

# GRCHC Community Health and Wellbeing Program Calendar – January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm</b>	1 	2 9:30-10:30am – Breakfast Club* (Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
5	6	7	8	9
	10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N)	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) 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)	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) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
12	13	14	15	16
1:00-2:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)	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 – 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) 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)	11:00am-12:30pm – Learn to Knit (Com. Rm A) 1:00-3:00pm – Stitch n' Chat (Com. Rm A) 5:30-7:00pm – Pre-Diabetes Workshop (Boardroom)	9:30-10:30am – Breakfast Club* (Com. Kitchen)
19	20	21	22	23
9:30-11:00am – Notes & Beats (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) 1:00-3:00pm – Kitchen Confidence (Com. Rm A&B) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B)	9:30-11:30am – Learn to Paint (Boardroom) 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) 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)
26	27	28	29	30
9:30-11:00am – Notes & Beats (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 1:00-3:00pm – Kitchen Confidence (Com. Rm A&B) 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) 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)	9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (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](mailto:bkidder@grchc.ca) or ext. 505  
 2SLGBTQIA+ Community Connections | Gender Journey Brant | Learn to Paint | Dianne – [dcrotta@grchc.ca](mailto:dcrotta@grchc.ca) or 519-750-4932  
 Learn to Knit | Let's Make Macramé | Stitch n' Chat | Gloria – [gord@grchc.ca](mailto:gord@grchc.ca) or ext. 223  
 Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479  
 Belly Dancing with Tammy | Dance Fitness | Easy/Sit Fit | Gentle Yoga | OG – [oegiebor@grchc.ca](mailto:oegiebor@grchc.ca) or ext. 233  
 Pre-Diabetes 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)

## Breakfast Club

Drop-in for coffee or tea, pancakes, and conversation!

**Fridays from 9:30 - 10:30 a.m.**

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

### January is Alzheimer's Awareness Month

January marks Alzheimer's Awareness Month, a time for individuals and organizations to educate themselves about Alzheimer's disease, reduce stigma, and support people living with dementia and their care partners.

To learn more, please visit <https://alzheimer.ca/en>



Follow us on social media!



### Tzatziki Dip

#### Ingredients

- 1/4 cup cucumber peeled (approx. 6 to 8 cm)
- 1/4 cup plain yogurt
- 1/4 cup sour cream
- 1 garlic clove minced
- 1/2 tsp dried dill
- salt to taste

#### Instructions

- Grate cucumber, then place in cheese cloth or paper towel and press to squeeze out liquid.
- Combine all ingredients including yogurt and sour cream in a bowl and beat together until smooth.
- Serve.

<https://canadianfoodfocus.org/recipes/tzatziki-dip/#tzatziki-dip>

### Belly Dancing With Tammy

Join us for this women's beginner friendly dance class

**When:** Wednesday January 28<sup>th</sup>  
9:30 - 10:30 a.m.

**Where:** Grand River Community Health Centre 363 Colborne Street, Brantford Community Rooms A & B

To register, please call OG at (519) 754-0777 ext. 233 or email [oegiebor@grchc.ca](mailto:oegiebor@grchc.ca)