

Monday, April 1, 2024

Notes & Beats

Date and Time: Monday, April 1 10:00 am - 11:30 am

Address: 363 Colborne Street

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

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

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

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

Notes and Beats begins Monday, February 5th 10am - 11:30am and is FREE to anyone to attend. The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Drop-in Service Navigation

Date and Time: Monday, April 1 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Drop-in Paramedic Health Clinic

Date and Time: Monday, April 1 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Tuesday, April 2, 2024

Dance Fitness

Date and Time: Tuesday, April 2 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Basic Shelf

Date and Time: Tuesday, April 2 10:00 am - 12:00 pm

Address: 363 Colborne Street

*****Registration is currently FULL*****

Learn basic cooking skills, get a free cookbook, and have fun!

Tuesdays from March 19th to April 9th, 2024

Grand River Community Health Centre

363 Colborne Street, Brantford

Open to adults in the community

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

Gentle Yoga

Date and Time: Tuesday, April 2 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Wednesday, April 3, 2024

Easy Fit

Date and Time: Wednesday, April 3 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

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

Caring for My COPD Program Orientation

Date and Time: Wednesday, April 3 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

Thursday, April 4, 2024

Dance Fitness

Date and Time: Thursday, April 4 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, April 4 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, April 4 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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

2SLGBTQIA+ Community Connections

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

Address: 363 Colborne Street

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

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

Join us as we gather, connect and socialize.

Friday, April 5, 2024

Breakfast Club

Date and Time: Friday, April 5 9:30 am - 10:30 am

Address: 363 Colborne Street

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

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

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

Easy Fit

Date and Time: Friday, April 5 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

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

Drop-in Service Navigation

Date and Time: Friday, April 5 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Sit Fit

Date and Time: Friday, April 5 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

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

Monday, April 8, 2024

Notes & Beats

Date and Time: Monday, April 8 10:00 am - 11:30 am

Address: 363 Colborne Street

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

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

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

Notes and Beats begins Monday, February 5th 10am - 11:30am and is FREE to anyone to attend. The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Drop-in Service Navigation

Date and Time: Monday, April 8 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Drop-in Paramedic Health Clinic

Date and Time: Monday, April 8 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Tuesday, April 9, 2024

Dance Fitness

Date and Time: Tuesday, April 9 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Basic Shelf

Date and Time: Tuesday, April 9 10:00 am - 12:00 pm

Address: 363 Colborne Street

*****Registration is currently FULL*****

Learn basic cooking skills, get a free cookbook, and have fun!

Tuesdays from March 19th to April 9th, 2024

Grand River Community Health Centre

363 Colborne Street, Brantford

Open to adults in the community

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

Gentle Yoga

Date and Time: Tuesday, April 9 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Gender Journey Brant

Date and Time: Tuesday, April 9 6:00 pm - 7:30 pm

Address: 363 Colborne Street

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

Pre-registration required.

Second and fourth Tuesday of every month

6:00-7:30pm

363 Colborne Street, Brantford

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

Wednesday, April 10, 2024

Acting Up Adult Drama Group

Date and Time: Wednesday, April 10 9:30 am - 10:30 am

Address: 363 Colborne Street

Unlock your inner actor!

Join our adult drama group “Acting Up” taught by Joan Minnery, MA in Community Music starting February 7th to April 10th, 2024.

Every Wednesday from 10:00 - 11:00 a.m. learn a few tricks of the trade in a fun and enjoyable environment!

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

Easy Fit

Date and Time: Wednesday, April 10 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

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

Thursday, April 11, 2024

Dance Fitness

Date and Time: Thursday, April 11 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

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363 Colborne Street, Brantford

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

Learn to Knit

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

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, April 11 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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

Friday, April 12, 2024

Breakfast Club

Date and Time: Friday, April 12 9:30 am - 10:30 am

Address: 363 Colborne Street

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

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

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

Easy Fit

Date and Time: Friday, April 12 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

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

Drop-in Service Navigation

Date and Time: Friday, April 12 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Sit Fit

Date and Time: Friday, April 12 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

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

Monday, April 15, 2024

Notes & Beats

Date and Time: Monday, April 15 10:00 am - 11:30 am

Address: 363 Colborne Street

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

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

Notes and Beats begins Monday, February 5th 10am - 11:30am and is FREE to anyone to attend. The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Drop-in Service Navigation

Date and Time: Monday, April 15 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Drop-in Paramedic Health Clinic

Date and Time: Monday, April 15 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Tuesday, April 16, 2024

Dance Fitness

Date and Time: Tuesday, April 16 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

ed with aerobic movements.

