

## GRCHC Community Health and Wellbeing Program Calendar – February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm				
2	3	4	5	6
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00-12:00pm – Tai Chi (Com Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	8:45-9:45am Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 9:30-11:30am – Learn to Paint (Boardroom) 10:30-11:30am Drop-in Outreach Clinic* (Friendship House – 452 Grey 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) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B)
9	10	11	12	13
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00-12:00pm – Tai Chi (Com Rm A&B) 1:00-2:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 1:00-2:30pm – GLP-1 Medication Presentation (Boardroom) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:30-11:30am – Learn to Paint (Boardroom) 10:30-11:30am Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 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)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&B)
16	17	18	19	20
CLOSED for Family Day  	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:00pm – Healthy Heart Workshop (Boardroom)	8:45-9:45am Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 9:30-11:30am – Learn to Paint (Boardroom) 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)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 5:00-6:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 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)
23	24	25	26	27
9:30-11:00am – Notes & Beats (Com. Rm A&B) 11:00-12:00pm – Tai Chi (Com Rm A&B) 1:00-2:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 11:30am-12:30pm Nutrition for Fatty Liver Disease (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom)	9:30-10:30am – Belly Dancing With Tammy (Com. Rm A&B) 10:30-11:30 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) 1:30-3:00pm – Men in Action* (Com. Rm A) 3:00-4:00 pm – Facts on Fibre (Com. Kitchen)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A) 5:00-6:30pm – Brantford Cabaret (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 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)

For more information or to register, please call (519) 754-0777 and use extension from the list:

\* = Drop-in programs, no registration required

Brantford Cabaret | Men in Action | Notes & Beats | Brad – bkidder@grchc.ca or ext. 505  
 2SLGBTQIA+ Community Connections | Gender Journey Brant | Learn to Paint | Dianne – dcrotta@grchc.ca or 519-750-4932  
 Learn to Knit | Let’s Make Macramé | Stitch n’ Chat | Gloria – gord@grchc.ca or ext. 223  
 Facts on Fibre | Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Tofu Many Ways | Melissa – msiegel@grchc.ca or ext. 479  
 Belly Dancing with Tammy | Dance Fitness | Easy/Sit Fit | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233  
 GLP-1 Medication Presentation | Nutrition for Fatty Liver Disease | Healthy Heart Workshop | Inter-professional Primary Care Team (IPCT) – (226) 388-4725



Please see our website [www.grandriverchc.ca](http://www.grandriverchc.ca) for current and upcoming programs.

If you have questions about a program, please email [info@grchc.ca](mailto:info@grchc.ca)

## Happy Heart Diabetes & Me

Join us and learn how to cook heart healthy meals to help control your diabetes!

**Week 1:** Nutrition basics for managing your blood sugar

**Week 2:** Practical strategies to implement label reading and recipe adjustments

**Monday, February 9<sup>th</sup> and 23<sup>rd</sup> 2026 1:00 - 2:00 p.m.**

For more information or to register, please contact Melissa at (519) 754-0777 ext. 479 or [msiegel@grchc.ca](mailto:msiegel@grchc.ca)

### February is Heart Health Month

February marks Heart Month a time to raise awareness about the importance of heart and vascular health

To learn more, please visit: [www.ottawaheart.ca](http://www.ottawaheart.ca)



Follow us on social media!



FEBRUARY 2026

# GRCHC NEWSLETTER



### Baked Mushroom and Herb Barley Risotto

#### Ingredients

- 2 tsp canola oil
- 8 oz mushrooms, sliced
- 4 garlic cloves, minced
- 1 onion, finely chopped
- 1 tsp dried Italian seasoning
- 1 cup pot barley
- 1/2 cup roasted or drained oil-packed sun-dried tomatoes, chopped
- 4 cups ready-to-use vegetable broth
- 1/4 cup herb cream cheese

#### Instructions

- Preheat oven to 400°F (200°C).
- In an ovenproof Dutch oven, heat oil over medium-high heat. Sauté mushrooms, garlic, onion and Italian seasoning for about 10 minutes or until no liquid remains.
- Stir in barley until coated. Stir in roasted tomatoes and broth; bring to boil.
- Cover, transfer to oven and bake for 30 minutes or until barley is tender but firm.
- Remove from oven and stir in cream cheese until melted and creamy.

<https://canadianfoodfocus.org/recipes/baked-mushroom-and-herb-barley-risotto/>

### Healthy Heart

Discover ways to support heart health through lifestyle choices, nutrition, and preventive care.

**When:** February 17<sup>th</sup> 2026  
5:00 - 7:00 p.m.

**Where:** Grand River Community Health Centre 363 Colborne Street, Brantford Community Board Room

To register, please call (226) 388-4725 or email [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca)