Date and Time: Tuesday, November 5 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](mailto:ogiebor@grchc.ca) or call (519) 754-0777 ext. 233

**Easy Fit**

Date and Time: Tuesday, November 5 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, November 5 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.

## Flu Vaccine Clinic

Date and Time: Tuesday, November 5 1:00 pm - 6:00 pm

Address: 363 Colborne Street

Come get your flu shot vaccine on November 5th or November 12th

Clinic is for

- GRCHC clients
- People without a primary care provider
- People with a primary care provider elsewhere

## ID Clinic Drop-in

Date and Time: Tuesday, November 5 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](mailto:bkidder@grchc.ca)

## Gentle Yoga

Date and Time: Tuesday, November 5 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## **Wednesday, November 6, 2024**

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### **Acting Up Drama Group**

Date and Time: Wednesday, November 6 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](mailto:lidoan@grchc.ca) or call (519) 754-0777 ext 252

### **Easy Fit**

Date and Time: Wednesday, November 6 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](mailto:awhite@grchc.ca)

### **Caring for My COPD Program Orientation**

Date and Time: Wednesday, November 6 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, November 6 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](mailto:bkidder@grchc.ca)

## Thursday, November 7, 2024

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### Dance Fitness

Date and Time: Thursday, November 7 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

## Learn to Knit

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

## Stitch n' Chat

Date and Time: Thursday, November 7 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](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

## Drop-in Outreach Clinic

Date and Time: Thursday, November 7 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.

## 2SLGBTQIA+ Community Connections

Date and Time: Thursday, November 7 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 [ldoan@grchc.ca](mailto:ldoan@grchc.ca) or call (519) 754-0777 ext 252.

## Brantford Cabaret

Date and Time: Thursday, November 7 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

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## Friday, November 8, 2024

## Breakfast Club

Date and Time: Friday, November 8 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

## Dance Fitness

Date and Time: Friday, November 8 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Easy Fit

Date and Time: Friday, November 8 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](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, November 8 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](mailto:awhite@grchc.ca)

## Monday, November 11, 2024

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### Notes & Beats

Date and Time: Monday, November 11 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.

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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!!!

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

## Beating Strong: Heart Health Workshop

Date and Time: Monday, November 11 10:00 am - 11:00 am

Address: 25 Curtis Avenue North, Paris

We got the beat!

Join us for our free Beating Strong: Heart Health Workshop in Paris starting November 4th. 🧡❤️  
This workshop will run on Mondays from 10:00 - 11:00 a.m. in the board room at the Cowan Community Health Centre in Paris (25 Curtis Ave N).

During the workshop, we will discuss:

- How to determine your heart age
- Nutrition for heart health
- Heart healthy lifestyle tips
- Improving your social well-being
- Managing stress
- And more!

This information will be covered over three sessions. There's no need to attend all of the sessions if you only wish to attend one, or if you miss a session, feel free to join that one next month!

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

## Paramedic Health Drop-In Clinic

Date and Time: Monday, November 11 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](mailto:bbsos@grchc.ca)

## Flavours of Brantford 2.0

Date and Time: Monday, November 11 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](http://Brantford.ca/FlavoursOfBrantford)

Stay Tuned for more programs coming in 2025!

## Tuesday, November 12, 2024

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### Dance Fitness

Date and Time: Tuesday, November 12 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

**Easy Fit**

Date and Time: Tuesday, November 12 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, November 12 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.

## Flu Vaccine Clinic

Date and Time: Tuesday, November 12 1:00 pm - 6:00 pm

Address: 363 Colborne Street

Come get your flu shot vaccine on November 5th or November 12th

Clinic is for

- GRCHC clients
- People without a primary care provider
- People with a primary care provider elsewhere

## ID Clinic Drop-in

Date and Time: Tuesday, November 12 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](mailto:bkidder@grchc.ca)

## Gender Journey Brant

Date and Time: Tuesday, November 12 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](mailto:lidoan@grchc.ca) or call (519)-754-0777 ext. 252

## Gentle Yoga

Date and Time: Tuesday, November 12 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Wednesday, November 13, 2024

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### Acting Up Drama Group

Date and Time: Wednesday, November 13 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](mailto:lidoan@grchc.ca) or call (519) 754-0777 ext 252

### Easy Fit

Date and Time: Wednesday, November 13 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](mailto:awhite@grchc.ca)

## Men in Action

Date and Time: Wednesday, November 13 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](mailto:bkidder@grchc.ca)

## Thursday, November 14, 2024

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### Learn to Knit

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

### Stitch n' Chat

Date and Time: Thursday, November 14 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](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

## Brantford Cabaret

Date and Time: Thursday, November 14 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Tuesday, November 19, 2024

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### Dance Fitness

Date and Time: Tuesday, November 19 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Easy Fit

Date and Time: Tuesday, November 19 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, November 19 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.

## Expressive Arts Group

Date and Time: Tuesday, November 19 1:30 pm - 3:30 pm

Address: 363 Colborne Street

Join our Expressive Arts Group provided by Mabe Kyle, Expressive Arts Therapist in training!

Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama.

Every Tuesday 1:30 - 3:30 p.m. from November 19th to December 10th

363 Colborne Street, Brantford ON in Community Boardroom

For more information and to register, please contact Breanne at [bvandeven@grchc.ca](mailto:bvandeven@grchc.ca) or call (519) 754-0777 ext. 259

## ID Clinic Drop-in

Date and Time: Tuesday, November 19 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](mailto:bkidder@grchc.ca)

## Gentle Yoga

Date and Time: Tuesday, November 19 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

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

## Wednesday, November 20, 2024

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### Acting Up Drama Group

Date and Time: Wednesday, November 20 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](mailto:lidoan@grchc.ca) or call (519) 754-0777 ext 252

### Easy Fit

Date and Time: Wednesday, November 20 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](mailto:awhite@grchc.ca)

### Learn to Paint

Date and Time: Wednesday, November 20 1:00 pm - 3:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Class is currently FULL\*\*\*\*\*

Learn to use acrylic paint!

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, November 20th, 2024

1:00 - 3:00 p.m. in Community Boardroom

Grand River Community Health Centre

363 Colborne Street, Brantford

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

## World COPD Day Event

Date and Time: Wednesday, November 20 1:30 pm - 3:30 pm

Address: 363 Colborne Street

The 2024 theme for World COPD Day is "Know Your Lung Function." World COPD Day takes place on November 20th and we are also celebrating the 10th anniversary of the Caring for my COPD Program!

Join us on Wednesday, November 20th for an Open House Event with speakers, information tables, refreshments to go, and door prizes.

1:30 - 3:30 p.m.

Community Rooms A & B

363 Colborne Street, Brantford ON

For more information or to RSVP, please call Deb at (519) 754-0777 ext. 235

## Men in Action

Date and Time: Wednesday, November 20 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](mailto:bkidder@grchc.ca)

## Thursday, November 21, 2024

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## Dance Fitness

Date and Time: Thursday, November 21 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](mailto:ogiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Learn to Knit

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

## Stitch n' Chat

Date and Time: Thursday, November 21 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](mailto:gord@grchc.ca) or call 519-754-0777 ext. 223 to join

## Drop-in Outreach Clinic

Date and Time: Thursday, November 21 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.

## Mind Body Wellness Group

Date and Time: Thursday, November 21 2:00 pm - 3:00 pm

Address: 173 Colborne Street

Join our Mind Body Wellness Group!

- Discuss the impacts of mental health on daily living
- Explore strategies and approaches in managing and coping with life stressors
- Discover community resources and services to support your overall wellness
- Connect with other members of the community

Thursdays starting November 21st, 2024

2:00 - 3:00 p.m.