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Mind and Body Wellness

Date and Time: Tuesday, April 16 2:30 pm - 4:00 pm

Address: 363 Colborne Street

Do you experience chronic pain? If so, join us at Grand River Community Health Centre (363 Colborne Street) for our pain self-management group - learn coping skills for mental and physical health.

Pre-registration is not required!

Have questions? Please contact Breanne at (519) 754-0777 ext. 259 or via email at bvandeven@grchc.ca

Gentle Yoga

Date and Time: Tuesday, April 16 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Wednesday, April 17, 2024

Easy Fit

Date and Time: Wednesday, April 17 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

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

Caring for My COPD Program Orientation

Date and Time: Wednesday, April 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, April 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!

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

Pre-registration not required!

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

Dance Fitness

Date and Time: Thursday, April 18 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, April 18 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, April 18 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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

Friday, April 19, 2024

Breakfast Club

Date and Time: Friday, April 19 9:30 am - 10:30 am

Address: 363 Colborne Street

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

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

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

Easy Fit

Date and Time: Friday, April 19 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

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

Drop-in Service Navigation

Date and Time: Friday, April 19 1:00 pm - 4:00 pm

Address: 363 Colborne Street

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Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific

questions!

Sit Fit

Date and Time: Friday, April 19 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

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

Monday, April 22, 2024

Notes & Beats

Date and Time: Monday, April 22 10:00 am - 11:30 am

Address: 363 Colborne Street

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

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Every Monday from 10-11:30 am

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Drop-in Service Navigation

Date and Time: Monday, April 22 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Drop-in Paramedic Health Clinic

Date and Time: Monday, April 22 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Happy Heart, Diabetes and Me

Date and Time: Monday, April 22 1:00 pm - 3:00 pm

Address: 363 Colborne Street

Learn how to:

manage your heart health & diabetes through movement/exercise

&

cook heart healthy meals, & meals to help control your diabetes

Register for any classes you are interested in:

Nov 27 - Diabetes & sick day management

Dec 18- How to manage your cholesterol; facts on fats

Jan 15 - What is diabetes & prediabetes; balanced snacking

Feb 26 - What is hypertension & low sodium diet

March 18 - Diabetic foot assessment & benefits of protein

April 15 - Risk factors for heart disease & Mediterranean diet

May 27 - What is diabetes & prediabetes; balanced snacking

June 17 - Exercise & glucometer readings; eating for exercise

July 15 - Driving & diabetes and plant based diet

Aug 19 - Risk factors for heart disease and facts on fibre

Sept 16 - What is diabetes & prediabetes; balanced snacking

Oct 21 - How to manage your cholesterol; Mediterranean diet

1:00-3:00pm In-person

Grand River Community Health Centre

363 Colborne Street, Brantford

Community Room A/B and Community Kitchen

Classes are run by:

Melissa Siegel-Registered Dietician

Amanda White-R.Kin, Clinical Exercise Physiologist, Certified Diabetes Educator

contact either:

Melissa Siegel : msiegel@grchc.ca or (519)-754-0777 ext 479

Amanda White : awhite@grchc.ca or (519)-754-0777 ext 273

Tuesday, April 23, 2024

Dance Fitness

Date and Time: Tuesday, April 23 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

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

Kitchen Confidence: Fish Tacos

Date and Time: Tuesday, April 23 10:00 am - 12:00 pm

Address: 363 Colborne Street

*****Registration is FULL*****

Looking to expand your knowledge and experience in the kitchen? Join us for our Kitchen Confidence class!

A free hands on cooking class where we will be learning how to make fish tacos on Tuesday, April 23rd from 10:00 a.m. to 12:00 p.m.

For more information and to be added to the waitlist please call Brad at (519) 754-0777 ext. 505 or email at bkidder@grchc.ca

Mind and Body Wellness

Date and Time: Tuesday, April 23 2:30 pm - 4:00 pm

Address: 363 Colborne Street

Do you experience chronic pain? If so, join us at Grand River Community Health Centre (363 Colborne Street) for our pain self-management group - learn coping skills for mental and physical health.

Pre-registration is not required!

Have questions? Please contact Breanne at (519) 754-0777 ext. 259 or via email at bvandeven@grchc.ca

Gentle Yoga

Date and Time: Tuesday, April 23 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Gender Journey Brant

Date and Time: Tuesday, April 23 6:00 pm - 7:30 pm

Address: 363 Colborne Street

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

Pre-registration required.

