

## Thursday, January 2, 2025

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### Learn to Knit

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

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

**Where:**

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

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

### Stitch n' Chat

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

### Drop-in Outreach Clinic

Date and Time: Thursday, January 2 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.

## Friday, January 3, 2025

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### Breakfast Club

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

Address: 363 Colborne Street

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

**When:**

Every Friday

9:30 - 10:30 a.m.

**Where:**

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

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

### Easy Fit

Date and Time: Friday, January 3 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

**When:**

Every Friday

1:00 - 2:00 p.m.

**Where:**

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

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

## Sit Fit

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

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

**When:**

Every Friday

2:00 - 3:00 p.m.

**Where:**

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

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

## Monday, January 6, 2025

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## Tai Chi

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

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

**When:**

Mondays from January 6th - March 17th, 2025

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

**Where:**

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

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, January 6 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through movement and exercise, and cook heart healthy meals and meals that help control your diabetes. **Pre-registration for each 3-week session is required.**

**When:**

Monday, January 6th, 13th & 20th

1:00 - 3:00 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 Amanda at (519) 754-0777 ext. 273

## Tuesday, January 7, 2025

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### Dance Fitness

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Easy Fit

Date and Time: Tuesday, January 7 10:30 am - 11:30 am

Address: 25 Curtis Ave N, Paris ON

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

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

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

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

## Drop-in Outreach Clinic

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

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

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

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

## Gentle Yoga

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

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:30 - 6:45 p.m.

### Where:

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

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

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## Wednesday, January 8, 2025

## Easy Fit

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

Address: 363 Colborne Street

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

### When:

Every Wednesday

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

### Where:

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

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

## Men in Action

Date and Time: Wednesday, January 8 1:30 pm - 3:00 pm

Address: 363 Colborne Street

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

### When:

Every Wednesday

1:30 - 3:00 p.m.

### Where:

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

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

## Thursday, January 9, 2025

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## Dance Fitness

Date and Time: Thursday, January 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 incorp

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](mailto:oegiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Learn to Knit

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

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

**Where:**

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**



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

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

## Drop-in Outreach Clinic

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

Address: 363 Colborne Street

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

### When:

Thursday, January 9th, 2025

6:00 - 7:30 p.m.

### Where:

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

## Friday, January 10, 2025

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### Breakfast Club

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

Address: 363 Colborne Street

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

#### When:

Every Friday

9:30 - 10:30 a.m.

#### Where:

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

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

### Service Canada Outreach Drop-in Clinic

Date and Time: Friday, January 10 10:00 am - 1:00 pm

Address: 363 Colborne Street

📍 Meet with a Service Canada Outreach Specialist and get information and help navigating the following programs and benefits:

1. Social Insurance Number (SIN): Assistance with applying for a SIN.
2. Employment Insurance (EI): Helping applying for EI benefits online.
3. Canada Pension Plan (CPP), Canada Pension Plan Disability (CPP-D), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and Survivor Benefits: Support with applications and reviewing completed forms.
4. Canadian Dental Care Plan (CDCP): Guidance on applying for CDCP benefits.
5. Passport Canada Programs: Assistance with passport-related inquiries and reviewing applications.
6. Client File Reviews: Reviewing application statuses or addressing specific client inquiries by accessing individual files (with appropriate identification).

#### When:

Second Friday of each month

10:00 a.m. - 1:00 p.m.

No appointment necessary, first come first served.

**Where:**

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

## Easy Fit

Date and Time: Friday, January 10 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

**When:**

Every Friday

1:00 - 2:00 p.m.

**Where:**

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

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

## Sit Fit

Date and Time: Friday, January 10 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is 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, January 13, 2025

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### Notes and Beats

Date and Time: Monday, January 13 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.

January 13th to June 16th, 2025

**Where:**

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

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

## Pre-Diabetes Workshop

Date and Time: Monday, January 13 10:00 am - 11:00 am

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

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

**When:**

Monday, January 13th, 20th & 27th

10:00 - 11:00 a.m.

**Where:**

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

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

## Tai Chi

Date and Time: Monday, January 13 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 for each 10-week session is required.**

### When:

Mondays from January 6th - March 17th, 2025

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

### Where:

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

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

## Happy Heart, Diabetes & Me

Date and Time: Monday, January 13 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through movement and exercise, and cook heart healthy meals and meals that help control your diabetes. **Pre-registration for each 3-week session is required.**

### When:

Monday, January 6th, 13th & 20th

1:00 - 3:00 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 Amanda at (519) 754-0777 ext. 273

## Tuesday, January 14, 2025

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## Dance Fitness

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Easy Fit

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

Address: 25 Curtis Ave N, Paris ON

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

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

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

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

## Drop-in Outreach Clinic

Date and Time: Tuesday, January 14 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.

