

GRCHC Community Health and Wellbeing Program Calendar – July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00am to 3:30pm		1	2	3
		CLOSED for Canada day 	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Rm A&B) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
6	7	8	9	10
11:00am-12:00pm – Tai Chi Beginner (Com. Rm A&B) 12:00-1:00pm – Tai Chi Intermediate (Com. Rm A&B) 1:00-2:30pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:30-7:30pm – ID Clinic* (Front Desk Alcove)	8:45-9:45am – Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 12:00-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&B) 5:00-7:00pm – Free Community BBQ hosted by 2SLGBTQIA+ Community Connections (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Rm A&B) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B)
13	14	15	16	17
1:00-2:30pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Tangled Together* (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 1:00-3:00pm – Learn to Paint (Boardroom) 5:30-7:30pm – ID Clinic* (Front Desk Alcove)	10:30-11:30am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) Centre closes at 12:00pm	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A&B) 12:00-2:00pm – Stirring up Generations (Com. Kitchen) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Rm A&B) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
20	21	22	23	24
10:00am-12:00pm – You’re the Chef (Com. Rm A & Com. Kitchen)	10:00am-12:00pm – Tangled Together* (Boardroom) 10:00am-12:00pm – You’re the Chef (Com. Rm A & Com. Kitchen) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 1:00-3:00pm – Learn to Paint (Boardroom) 5:30-7:30pm – ID Clinic* (Front Desk Alcove)	8:45-9:45am – Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 9:30-11:30am – Learn to Paint (Boardroom) 10:00am-12:00pm – You’re the Chef (Com. Rm A & Com. Kitchen) 10:30-11:30am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 12:00-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00am-12:00pm – You’re the Chef (Com. Rm A & Com. Kitchen) 11:00am-12:30pm – Learn to Knit (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Rm A&B) 10:00am-12:00pm – You’re the Chef (Com. Rm A & Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
27	28	29	30	31
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