

Wednesday, May 1, 2024

Easy Fit

Date and Time: Wednesday, May 1 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, May 1 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, May 1 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

Naloxone Training

Date and Time: Wednesday, May 1 2:30 pm - 4:00 pm

Address: 363 Colborne Street

Join us for our upcoming FREE in-person or online naloxone training at Grand River Community Health Centre (363 Colborne Street).

Naloxone temporarily reverses the effects on an opioid overdose. Learn how to access naloxone and other resources to help prevent overdose.

Have questions? Call 519-754-0777 ext. 432 or email bbsos@grchc.ca. Follow the link to register – <https://forms.office.com/r/qfeUHMW0iZ>

Thursday, May 2, 2024

Dance Fitness

Date and Time: Thursday, May 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

Learn to Knit

Date and Time: Thursday, May 2 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, May 2 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, May 2 6:00 pm - 7:30 pm

Address: 363 Colborne Street

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

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

Join us as we gather, connect and socialize.

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

Friday, May 3, 2024

Breakfast Club

Date and Time: Friday, May 3 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

Jane's Walk

Date and Time: Friday, May 3 11:00 am - 11:30 am

Address: 363 Colborne Street

Jane's Walk is a movement of free, citizen-led walking conversations inspired by Jane Jacobs.

Anybody can lead a Jane's Walk! The goal is to encourage people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours.

GRCHC will be leading a Jane's Walk about food security. Following our Breakfast Club group.

Whether you are looking to access food services, or want to know a place to donate or volunteer, join us for our 30 minute walk to highlight the local food security agencies! 😊

Easy Fit

Date and Time: Friday, May 3 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, May 3 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, May 3 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

Notes & Beats

Date and Time: Monday, May 6 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, May 6 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, May 6 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

Lifestyle Management for Fatty Liver Disease Presentation

Date and Time: Monday, May 6 3:00 pm - 4:00 pm

Address: 363 Colborne Street

Join us in-person or virtually on Monday, May 6th from 3:00 - 4:00 p.m. for a presentation on Lifestyle Management for Fatty Liver Disease.

Topics will include fatty liver disease, lifestyle management-stress, exercise, and nutrition with a Q&A period. In-person snacks and take home recipes will be provided.

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

Tuesday, May 7, 2024

Kitchen Confidence 101: Pizza

Date and Time: Tuesday, May 7 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 pizza on Tuesday, May 7th 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

Dance Fitness

Date and Time: Tuesday, May 7 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

Gentle Yoga

Date and Time: Tuesday, May 7 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

ID Clinic Drop-in

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

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Wednesday, May 8, 2024

Easy Fit

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

Address: 363 Colborne Street

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

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

Men in Action

Date and Time: Wednesday, May 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!

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

Pre-registration not required!

Thursday, May 9, 2024

Dance Fitness

Date and Time: Thursday, May 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

Learn to Knit

Date and Time: Thursday, May 9 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, May 9 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, May 10, 2024

Breakfast Club

Date and Time: Friday, May 10 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, May 10 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, May 10 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, May 10 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, May 13, 2024

Notes & Beats

Date and Time: Monday, May 13 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, May 13 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, May 13 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, May 14, 2024

Dance Fitness

Date and Time: Tuesday, May 14 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

Kitchen Confidence 101: Crockpot

Date and Time: Tuesday, May 14 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 chilli in a crockpot on Tuesday, May 14th 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

Gentle Yoga

Date and Time: Tuesday, May 14 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

ID Clinic Drop-in

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

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Gender Journey Brant

Date and Time: Tuesday, May 14 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 lidoan@grchc.ca or call (519)-754-0777 ext. 252

Wednesday, May 15, 2024

Easy Fit

Date and Time: Wednesday, May 15 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, May 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, May 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!

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, May 16, 2024

Dance Fitness

Date and Time: Thursday, May 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 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, May 16 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, May 16 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, May 17, 2024

Breakfast Club

Date and Time: Friday, May 17 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, May 17 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, May 17 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, May 17 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

Tuesday, May 21, 2024

Dance Fitness

Date and Time: Tuesday, May 21 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

Gentle Yoga

Date and Time: Tuesday, May 21 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

ID Clinic Drop-in

Date and Time: Tuesday, May 21 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Wednesday, May 22, 2024

Easy Fit

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

Address: 363 Colborne Street

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

Learn to using acrylic paint

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, May 22nd, 2024

1-3 pm

Grand River Community Health Centre

363 Colborne Street, Brantford

For information and 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, May 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!

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, May 23, 2024

Dance Fitness

Date and Time: Thursday, May 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.

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, May 23 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, May 23 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, May 24, 2024

Breakfast Club

Date and Time: Friday, May 24 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, May 24 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, May 24 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, May 24 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, May 27, 2024

Notes & Beats

Date and Time: Monday, May 27 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

Happy Heart, Diabetes and Me

Date and Time: Monday, May 27 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

Drop-in Service Navigation

Date and Time: Monday, May 27 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, May 27 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, May 28, 2024

Dance Fitness

Date and Time: Tuesday, May 28 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, May 28 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 May 28th to June 18th, 2024

Grand River Community Health Centre

363 Colborne Street, Brantford

Open to adults in the community

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

ID Clinic Drop-in

Date and Time: Tuesday, May 28 5:00 pm - 7:00 pm

Address: 363 Colborne Street

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

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

Where: 363 Colborne Street, Brantford ON, Dietitian Room

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

Gentle Yoga

Date and Time: Tuesday, May 28 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, May 28 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 lidoan@grchc.ca or call (519)-754-0777 ext. 252

Wednesday, May 29, 2024

Easy Fit

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

Address: 363 Colborne Street

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

Learn to using acrylic paint

Materials will be provided.

No experience needed.

All are welcome!

Wednesday, May 29th, 2024

1-3 pm

Grand River Community Health Centre

363 Colborne Street, Brantford

For information and 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, May 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!

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, May 30, 2024

Dance Fitness

Date and Time: Thursday, May 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

Learn to Knit

Date and Time: Thursday, May 30 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, May 30 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, May 31, 2024

Breakfast Club

Date and Time: Friday, May 31 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, May 31 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, May 31 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, May 31 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

<https://calendar.grandriverchc.ca>