


GRCHC Community Health and Wellbeing Program Calendar – April 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>Outreach Station is OPEN Monday to Friday</p> <p>9:00 am to 3:30 pm</p> | | <p>1</p> <p>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) 1:00-3:00pm – Learn to Paint (Boardroom) 1:30-3:00pm – Men in Action* (Com. Rm A)</p> | <p>2</p> <p>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) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom)</p> | <p>3</p> <p style="text-align: center;">CLOSED for Good Friday</p> <div style="text-align: center;">  </div> |
| 6 | 7 | 8 | 9 | 10 |
| 9:30-11:00am – Notes & Beats* (Com. Rm A&B) 11:00-12:00pm – Tai Chi (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) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove) | 8:45-9:45am Drop-in Outreach Clinic* (Brant Community Church – 69 Superior 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) | 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) |
| 13 | 14 | 15 | 16 | 17 |
| 9:30-11:00am – Notes & Beats* (Com. Rm A&B) 11:00-12:00pm – Tai Chi (Com Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen) | 10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 11:30am-12:30pm – Facts on Fibre (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 1:00-3:00pm – Learn to Paint (Boardroom) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove) | 9:30-11:30am – Learn to Paint (Boardroom) 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) 3:00-4:00pm – Nutrition for the Brain (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) |
| 20 | 21 | 22 | 23 | 24 |
| 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) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Learn to Paint (Boardroom) 5:30-7:00pm – Healthy Heart (Com. Rm A&B) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove) | 8:45-9:45am Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 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) | 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) |
| 27 | 28 | 29 | 30 | |
| 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) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove) | 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) | 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) | |

For more information or to register, please call (519) 754-0777 and use extension from the list:
 * = Drop-in programs, no registration required

Men in Action | Notes & Beats | Brad – bkidder@grchc.ca or ext. 505
 2SLGBTQIA+ Community Connections | 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
 Nutrition for the Brain | Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479
 Dance Fitness | Easy/Sit Fit | Gentle Yoga | OG – oegiebor@grchc.ca or ext. 233
 Healthy Heart | Facts on Fibre | Inter-professional Primary Care Team (IPCT) – (226) 388-4725
 I.D. Clinic | Sydney – scookney@grchc.ca or ext. 473



Please see our website www.grandriverchc.ca or follow us on Facebook or Instagram to stay current on upcoming programs.

If you have questions about a program, please email info@grchc.ca

This Month's Centre Spotlight

FACTS ON FIBRE

Join us to learn:

- ✓ What fibre is
- ✓ The benefits of fibre
- ✓ Fibre food sources
- ✓ Easy ways to get enough

When: Tuesday from 11:30 a.m. - 12:30 p.m.

Where: Cowan Health Hub, Community Room – 25 Curtis Ave Paris, ON

For more information or to register contact at ipct-info@grchc.ca or call (226) 388-4725

Parkinson's Awareness Month

April is Parkinson's Awareness month, a time to focus on spreading knowledge, understanding and awareness of Parkinson's disease. It's also a time for celebrating the stories and courage of people living with Parkinson's, their care partners and all the people contributing to Parkinson's research.

<https://www.parkinson.ca/whats-happening-during-parkinsons-awareness-month-in-canada/>



363 Colborne Street, Brantford ON



Hodge Podge

Ingredients

- 1 lb new potatoes, quartered
- 1 lb carrots, trimmed and cut in half (app. 4 medium carrots)
- 1 cup fresh green beans (30-40)
- 1/2 cup green peas
- 1 Tbsp fresh dill, chopped
- 1 Tbsp fresh chives, chopped
- 3 cups milk
- 1/2 cup heavy cream
- 1/2 cup butter
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions

- Boil a big pot of salted water. Cook the carrots and potatoes for 5 minutes until soft enough for a fork. Add the peas and beans to the same pot and cook for 1 minute. Drain the vegetables and set them aside.
- In a heavy pot, melt butter over medium heat. Add the vegetables and warm them.
- Pour in the milk and cream and bring the soup to a boil. Turn the heat to low. Add salt and pepper.
- Stir in dill and chives. Let the soup simmer for 10 minutes. Serve warm.

<https://canadianfoodfocus.org/recipes/classic-canadian-dish-hodge-podge/>

Men in Action

A men's social group to connect, share experiences, and engage in open discussions!

When: Drop-in Wednesdays from 1:30 to 3:00 p.m.

Where: 363 Colborne Street, Brantford ON in Community Room A

For more information, please contact Brad at (519) 754-0777 ext. 505 or email bkidder@grchc.ca.