Brantford Public Library in Third Floor Meeting Room

173 Colborne Street, Brantford ON

N3T 2G8

## Brantford Cabaret

Date and Time: Thursday, November 21 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](mailto:bkidder@grhc.ca) or call (519) 754-0777 ext. 505

## Friday, November 22, 2024

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### Breakfast Club

Date and Time: Friday, November 22 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](mailto:bkidder@grhc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grhc.ca](mailto:msiegel@grhc.ca) or ext. 479

## Dance Fitness

Date and Time: Friday, November 22 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Easy Fit

Date and Time: Friday, November 22 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](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, November 22 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](mailto:awhite@grchc.ca)

## Monday, November 25, 2024

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### Notes & Beats

Date and Time: Monday, November 25 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, swinging, 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Beating Strong: Heart Health Workshop

Date and Time: Monday, November 25 10:00 am - 11:00 am

Address: 25 Curtis Avenue North, Paris

We got the beat!

Join us for our free Beating Strong: Heart Health Workshop in Paris starting November 4th. 🍷❤️

This workshop will run on Mondays from 10:00 - 11:00 a.m. in the board room at the Cowan Community Health Centre in Paris (25 Curtis Ave N).

During the workshop, we will discuss:

- How to determine your heart age
- Nutrition for heart health
- Heart healthy lifestyle tips
- Improving your social well-being
- Managing stress
- And more!

This information will be covered over three sessions. There's no need to attend all of the sessions if you only wish to attend one, or if you miss a session, feel free to join that one next month!

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

## Paramedic Health Drop-In Clinic

Date and Time: Monday, November 25 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](mailto:bbsos@grchc.ca)

## Flavours of Brantford 2.0

Date and Time: Monday, November 25 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](https://Brantford.ca/FlavoursOfBrantford)

Stay Tuned for more programs coming in 2025!

## Tuesday, November 26, 2024

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### Dance Fitness

Date and Time: Tuesday, November 26 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](mailto:ogiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Easy Fit

Date and Time: Tuesday, November 26 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, November 26 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, November 26 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](mailto:bkidder@grchc.ca)

## Gender Journey Brant

Date and Time: Tuesday, November 26 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](mailto:lidoan@grchc.ca) or call (519)-754-0777 ext. 252

## Gentle Yoga

Date and Time: Tuesday, November 26 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Wednesday, November 27, 2024

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## Easy Fit

Date and Time: Wednesday, November 27 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](mailto:awhite@grchc.ca)

## Learn to Paint

Date and Time: Wednesday, November 27 1:00 pm - 3:00 pm

Address: 363 Colborne Street

\*\*\*\*\*Class is currently FULL\*\*\*\*\*

Learn to use acrylic paint!

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, November 27th, 2024

1:00 - 3:00 p.m. in Community Boardroom

Grand River Community Health Centre

363 Colborne Street, Brantford

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

## Men in Action

Date and Time: Wednesday, November 27 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](mailto:bkidder@grchc.ca)

# Thursday, November 28, 2024

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## Dance Fitness

Date and Time: Thursday, November 28 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Learn to Knit

Date and Time: Thursday, November 28 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](mailto:gord@grchc.ca) or call (519) 754-0777 ext. 223

## Stitch n' Chat

Date and Time: Thursday, November 28 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@grhc.ca](mailto:gord@grhc.ca) or call 519-754-0777 ext. 223 to join

## Drop-in Outreach Clinic

Date and Time: Thursday, November 28 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.

## Mind Body Wellness Group

Date and Time: Thursday, November 28 2:00 pm - 3:00 pm

Address: 173 Colborne Street

Join our Mind Body Wellness Group!

- Discuss the impacts of mental health on daily living
- Explore strategies and approaches in managing and coping with life stressors
- Discover community resources and services to support your overall wellness
- Connect with other members of the community

Thursdays starting November 21st, 2024

2:00 - 3:00 p.m.

Brantford Public Library in Third Floor Meeting Room

173 Colborne Street, Brantford ON

N3T 2G8

## Brantford Cabaret

Date and Time: Thursday, November 28 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505

## Friday, November 29, 2024

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### Breakfast Club

Date and Time: Friday, November 29 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](mailto:bkidder@grchc.ca) or call (519) 754-0777 ext. 505 or Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479

## Dance Fitness

Date and Time: Friday, November 29 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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Easy Fit

Date and Time: Friday, November 29 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](mailto:awhite@grchc.ca)

## Sit Fit

Date and Time: Friday, November 29 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](mailto:awhite@grchc.ca)

<https://calendar.grandriverchc.ca>