

Monday, October 3, 2022

Notes and Beats

Date and Time: Monday, October 3 10:00 am - 11:30 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Notes and Beats program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Learn to Paint

Date and Time: Monday, October 3 1:00 pm - 3:00 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC to learn to paint. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Tuesday, October 4, 2022

Zumba

Date and Time: Tuesday, October 4 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Thursday, October 6, 2022

Zumba

Date and Time: Thursday, October 6 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Brantford Cabaret

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

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Brantford Cabaret program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Tuesday, October 11, 2022

Zumba

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

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Thursday, October 13, 2022

Zumba

Date and Time: Thursday, October 13 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Gender Journey

Date and Time: Thursday, October 13 6:00 pm - 7:30 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

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

Masks required for group programs. Pre-registration required.

[REGISTER HERE](#)

Brantford Cabaret

Date and Time: Thursday, October 13 6:00 pm - 7:30 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Brantford Cabaret program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Friday, October 14, 2022

Breakfast Club

Date and Time: Friday, October 14 9:30 am - 10:30 am

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

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

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Monday, October 17, 2022

Notes and Beats

Date and Time: Monday, October 17 10:00 am - 11:30 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Notes and Beats program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Learn to Paint

Date and Time: Monday, October 17 1:00 pm - 3:00 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC to learn to paint. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Tuesday, October 18, 2022

Zumba

Date and Time: Tuesday, October 18 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Basic Shelf Cooking Class

Date and Time: Tuesday, October 18 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

Registration required.

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

Wednesday, October 19, 2022

Community Health and Wellbeing Week Open House

Date and Time: Wednesday, October 19 9:00 am - 12:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

Drop in and learn about programs and services offered in our community!

FREE take away lunch between 11:00am-12:00pm

For more information contact Magdalena Bentia

Email: mbentia@grchc.ca

Phone: 519-754-0777 x251

Thursday, October 20, 2022

Zumba

Date and Time: Thursday, October 20 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Brantford Cabaret

Date and Time: Thursday, October 20 6:00 pm - 7:30 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Brantford Cabaret program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Friday, October 21, 2022

Breakfast Club

Date and Time: Friday, October 21 9:30 am - 10:30 am

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

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

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Monday, October 24, 2022

Notes and Beats

Date and Time: Monday, October 24 10:00 am - 11:30 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Notes and Beats program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Mood for Thought Education Group

Date and Time: Monday, October 24 1:00 pm - 2:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

For registration and inquiries please contact Laura Harcourt

Phone: 519-754-0777 ext 256

Email: lharcourt@grchc.ca

Learn to Paint

Date and Time: Monday, October 24 1:00 pm - 3:00 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC to learn to paint. All are welcomed!

Masks are required for group programs. Pre-registration required.

Tuesday, October 25, 2022

Zumba

Date and Time: Tuesday, October 25 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Basic Shelf Cooking Class

Date and Time: Tuesday, October 25 1:00 pm - 3:00 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

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

Registration required.

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

Thursday, October 27, 2022

Zumba

Date and Time: Thursday, October 27 10:00 am - 11:00 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

GROUP IS CURRENTLY FULL

Join us at GRCHC for the return of our popular dance exercise class! All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Gender Journey

Date and Time: Thursday, October 27 6:00 pm - 7:30 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

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

Masks required for group programs. Pre-registration required.

[REGISTER HERE](#)

Brantford Cabaret

Date and Time: Thursday, October 27 6:00 pm - 7:30 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Brantford Cabaret program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Friday, October 28, 2022

Breakfast Club

Date and Time: Friday, October 28 9:30 am - 10:30 am

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

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

No registration required.

For more information contact Brad or Melissa.

Brad: 519-754-0777 ext 505

Melissa: 519-754-0777 ext 479

Monday, October 31, 2022

Notes and Beats

Date and Time: Monday, October 31 10:00 am - 11:30 am

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC for our Notes and Beats program. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

Mood for Thought Education Group

Date and Time: Monday, October 31 1:00 pm - 2:30 pm

Address: 363 Colborne Street Brantford Ontario, N3S 3N2

For registration and inquiries please contact Laura Harcourt

Phone: 519-754-0777 ext 256

Email: lharcourt@grchc.ca

Learn to Paint

Date and Time: Monday, October 31 1:00 pm - 3:00 pm

Address: 363 Colborne Street, Brantford ON (Community Rooms A & B)

Join us at GRCHC to learn to paint. All are welcomed!

Masks are required for group programs. Pre-registration required.

[COMPLETE REGISTRATION FORM HERE](#)

<https://calendar.grandriverchc.ca>