

## Friday, January 6, 2023

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### Breakfast Club

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

### Easy Fit

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

### Sit Fit

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

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca).

## Monday, January 9, 2023

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### Mood For Thought: Intro to Cognitive Behavioural Therapy

Date and Time: Monday, January 9 1:00 pm - 2:30 pm

Address: 363 Colborne St, Brantford, ON N3S 3N2

3 Sessions (1/week) 1.5-2hrs each

For registration and inquiries :

Laura Harcourt, Registered Social Worker  
519 754 0777 ext. 256  
lharcourt@grchc.ca

## **Tuesday, January 10, 2023**

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### **Zumba**

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at mbentia@grchc.ca for assistance with registration

### **Gentle Yoga**

Date and Time: Tuesday, January 10 5:00 pm - 6:15 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join long time volunteer Karen for free gentle yoga, Tuesday evenings from 5:00-6:15pm.

No experience required, mats and equipment provided and chair adaptations available.

For more info or to register please email mbentia@grchc.ca or call (519)754-0777 ext. 251

## **Thursday, January 12, 2023**

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### **Zumba**

Date and Time: Thursday, January 12 10:00 am - 11:00 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at mbentia@grchc.ca for assistance with registration

## Gender Journey

Date and Time: Thursday, January 12 6:00 pm - 7:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

*Pre-registration required.*

For more information or to register please email Caitlin at [charvey@grchc.ca](mailto:charvey@grchc.ca) or call

(519)754-0777 ext. 252

## Friday, January 13, 2023

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### Breakfast Club

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

### Easy Fit

Date and Time: Friday, January 13 1:00 pm - 2:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Gentle exercise class to help you achieve greater strength, balance and power!

For more information or to register please call Amanda at (519)754-0777 ext. 273 or email [awhite@grchc.ca](mailto:awhite@grchc.ca)

### Easy Fit

Date and Time: Friday, January 13 1:00 pm - 2:00 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)

## Sit Fit

Date and Time: Friday, January 13 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca).

## Monday, January 16, 2023

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### Mood For Thought: Intro to Cognitive Behavioural Therapy

Date and Time: Monday, January 16 1:00 pm - 2:30 pm

Address: 363 Colborne St, Brantford, ON N3S 3N2

Intro to Cognitive Behavioural Therapy

3 Sessions (1/week) 1.5-2hrs each

For registration and inquiries :

Laura Harcourt, Registered Social Worker  
519 754 0777 ext. 256  
[lharcourt@grchc.ca](mailto:lharcourt@grchc.ca)

## Tuesday, January 17, 2023

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### Zumba

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at [mbentia@grchc.ca](mailto:mbentia@grchc.ca) for assistance with registration

### Gentle Yoga

Date and Time: Tuesday, January 17 5:00 pm - 6:15 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join long time volunteer Karen for free gentle yoga, Tuesday evenings from 5:00-6:15pm.

No experience required, mats and equipment provided and chair adaptations available.

For more info or to register please email [mbentia@grhc.ca](mailto:mbentia@grhc.ca) or call (519)754-0777 ext. 251

## Thursday, January 19, 2023

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### Zumba

Date and Time: Thursday, January 19 10:00 am - 11:00 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at [mbentia@grhc.ca](mailto:mbentia@grhc.ca) for assistance with registration

### Stitch n Chat

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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) to join

### Live Well Be Well

Date and Time: Thursday, January 19 1:00 pm - 2:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us virtually for a FREE five week group as we explore health, wellbeing and connection with community. Sessions on topics such as connecting to community, painting, mental health, cooking and crafts.

Please email Magdalena at [mbentia@grhc.ca](mailto:mbentia@grhc.ca) to register

## Friday, January 20, 2023

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## **Breakfast Club**

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

## **Easy Fit**

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Gentle exercise class to help you achieve greater strength, balance and power!

For more information or to register please call Amanda at (519)754-0777 ext. 273 or email [awhite@grchc.ca](mailto:awhite@grchc.ca)

## **Easy Fit**

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

## **Sit Fit**

Date and Time: Friday, January 20 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca).

## **Monday, January 23, 2023**

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## **Mood For Thought: Intro to Cognitive Behavioural Therapy**

Date and Time: Monday, January 23 1:00 pm - 2:30 pm

Address: 363 Colborne St, Brantford, ON N3S 3N2

Intro to Cognitive Behavioural Therapy

3 Sessions (1/week) 1.5-2hrs each

For registration and inquiries :

Laura Harcourt, Registered Social Worker  
519 754 0777 ext. 256  
lharcourt@grchc.ca

## **Tuesday, January 24, 2023**

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### **Zumba**

Date and Time: Tuesday, January 24 10:00 am - 11:00 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at mbentia@grchc.ca for assistance with registration

### **Gentle Yoga**

Date and Time: Tuesday, January 24 5:00 pm - 6:15 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join long time volunteer Karen for free gentle yoga, Tuesday evenings from 5:00-6:15pm.

No experience required, mats and equipment provided and chair adaptations available.

For more info or to register please email mbentia@grchc.ca or call (519)754-0777 ext. 251

## **Thursday, January 26, 2023**

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### **Zumba**

Date and Time: Thursday, January 26 10:00 am - 11:00 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at [mbentia@grchc.ca](mailto:mbentia@grchc.ca) for assistance with registration

## Stitch n Chat

Date and Time: Thursday, January 26 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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) to join

## Live Well Be Well

Date and Time: Thursday, January 26 1:00 pm - 2:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us virtually for a FREE five week group as we explore health, wellbeing and connection with community. Sessions on topics such as connecting to community, painting, mental health, cooking and crafts.

Please email Magdalena at [mbentia@grchc.ca](mailto:mbentia@grchc.ca) to register

## Gender Journey

Date and Time: Thursday, January 26 6:00 pm - 7:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

*Pre-registration required.*

For more information or to register please email Caitlin at [charvey@grchc.ca](mailto:charvey@grchc.ca) or call

(519)754-0777 ext. 252

## Friday, January 27, 2023

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## Breakfast Club



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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join us Friday mornings for Coffee/Tea, Breakfast & Conversation!

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

## Easy Fit

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

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Gentle exercise class to help you achieve greater strength, balance and power!

For more information or to register please call Amanda at (519)754-0777 ext. 273 or email [awhite@grchc.ca](mailto:awhite@grchc.ca)

## Easy Fit

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

## Sit Fit

Date and Time: Friday, January 27 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair. To register, contact Amanda at 519-754-0777 x273 or [awhite@grchc.ca](mailto:awhite@grchc.ca).

## Tuesday, January 31, 2023

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## Zumba

Date and Time: Tuesday, January 31 10:00 am - 11:00 am

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join instructor Joan Minnery for beginner Zumba Tuesdays and Thursdays from 10:00-11:00am

Spaces are limited so please email Magdalena at [mbentia@grchc.ca](mailto:mbentia@grchc.ca) for assistance with registration

## Gentle Yoga

Date and Time: Tuesday, January 31 5:00 pm - 6:15 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Join long time volunteer Karen for free gentle yoga, Tuesday evenings from 5:00-6:15pm.

No experience required, mats and equipment provided and chair adaptations available.

For more info or to register please email [mbentia@grchc.ca](mailto:mbentia@grchc.ca) or call (519)754-0777 ext. 251

<https://calendar.grandriverchc.ca>