Second and fourth Tuesday of every month

6:00-7:30pm

363 Colborne Street, Brantford

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

Wednesday, April 24, 2024

Easy Fit

Date and Time: Wednesday, April 24 11:00 am - 12:00 pm

Address: 363 Colborne Street

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

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

Learn to Paint

Date and Time: Wednesday, April 24 1:00 pm - 3:00 pm

Address: 363 Colborne Street

*****Registration is now FULL*****

Learn to using acrylic paint

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, April 24th, 2024

1-3 pm

Grand River Community Health Centre

363 Colborne Street, Brantford

For information or to be added to the waitlist please email Lisa at ldoan@grchc.ca or call (519) 754-0777 ext. 252

Men in Action

Date and Time: Wednesday, April 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!

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

Pre-registration not required!

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

Thursday, April 25, 2024

Dance Fitness

Date and Time: Thursday, April 25 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Learn to Knit

Date and Time: Thursday, April 25 11:00 am - 12:30 pm

Address: 363 Colborne Street

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

Beginners and advanced welcome! Materials will be provided.

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

Stitch n' Chat

Date and Time: Thursday, April 25 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

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

Every Thursday from 1-3 pm

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

Friday, April 26, 2024

Breakfast Club

Date and Time: Friday, April 26 9:30 am - 10:30 am

Address: 363 Colborne Street

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

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

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

Easy Fit

Date and Time: Friday, April 26 1:00 pm - 2:00 pm

Address: 363 Colborne Street

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

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

Drop-in Service Navigation

Date and Time: Friday, April 26 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Sit Fit

Date and Time: Friday, April 26 2:00 pm - 3:00 pm

Address: 363 Colborne Street

Improve posture and strength using exercises in a chair!

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

Monday, April 29, 2024

Notes & Beats

Date and Time: Monday, April 29 10:00 am - 11:30 am

Address: 363 Colborne Street

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

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

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

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

Notes and Beats begins Monday, February 5th 10am - 11:30am and is FREE to anyone to attend. The program is taught by our music facilitator Joan Minnery and is held in the activity room at the Grand River Community Health Centre.

Every Monday from 10-11:30 am

Grand River Community Health Centre, 363 Colborne Street, Brantford

To register contact Brad at bkidder@grchc.ca or (519)754-0777 ext. 505

Drop-in Service Navigation

Date and Time: Monday, April 29 1:00 pm - 4:00 pm

Address: 363 Colborne Street

We are offering service navigation supports! Looking for more information on different resources and services? Wanting to get connected to community programs? Need help completing applications?

Drop in Mondays & Fridays from 1:00 to 4:00 p.m. and talk to a Service Navigator about your specific questions!

Drop-in Paramedic Health Clinic

Date and Time: Monday, April 29 1:00 pm - 4:00 pm

Address: 363 Colborne Street

Drop-in for the new Weekly Paramedic Health Clinic on Mondays from 1-4 p.m. in our clinic room!

Services offered:

- Basic medical assessments
- Wound care
- Flu vaccinations
- Service navigation and support

If you have any questions, please reach out to (519) 754-0777 ext. 432 or email bbsos@grchc.ca

Tuesday, April 30, 2024

Dance Fitness

Date and Time: Tuesday, April 30 10:00 am - 11:00 am

Address: 363 Colborne Street

What:

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

When:

Every Tuesday & Thursday

10:00-11:00am

January to December 2024

Where

Grand River Community Health Centre

363 Colborne Street, Brantford

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

Kitchen Confidence: Sheet Pan

Date and Time: Tuesday, April 30 10:00 am - 12:00 pm

Address: 363 Colborne Street

*****Registration is currently FULL*****

Looking to expand your knowledge and experience in the kitchen? Join us for our Kitchen Confidence class!

A free hands on cooking class where we will be learning how to make a chicken fajita sheet pan meal on Tuesday, April 30th from 10:00 a.m. to 12:00 p.m.

For more information and to be added to the waitlist please call Melissa at (519) 754-0777 ext. 479 or email at msiegel@grchc.ca

Mind and Body Wellness

Date and Time: Tuesday, April 30 2:30 pm - 4:00 pm

Address: 363 Colborne Street

Do you experience chronic pain? If so, join us at Grand River Community Health Centre (363 Colborne Street) for our pain self-management group - learn coping skills for mental and physical health.

Pre-registration is not required!

Have questions? Please contact Breanne at (519) 754-0777 ext. 259 or via email at bvandeven@grchc.ca

Gentle Yoga

Date and Time: Tuesday, April 30 5:00 pm - 6:15 pm

Address: 363 Colborne Street

Join long time volunteer Karen for free Gentle Yoga, Tuesday evenings from 5:00 - 6:15 p.m.

January to December 2024

No experience required, mats and equipment provided.

Grand River Community Health Centre

363 Colborne Street, Brantford

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

<https://calendar.grandriverchc.ca>