

Monday, December 1, 2025

Notes & Beats

Date and Time: Monday, December 1 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 or call (519) 754-0777 ext. 505

Tai Chi

Date and Time: Monday, December 1 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 or call (519) 754-0777 ext. 233

Happy Heart, Diabetes & Me

Date and Time: Monday, December 1 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, December 1st, 8th & 15th

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, December 2, 2025

Let's Make Macramé

Date and Time: Tuesday, December 2 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 November 11th - December 16th, 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 or call (519) 754-0777 ext. 223

Dance Fitness

Date and Time: Tuesday, December 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, December 2 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 OG at (519) 754-0777 ext. 233

ID Clinic Drop-in

Date and Time: Tuesday, December 2 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, December 2 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 or call (519) 754-0777 ext. 233

Wednesday, December 3, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, December 3 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, December 3 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 OG at (519) 754-0777 ext. 233

Drop-in Outreach Clinic

Date and Time: Wednesday, December 3 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, December 3 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 or call (519) 754-0777 ext. 505

Thursday, December 4, 2025

Dance Fitness

Date and Time: Thursday, December 4 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 or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, December 4 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-registratio**

n 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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, December 4 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 or call (519) 754-0777 ext. 223

Brantford Cabaret

Date and Time: Thursday, December 4 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 or call (519) 754-0777 ext. 505

2SLGBTQIA+ Community Connections

Date and Time: Thursday, December 4 6:00 pm - 7:30 pm

Address: 363 Colborne Street

Join members of the 2SLGBTQIA+ Community for a free in-person social group

For information or to register, please email Anka at abrozic@grchc.ca or call (519) 754-0777 ext. 236

Friday, December 5, 2025

Breakfast Club

Date and Time: Friday, December 5 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 or call (519) 754-0777 ext. 479

Dance Fitness

Date and Time: Friday, December 5 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, December 5 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 OG at (519) 754-0777 ext. 233

Sit Fit

Date and Time: Friday, December 5 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, December 8, 2025

Notes & Beats

Date and Time: Monday, December 8 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 or call (519) 754-0777 ext. 505

Tai Chi

Date and Time: Monday, December 8 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 or call (519) 754-0777 ext. 233

Happy Heart, Diabetes & Me

Date and Time: Monday, December 8 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 throu

gh this one (1) hour information and cooking class. **Pre-registration for each 3-week session is required.**

When:

Monday, December 1st, 8th & 15th

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, December 9, 2025

Let's Make Macramé

Date and Time: Tuesday, December 9 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 November 11th - December 16th, 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 or call (519) 754-0777 ext. 223

Dance Fitness

Date and Time: Tuesday, December 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Tuesday, December 9 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 OG at (519) 754-0777 ext. 233

Kitchen Confidence

Date and Time: Tuesday, December 9 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **Pre-registration for each topic is required.**

When and Topic:

Tuesday, December 9th, 2025 - Appetizers

Tuesday, December 16th, 2025 - Desserts

1:00 - 3:00 p.m.

Where:

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

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

ID Clinic Drop-in

Date and Time: Tuesday, December 9 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, December 9 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 or call (519) 754-0777 ext. 233

Wednesday, December 10, 2025

Drop-in Outreach Clinic

Date and Time: Wednesday, December 10 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, December 10 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 OG at (519) 754-0777 ext. 233

Drop-in Outreach Clinic

Date and Time: Wednesday, December 10 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, December 10 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 or call (519) 754-0777 ext. 505

Seasonal Crafts Make & Take

Date and Time: Wednesday, December 10 3:30 pm - 5:00 pm

Address: 363 Colborne Street

Seasonal Crafts "Make and Take" is back!

Join us on Wednesday, December 10th, 2025 and enjoy some seasonal treats and make some crafts for yourself or to give as gifts.

3:30 - 5:00 p.m.

No cost, all are welcome!

