## Wednesday, September 1, 2021

### **Gentle Stretch and Strengthen**

Date and Time: Wednesday, September 1 10:00 am - 11:00 am

Address: John Wright Soccer Complex

A weekly stretching and gentle yoga class. Held outdoors with distancing- weather permitting. Pre-registraio n is required.

#### Refreshment Cart

Date and Time: Wednesday, September 1 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am to 1pm from Monday to Friday (weather dependent)!

# Thursday, September 2, 2021

#### Refreshment Cart

Date and Time: Thursday, September 2 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Friday, September 3, 2021

#### Refreshment Cart

Date and Time: Friday, September 3 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am to 1pm from Monday to Friday (weather dependent)!

## Tuesday, September 7, 2021

#### **Refreshment Cart**

Date and Time: Tuesday, September 7 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Wednesday, September 8, 2021

### **Gentle Stretch and Strengthen**

Date and Time: Wednesday, September 8 10:00 am - 11:00 am

Address: John Wright Soccer Complex

**A weekly stretching and gentle yoga class**. Held outdoors with distancing- weather permitting. Pre-registraio n is required.

#### Refreshment Cart

Date and Time: Wednesday, September 8 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

# Thursday, September 9, 2021

#### **Refreshment Cart**

Date and Time: Thursday, September 9 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

# Friday, September 10, 2021

#### **Refreshment Cart**

Date and Time: Friday, September 10 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

# Monday, September 13, 2021

#### **Refreshment Cart**

Date and Time: Monday, September 13 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am to 1pm from Monday to Friday (weather dependent)!

## Tuesday, September 14, 2021

### **Refreshment Cart**

Date and Time: Tuesday, September 14 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

### Wednesday, September 15, 2021

### Gentle Stretch and Strengthen

Date and Time: Wednesday, September 15 10:00 am - 11:00 am

Address: John Wright Soccer Complex

A weekly stretching and gentle yoga class. Held outdoors with distancing- weather permitting. Pre-registraio n is required.

#### **Refreshment Cart**

Date and Time: Wednesday, September 15 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am to 1pm from Monday to Friday (weather dependent)!

# Thursday, September 16, 2021

#### Refreshment Cart

Date and Time: Thursday, September 16 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

# Friday, September 17, 2021

#### Refreshment Cart

Date and Time: Friday, September 17 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Monday, September 20, 2021

#### Refreshment Cart

Date and Time: Monday, September 20 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Tuesday, September 21, 2021

#### **Refreshment Cart**

Date and Time: Tuesday, September 21 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Wednesday, September 22, 2021

### **Gentle Stretch and Strengthen**

Date and Time: Wednesday, September 22 10:00 am - 11:00 am

Address: John Wright Soccer Complex

**A weekly stretching and gentle yoga class**. Held outdoors with distancing- weather permitting. Pre-registraio n is required.

#### Refreshment Cart

Date and Time: Wednesday, September 22 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Thursday, September 23, 2021

#### **Refreshment Cart**

Date and Time: Thursday, September 23 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

## Friday, September 24, 2021

#### Refreshment Cart

Date and Time: Friday, September 24 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items! 11am t o 1pm from Monday to Friday (weather dependent)!

## Monday, September 27, 2021

#### Refreshment Cart

Date and Time: Monday, September 27 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

# Tuesday, September 28, 2021

#### Refreshment Cart

Date and Time: Tuesday, September 28 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

### Simple and Satisfying Suppers

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

Address: via Zoom

Join us for a virtual cooking demo with our Registered Dietitian! In partnership with the Brantford Food Bank.

### **Gender Journey Brant**

Date and Time: Tuesday, September 28 6:00 pm - 7:30 pm

Address: Brantford Public Library (173 Colborne St)

Peer support group for trans and non-binary adults! In-person; masks and social distancing required!



# Wednesday, September 29, 2021

### **Gentle Stretch and Strengthen**

Date and Time: Wednesday, September 29 10:00 am - 11:00 am

Address: John Wright Soccer Complex

**A weekly stretching and gentle yoga class**. Held outdoors with distancing- weather permitting. Pre-registraio n is required.

#### Refreshment Cart

Date and Time: Wednesday, September 29 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am t o 1pm from Monday to Friday (weather dependent)!

# Thursday, September 30, 2021

#### **Refreshment Cart**

Date and Time: Thursday, September 30 11:00 am - 1:00 pm

Address: 363 Colborne Street, Brantford ON

**Drop-by the front doors at GRCHC to pick-up snacks, drinks, naloxone and other essential items!** 11am to 1pm from Monday to Friday (weather dependent)!

https://calendar.grandriverchc.ca