## Kitchen Confidence

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

Address: 363 Colborne Street

Join our free hands on Kitchen Confidence class and learn about different recipes! **Pre-registration for each 4-week session is required.**

**When:**

Tuesday, January 14th, 21st, 28th & February 4th, 2025

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 email Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call at (519) 754-0777 ext. 479

## ID Clinic Drop-in

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday

5:00 - 7:00 p.m.

**Where:**

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

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

## Gentle Yoga

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

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

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

## Gender Journey Brant

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

Address: 363 Colborne Street

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

**When:**

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

**Where:**

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

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

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## Wednesday, January 15, 2025



## Easy Fit

Date and Time: Wednesday, January 15 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

### When:

Every Wednesday

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

### Where:

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

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

## Caring for My COPD Program Orientation

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

Address: 363 Colborne Street

"Caring for My COPD" program orientation is a 1.5 hour education session to learn what COPD is, and what the 10 week program entails. You must pre-register and have a referral from a physician in order to join.

For more information, please contact Deb at (519) 754-0777 ext. 235

## Men in Action

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

Address: 363 Colborne Street

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

### When:

Every Wednesday

1:30 - 3:00 p.m.

### Where:

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

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

## Beating Strong: Heart Health Workshop

Date and Time: Wednesday, January 15 2:00 pm - 3:00 pm

Address: Norfolk Family Health Team (185 Robinson St, Simcoe)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

### When:

Wednesday, January 15th, 22nd & 29th

2:00 - 3:00 p.m.

### Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

## Thursday, January 16, 2025

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### Dance Fitness

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

## Learn to Knit

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

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

**Where:**

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Drop-in Outreach Clinic

Date and Time: Thursday, January 16 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.

## **Friday, January 17, 2025**

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### **Breakfast Club**

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

Address: 363 Colborne Street

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

**When:**

Every Friday

9:30 - 10:30 a.m.

**Where:**

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

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

### **Easy Fit**

Date and Time: Friday, January 17 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

**When:**

Every Friday

1:00 - 2:00 p.m.

**Where:**

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

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

## Sit Fit

Date and Time: Friday, January 17 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

**When:**

Every Friday

2:00 - 3:00 p.m.

**Where:**

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

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

## Monday, January 20, 2025

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### Notes and Beats

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

Address: 363 Colborne Street

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

**When:**

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

**Where:**

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

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

## Pre-Diabetes Workshop

Date and Time: Monday, January 20 10:00 am - 11:00 am

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

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

**When:**

Monday, January 13th, 20th & 27th

10:00 - 11:00 a.m.

**Where:**

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

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

## Tai Chi

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

Address: 363 Colborne Street

♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

**When:**

Mondays from January 6th - March 17th, 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 [ogiebor@grchc.ca](mailto:ogiebor@grchc.ca) or call (519) 754-0777 ext. 233

## Happy Heart, Diabetes & Me

Date and Time: Monday, January 20 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Happy Heart, Diabetes & Me group! Learn how to manage your heart health and diabetes through movement and exercise, and cook heart healthy meals and meals that help control your diabetes. **Pre-registration for each 3-week session is required.**

**When:**

Monday, January 6th, 13th & 20th

1:00 - 3:00 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 Amanda at (519) 754-0777 ext. 273

## Tuesday, January 21, 2025

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### Dance Fitness

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

**Where:**

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

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

## Let's Make Macramé

Date and Time: Tuesday, January 21 10:00 am - 12:00 pm

Address: 363 Colborne Street

Join our free Let's Make Macramé group and learn basic and advanced knots to make your own macramé including keychains, plant hangers, wall hangings and more! Beginners and advanced welcome, materials will be provided. **Pre-registration for each 7-week session is required.**

**When:**

Tuesdays from January 21st - March 4th, 2025

10:00 a.m. - 12:00 p.m.

**Where:**

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

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

## Easy Fit

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

Address: 25 Curtis Ave N, Paris ON

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

**When:**

Every Tuesday

10:30 - 11:30 a.m.

**Where:**

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

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



## Drop-in Outreach Clinic

Date and Time: Tuesday, January 21 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.

## Kitchen Confidence

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

Address: 363 Colborne Street

Join our free hands on Kitchen Confidence class and learn about different recipes! **Pre-registration for each 4-week session is required.**

### When:

Tuesday, January 14th, 21st, 28th & February 4th, 2025

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 email Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call at (519) 754-0777 ext. 479

## Expressive Arts Group

Date and Time: Tuesday, January 21 2:00 pm - 3:30 pm

Address: 363 Colborne Street

Join our free Expressive Arts Group led by Arts Therapist in training Mabe Kyle! Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama. **Drop-in or register.**

### When:

Every Tuesday from January 21st to April 29th, 2025

2:00 - 3:30 p.m.