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

Dance Fitness

Date and Time: Thursday, December 11 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 or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, December 11 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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, December 11 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 or call (519) 754-0777 ext. 223

Brantford Cabaret

Date and Time: Thursday, December 11 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 or call (519) 754-0777 ext. 505

Friday, December 12, 2025

Breakfast Club

Date and Time: Friday, December 12 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 or call (519) 754-0777 ext. 479

Dance Fitness

Date and Time: Friday, December 12 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, December 12 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 OG at (519) 754-0777 ext. 233

Sit Fit

Date and Time: Friday, December 12 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, December 15, 2025

Notes & Beats

Date and Time: Monday, December 15 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 or call (519) 754-0777 ext. 505

Tai Chi

Date and Time: Monday, December 15 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 or call (519) 754-0777 ext. 233

Happy Heart, Diabetes & Me

Date and Time: Monday, December 15 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, December 1st, 8th & 15th

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, December 16, 2025

Let's Make Macramé

Date and Time: Tuesday, December 16 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 November 11th - December 16th, 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 or call (519) 754-0777 ext. 223

Dance Fitness

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

Easy Fit

Date and Time: Tuesday, December 16 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 OG at (519) 754-0777 ext. 233

Kitchen Confidence

Date and Time: Tuesday, December 16 1:00 pm - 3:00 pm

Address: 363 Colborne Street

☐ Join our free Kitchen Confidence classes where you can share recipes and recreate meals to enjoy together! **Pre-registration for each topic is required.**

When and Topic:

Tuesday, December 9th, 2025 - Appetizers

Tuesday, December 16th, 2025 - Desserts

1:00 - 3:00 p.m.

Where:


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

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

ID Clinic Drop-in

Date and Time: Tuesday, December 16 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, December 16 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 or call (519) 754-0777 ext. 233

Wednesday, December 17, 2025

Easy Fit

Date and Time: Wednesday, December 17 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 OG at (519) 754-0777 ext. 233

Drop-in Outreach Clinic

Date and Time: Wednesday, December 17 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, December 17 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 17 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 or call (519) 754-0777 ext. 505

Thursday, December 18, 2025

Dance Fitness

Date and Time: Thursday, December 18 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 incorporate

orated 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 or call (519) 754-0777 ext. 233

Learn to Knit

Date and Time: Thursday, December 18 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 or call (519) 754-0777 ext. 223

Stitch n' Chat

Date and Time: Thursday, December 18 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 or call (519) 754-0777 ext. 223

Brantford Cabaret

Date and Time: Thursday, December 18 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 or call (519) 754-0777 ext. 505

Friday, December 19, 2025

Breakfast Club

Date and Time: Friday, December 19 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 or call (519) 754-0777 ext. 479

Dance Fitness

Date and Time: Friday, December 19 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 or call (519) 754-0777 ext. 233

Easy Fit

Date and Time: Friday, December 19 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 OG at (519) 754-0777 ext. 233

Sit Fit

Date and Time: Friday, December 19 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

Tuesday, December 23, 2025

Easy Fit

Date and Time: Tuesday, December 23 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 OG at (519) 754-0777 ext. 233

ID Clinic Drop-in

Date and Time: Tuesday, December 23 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, December 23 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 or call (519) 754-0777 ext. 233

Wednesday, December 24, 2025

Easy Fit

Date and Time: Wednesday, December 24 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 OG at (519) 754-0777 ext. 233

Men in Action

Date and Time: Wednesday, December 24 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 or call (519) 754-0777 ext. 505

Tuesday, December 30, 2025

Easy Fit

Date and Time: Tuesday, December 30 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 OG at (519) 754-0777 ext. 233

ID Clinic Drop-in

Date and Time: Tuesday, December 30 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 or call (519) 754-0777 ext. 505

Gentle Yoga

Date and Time: Tuesday, December 30 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 or call (519) 754-0777 ext. 233

Wednesday, December 31, 2025

Easy Fit

Date and Time: Wednesday, December 31 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 OG at (519) 754-0777 ext. 233

Men in Action

Date and Time: Wednesday, December 31 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 or call (519) 754-0777 ext. 505

<https://calendar.grandriverchc.ca>