

Monday, December 2, 2024

Notes & Beats

Date and Time: Monday, December 2 9:30 am - 11:00 am

Address: 363 Colborne Street

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

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

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

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

Notes & Beats starts Monday, September 16th, 2024 and is **FREE** to anyone to attend!

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

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

Grand River Community Health Centre, 363 Colborne Street, Brantford

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

Beating Strong: Heart Health Workshop

Date and Time: Monday, December 2 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, December 2 1:00 pm - 4:00 pm

Address: 363 Colborne Street

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

Services offered include:

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

No health card is required.

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

Flavours of Brantford 2.0

Date and Time: Monday, December 2 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, December 3, 2024

Dance Fitness

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

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

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

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Gentle Yoga

Date and Time: Tuesday, December 3 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Wednesday, December 4, 2024

Easy Fit

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

Address: 363 Colborne Street

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

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

Caring for My COPD Program Orientation

Date and Time: Wednesday, December 4 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, December 4 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

Seasonal Craft "Make and Take" Workshop

Date and Time: Wednesday, December 4 3:00 pm - 6:00 pm

Address: 363 Colborne Street

Seasonal Crafts "Make and Take" is back!

Join us on Wednesday, December 4th, 2024 and enjoy some seasonal treats and make some crafts for yourself or to give as gifts.

3:00 - 6:00 p.m.

No cost, all are welcome!

To register, please call or email Gloria at gord@grchc.ca or (519) 754-0777 ext. 223

Thursday, December 5, 2024

Dance Fitness

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

Learn to Knit

Date and Time: Thursday, December 5 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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

Drop-in Outreach Clinic

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

Address: 363 Colborne Street

Thursdays

6:00 - 7:30pm

September 19th to December 5th, 2024

Musical Theatre Workshop

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

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

For **YOUTH** ages 8-17

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

2SLGBTQIA+ Community Connections

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

Address: 363 Colborne Street

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

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

Join us as we gather, connect and socialize.

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

Friday, December 6, 2024

Breakfast Club

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

Address: 363 Colborne Street

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

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

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

Easy Fit

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

Address: 363 Colborne Street

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

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

Sit Fit

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

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

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

Monday, December 9, 2024

Notes & Beats

Date and Time: Monday, December 9 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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The motto of our community music classes - EVERYone Is Important ... EVERYone is a Star!!!

Notes & Beats starts Monday, September 16th, 2024 and is **FREE** to anyone to attend!

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

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

Grand River Community Health Centre, 363 Colborne Street, Brantford

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

Beating Strong: Heart Health Workshop

Date and Time: Monday, December 9 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.

Tai Chi

Date and Time: Monday, December 9 11:00 am - 12:00 pm

Address: 363 Colborne Street

Join our introductory 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.

Monday, December 9th

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

Community Rooms A & B

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

Paramedic Health Drop-In Clinic

Date and Time: Monday, December 9 1:00 pm - 4:00 pm

Address: 363 Colborne Street

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

Services offered include:

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

No health card is required.

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

Flavours of Brantford 2.0

Date and Time: Monday, December 9 3:00 pm - 5:00 pm

Address: 363 Colborne Street

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

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

Learn more at Brantford.ca/FlavoursOfBrantford

Stay Tuned for more programs coming in 2025!

Tuesday, December 10, 2024

Dance Fitness

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

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

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

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Gentle Yoga

Date and Time: Tuesday, December 10 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Gender Journey Brant

Date and Time: Tuesday, December 10 5:30 pm - 7:30 pm

Address: 363 Colborne Street

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

Pre-registration required.

Second and fourth Tuesday of every month

5:30 - 7:30 p.m.

363 Colborne Street, Brantford

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

Wednesday, December 11, 2024

Easy Fit

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

Address: 363 Colborne Street

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

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

Men in Action

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

Address: 363 Colborne Street

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

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

Pre-registration not required!

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

Thursday, December 12, 2024

Dance Fitness

Date and Time: Thursday, December 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.

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

Learn to Knit

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

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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Address: 173 Colborne Street

Join our Mind Body Wellness Group!

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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

Friday, December 13, 2024

Breakfast Club

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

Address: 363 Colborne Street

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

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

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

Dance Fitness

Date and Time: Friday, December 13 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

What:

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

When:

Every Tuesday & Thursday

10:00 - 11:00 am

Every Friday

11:00 am - 12:00 pm

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Monday, December 16, 2024

Notes & Beats

Date and Time: Monday, December 16 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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- 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

Tuesday, December 17, 2024

Dance Fitness

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

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

Date and Time: Tuesday, December 17 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, December 17 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, December 17 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Gentle Yoga

Date and Time: Tuesday, December 17 5:30 pm - 6:45 pm

Address: 363 Colborne Street

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

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford in Community Rooms A & B

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

Wednesday, December 18, 2024

Easy Fit

Date and Time: Wednesday, December 18 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

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

Caring for My COPD Program Orientation

Date and Time: Wednesday, December 18 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, December 18 1:00 pm - 3:00 pm

Address: 363 Colborne Street

*****Registration opens on December 1st*****

Learn to use acrylic paint!

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, December 18th, 2024

1:00 - 3:00 p.m.

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Men in Action

Date and Time: Wednesday, December 18 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

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

Pre-registration not required!

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

Thursday, December 19, 2024

Dance Fitness

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

Learn to Knit

Date and Time: Thursday, December 19 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, December 19 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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

Drop-in Outreach Clinic

Date and Time: Thursday, December 19 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, December 19 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

Friday, December 20, 2024

Breakfast Club

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

Address: 363 Colborne Street

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

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

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

Dance Fitness

Date and Time: Friday, December 20 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

What:

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

When:

Every Tuesday & Thursday

10:00 - 11:00 am

Every Friday

11:00 am - 12:00 pm

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Easy Fit

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

Address: 363 Colborne Street

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

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

Sit Fit

Date and Time: Friday, December 20 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

Friday, December 27, 2024

Breakfast Club

Date and Time: Friday, December 27 9:30 am - 10:30 am

Address: 363 Colborne Street

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

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

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

Easy Fit

Date and Time: Friday, December 27 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

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

Sit Fit

Date and Time: Friday, December 27 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@grhc.ca

<https://calendar.grandriverchc.ca>