

GRCHC Community Health and Wellbeing Program Calendar – March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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) 1:00-2:00pm – 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) 10:00am-12:00pm – Let’s Make Macramé (Boardroom) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 1:00-2:30pm – Carbohydrate Confidence Workshop (Brantford Public Library – 173 Colborne St.) 5:30-6:45pm – Gentle Yoga (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) 1:00-3:00pm – 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) 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) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
9	10	11	12	13
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16	17	18	19	20
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23	24	25	26	27
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30	31	<h2 style="margin: 0;">Outreach Station is OPEN Monday to Friday</h2> <h3 style="margin: 0;">9:00 am to 3:30 pm</h3>		
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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
 Nutrition for Bone Health | Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479
 Dance Fitness | Easy/Sit Fit | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233
 Pre Diabetes Workshop | Carbohydrates Confidence | Inter-professional Primary Care Team (IPCT) – ipct-info@grchc.ca or (226) 388-4725
 Spring into Participation on Social Prescribing Day | Jodi – 519-754-0777 ext. 308 or Suzanne at 519-754-0777 ext. 443



Please see our website www.grandriverchc.ca for current and upcoming programs.

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

Nutrition for Bone Health

Join a Registered Dietitian to learn:

- The role of nutrition in bone health,
- Recommended vitamins and minerals, and
- Practical tips for meals and snacks

Wednesday, March 11th 2026 3:00 - 4:00 p.m.

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

March is Nutrition Month

The theme for Nutrition Month 2026: Nourish to Flourish. This theme highlights the profound connections between food and overall well-being, emphasizing the transformative role of nutrition in our lives. We invite you to recognize and celebrate the diverse roles dietitians play in influencing the well-being of Canadians. Throughout the month

To learn more, please visit: www.dietitians.ca



Follow us on social media!



MARCH 2026 GRCHC NEWSLETTER



Apple, Onion and Sage Chutney

Ingredients

- 7 cups tart cooking apples, chopped & peeled
- 2 1/2 cups onions, chopped
- 1 1/2 cups granulated sugar
- 2 tsp pickling salt or other additive-free salt
- 1/2 tsp freshly ground black pepper
- 1 1/2 cups apple cider vinegar
- 1/4 cup chopped fresh sage

Instructions

- Get your canner, jars, and lids ready.
- In a big pot, mix apples, onions, sugar, salt, pepper, and vinegar.
- Bring to a boil on medium heat. Stir often.
- Turn the heat down and let it gently boil for about 40 minutes. Stir sometimes. It should be thick.
- Stir in the sage.
- Spoon the hot chutney into hot jars. Leave a small space at the top (about 1/2 inch).
- Wipe the jar rims. Put on the lids and screw the bands on until snug.
- Put jars in the canner. Boil for 10 minutes.
- Turn off the heat. Let jars sit in the water for 5 minutes.
- Take jars out and place on a towel. Let sit for 24 hours.
- Check the lids. Put any unsealed jars in the fridge.
- Makes about 5 to 6 cups.

<https://canadianfoodfocus.org/recipes/apple-onion-and-sage-chutney/>

Carbohydrate confidence workshop

Join a Registered Nurse and Registered Dietitian to learn about:

- Benefits of carbohydrates
- Optimizing your carbohydrate intake
- The Glycemic Index
- Carbohydrate counting

When: Tuesday, March 3rd, 2026
1:00 - 2:30 p.m.

Where: Brantford Public Library
Community Room, Ground Floor
173 Colborne Street,
Brantford,

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