### Where:

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

For more information or 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, January 21 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:00 - 7:00 p.m.

### Where:

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

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

## Gentle Yoga

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

Address: 363 Colborne Street

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

### When:

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

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

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

## Wednesday, January 22, 2025

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### Learn to Paint

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

Address: 363 Colborne Street

\*\*\*Both classes are now FULL\*\*\*

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the two classes opens of the first (1st) of the month.**

**When:**

Wednesday, January 22nd **OR** Wednesday, January 29th, 2025

1:00 p.m. - 3:00 p.m.

**Where:**

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

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

### Men in Action

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

Address: 363 Colborne Street

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

**When:**

Every Wednesday

1:30 - 3:00 p.m.

**Where:**

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

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

## Beating Strong: Heart Health Workshop

Date and Time: Wednesday, January 22 2:00 pm - 3:00 pm

Address: Norfolk Family Health Team (185 Robinson St, Simcoe)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

### When:

Wednesday, January 15th, 22nd & 29th

2:00 - 3:00 p.m.

### Where:

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

## Flavours of Brantford

Date and Time: Wednesday, January 22 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 January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). 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 and blue zone 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)

To register, please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or call (519) 754-0777 ext. 222

## Thursday, January 23, 2025

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### Dance Fitness

Date and Time: Thursday, January 23 10:00 am - 11:00 am

Address: 363 Colborne Street

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

#### When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

#### Where:

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

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

### Learn to Knit

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

Address: 363 Colborne Street

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

#### When:

Every Thursday

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

#### Where:

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

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

### When:

Every Thursday

1:00 - 3:00 p.m.

### Where:

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

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

## Drop-in Outreach Clinic

Date and Time: Thursday, January 23 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.

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## Friday, January 24, 2025

## Breakfast Club

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

Address: 363 Colborne Street

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

### When:

Every Friday

9:30 - 10:30 a.m.

### Where:

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

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

## Easy Fit

Date and Time: Friday, January 24 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

### When:

Every Friday

1:00 - 2:00 p.m.

### Where:

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

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

## Sit Fit

Date and Time: Friday, January 24 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

### When:

Every Friday

2:00 - 3:00 p.m.

**Where:**

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

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

## Flavours of Brantford

Date and Time: Friday, January 24 3:00 pm - 4:30 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). 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 and blue zone 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)

To register, please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or call (519) 754-0777 ext. 222

## Monday, January 27, 2025

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### Notes and Beats

Date and Time: Monday, January 27 9:30 am - 11:00 am

Address: 363 Colborne Street

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

**When:**

Every Monday

9:30 - 11:00 a.m.

January 13th to June 16th, 2025

**Where:**



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

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

## Pre-Diabetes Workshop

Date and Time: Monday, January 27 10:00 am - 11:00 am

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

Start small, start strong!

Join the Interprofessional Primary Care Team for our Pre-Diabetes Workshop!

There will be three sessions per workshop:

Session 1: Defining pre-diabetes, lab values and what they mean, and goal setting

Session 2: Nutrition recommendations for pre-diabetes and general health

Session 3: Strategies for improving your social and mental well-being and managing stress

The workshop is open to anyone in the community who may be interested in learning more about diabetes risk or pre-diabetes! You do not need to attend all sessions if you do not wish to.

### When:

Monday, January 13th, 20th & 27th

10:00 - 11:00 a.m.

### Where:

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

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

## Tai Chi

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

Address: 363 Colborne Street

☐ ♀ Join our free Tai Chi class! Slow version of martial arts where you will learn to breathe, focus, and balance while building energy and learning body awareness through warm up exercises and movements. **Pre-registration for each 10-week session is required.**

### When:

Mondays from January 6th - March 17th, 2025

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

### Where:

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

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

## Tuesday, January 28, 2025

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### Dance Fitness

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

Address: 363 Colborne Street

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

#### When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

#### Where:

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

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

### Let's Make Macramé

Date and Time: Tuesday, January 28 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 January 21st - March 4th, 2025

10:00 a.m. - 12:00 p.m.

#### Where:

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

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

## Easy Fit

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

Address: 25 Curtis Ave N, Paris ON

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

### When:

Every Tuesday

10:30 - 11:30 a.m.

### Where:

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

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

## Drop-in Outreach Clinic

Date and Time: Tuesday, January 28 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.

## Kitchen Confidence

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

Address: 363 Colborne Street

Join our free hands on Kitchen Confidence class and learn about different recipes! **Pre-registration for each 4-week session is required.**

### When:

Tuesday, January 14th, 21st, 28th & February 4th, 2025

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 email Melissa at [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or call at (519) 754-0777 ext. 479

## Expressive Arts Group

Date and Time: Tuesday, January 28 2:00 pm - 3:30 pm

Address: 363 Colborne Street

Join our free Expressive Arts Group led by Arts Therapist in training Mabe Kyle! Engage with play, creativity, and imagination in therapeutic ways through art, music, dance, writing, and drama. **Drop-in or register.**

### When:

Every Tuesday from January 21st to April 29th, 2025

2:00 - 3:30 p.m.

### Where:


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

For more information or 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, January 28 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

**When:**

Every Tuesday

5:00 - 7:00 p.m.

**Where:**

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

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

## Gentle Yoga

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

Address: 363 Colborne Street

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

**When:**

Every Tuesday

5:30 - 6:45 p.m.

**Where:**

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

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

## Gender Journey Brant

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

Address: 363 Colborne Street

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

**When:**

Every 2nd & 4th Tuesday of each month

5:30 - 7:30 p.m.

**Where:**

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

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

# Wednesday, January 29, 2025

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## Easy Fit

Date and Time: Wednesday, January 29 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

### When:

Every Wednesday

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

### Where:

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

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

## Learn to Paint

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

Address: 363 Colborne Street

\*\*\*Both classes are now FULL\*\*\*

Join our free Learn to Paint class and learn to use acrylic paint! Materials will be provided. No experience needed, all are welcome! **Pre-registration is required. Registration for one of the two classes opens of the first (1st) of the month.**

### When:

Wednesday, January 22nd **OR** Wednesday, January 29th, 2025

1:00 p.m. - 3:00 p.m.

### Where:

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

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

## Men in Action

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

Address: 363 Colborne Street

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

**When:**

Every Wednesday

1:30 - 3:00 p.m.

**Where:**

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

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

## Beating Strong: Heart Health Workshop

Date and Time: Wednesday, January 29 2:00 pm - 3:00 pm

Address: Norfolk Family Health Team (185 Robinson St, Simcoe)

We got the beat!

Join the Interprofessional Primary Care Team for the Beating Strong: Heart Health Workshop!

There will be three sessions per workshop:

Session 1: Cholesterol values and what they mean, blood pressure checks, and how to determine your heart age

Session 2: The Mediterranean way of eating and other heart healthy nutrition tips

Session 3: Strategies for improving your social and mental well-being and managing stress

This workshop is open to anyone in the community who is interested in learning more about improving their heart health! You do not need to attend all sessions if you do not wish to.

**When:**

Wednesday, January 15th, 22nd & 29th

2:00 - 3:00 p.m.

**Where:**

Norfolk Family Health Team (185 Robinson St, Simcoe)

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

## Flavours of Brantford

Date and Time: Wednesday, January 29 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 January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). 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 and blue zone 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)

To register, please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or call (519) 754-0777 ext. 222

## Thursday, January 30, 2025

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### Dance Fitness

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

Address: 363 Colborne Street

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

#### When:

Every Tuesday & Thursday

10:00 - 11:00 a.m.

January to December 2025

#### Where:

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

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

### Learn to Knit

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

Address: 363 Colborne Street

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

#### When:



Every Thursday

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

**Where:**

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

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

## Stitch n' Chat

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

Address: 363 Colborne Street

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

**When:**

Every Thursday

1:00 - 3:00 p.m.

**Where:**

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

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

## Drop-in Outreach Clinic

Date and Time: Thursday, January 30 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.

## Friday, January 31, 2025

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### Breakfast Club

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

Address: 363 Colborne Street

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

#### **When:**

Every Friday

9:30 - 10:30 a.m.

#### **Where:**

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

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

### Easy Fit

Date and Time: Friday, January 31 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

#### **When:**

Every Friday

1:00 - 2:00 p.m.

#### **Where:**

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

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

## Sit Fit

Date and Time: Friday, January 31 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Join our free Sit Fit class and improve posture and strength using exercises in a chair! **Pre-registration is required.**

### When:

Every Friday

2:00 - 3:00 p.m.

### Where:

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

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

## Flavours of Brantford

Date and Time: Friday, January 31 3:00 pm - 4:30 pm

Address: 363 Colborne Street

Adults aged 55+ are invited to explore the Flavours of Brantford through a monthly cooking series offered from January to March 2025. Each month focuses on food from a different continent and blue zone (blue zone diets are diets based on the eating habits of people around the world who live up to 100 years old). 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 and blue zone 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)

To register, please email Makeda at [mkafele-green@grchc.ca](mailto:mkafele-green@grchc.ca) or call (519) 754-0777 ext. 222

<https://calendar.grandriverchc.ca>