


# GRCHC Community Health and Wellbeing Program Calendar – May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="margin: 0;">Outreach Station is OPEN Monday to Friday</h2> <h3 style="margin: 0;">9:00 am to 3:30 pm</h3>				<p style="text-align: center; margin: 0;">1</p> <p style="margin: 0;">9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
<p style="text-align: center; margin: 0;">4</p> <p style="margin: 0;">9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 11:00-12:00pm – Tai Chi (Com Rm A&amp;B) 1:00-2:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</p>	<p style="text-align: center; margin: 0;">5</p> <p style="margin: 0;">10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 10:30-11:30am – Easy Fit (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&amp;B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove)</p>	<p style="text-align: center; margin: 0;">6</p> <p style="margin: 0;">8:45-9:45am – Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 10:30-11:30am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;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)</p>	<p style="text-align: center; margin: 0;">7</p> <p style="margin: 0;">11:00am-12:30pm – Learn to Knit (Com. Rm A&amp;B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&amp;B) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&amp;B)</p>	<p style="text-align: center; margin: 0;">8</p> <p style="margin: 0;">9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
<p style="text-align: center; margin: 0;">11</p> <p style="margin: 0;">9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 11:00-12:00pm – Tai Chi (Com Rm A&amp;B) 1:00-2:00pm – Happy Heart, Diabetes &amp; Me (Com. Rm A &amp; Com. Kitchen)</p>	<p style="text-align: center; margin: 0;">12</p> <p style="margin: 0;">10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 11:30am - 12:30 pm – Protein Power (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 1:00-3:00pm – Learn to Paint (Boardroom) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove)</p>	<p style="text-align: center; margin: 0;">13</p> <p style="margin: 0;">10:30-11:30am Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;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)</p>	<p style="text-align: center; margin: 0;">14</p> <p style="margin: 0;">11:00am-12:30pm – Learn to Knit (Com. Rm A&amp;B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&amp;B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&amp;B)</p>	<p style="text-align: center; margin: 0;">15</p> <p style="margin: 0;">9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
<p style="text-align: center; margin: 0;">18</p> <p style="text-align: center; margin: 0;"><b>CENTRE CLOSED</b></p> <div style="text-align: center; margin: 10px 0;">  </div>	<p style="text-align: center; margin: 0;">19</p> <p style="margin: 0;">10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 10:00am -12:00pm – Lets Make Macrame (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 1:00-3:00pm – Basic Shelf (Com. Kitchen) 1:00-3:00pm – Learn to Paint (Boardroom) 5:30-6:45pm – Gentle Yoga (Com. Rm A&amp;B) 5:30-7:00pm – Pre-Diabetes Workshop (Boardroom) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove)</p>	<p style="text-align: center; margin: 0;">20</p> <p style="margin: 0;">8:45-9:45am Drop-in Outreach Clinic* (Brant Community Church – 69 Superior St, Brantford) 9:30-11:30pm – Learn to Paint (Boardroom) 11:00am-12:00am – Easy Fit (Com. Rm A&amp;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 Fatty Liver Disease (Com. Kitchen)</p>	<p style="text-align: center; margin: 0;">21</p> <p style="margin: 0;">10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 11:00am-12:30pm – Learn to Knit (Com. Rm A&amp;B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&amp;B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&amp;B)</p>	<p style="text-align: center; margin: 0;">22</p> <p style="margin: 0;">9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>
<p style="text-align: center; margin: 0;">25</p> <p style="margin: 0;">9:30-11:00am – Notes &amp; Beats (Com. Rm A&amp;B) 11:00-12:00pm – Tai Chi (Com Rm A&amp;B)</p>	<p style="text-align: center; margin: 0;">26</p> <p style="margin: 0;">10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 10:00am -12:00pm – Lets Make Macrame (Boardroom) 10:30-11:30am – Easy Fit (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&amp;B) 5:30-7:30pm – I.D Clinic* (Front Desk Alcove)</p>	<p style="text-align: center; margin: 0;">27</p> <p style="margin: 0;">10:30-11:30 Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford) 11:00am-12:00pm – Easy Fit (Com. Rm A&amp;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)</p>	<p style="text-align: center; margin: 0;">28</p> <p style="margin: 0;">10:00-11:00am – Dance Fitness (Com. Rm A&amp;B) 11:00am-12:30pm – Learn to Knit (Com. Rm A&amp;B) 1:00-3:00pm – Stitch n’ Chat* (Com. Rm A&amp;B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&amp;B)</p>	<p style="text-align: center; margin: 0;">29</p> <p style="margin: 0;">9:30-10:30am – Breakfast Club* (Com. Kitchen) 11:00am-12:00pm – Dance Fitness (Com. Rm A&amp;B) 1:00-2:00pm – Easy Fit (Com. Rm A&amp;B) 2:00-3:00pm – Sit Fit (Com. Rm A&amp;B)</p>

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  
 Nutrition on Fatty Liver Disease | Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – [msiegel@grchc.ca](mailto:msiegel@grchc.ca) or ext. 479  
 Tai Chi | Dance Fitness | Easy/Sit Fit | Gentle Yoga | ext. 233  
 Protein Power | Pre-Diabetes Workshop | Inter-professional Primary Care Team (IPCT) – [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca) or (226) 388-4725  
 I.D. Clinic | Sydney – [scookney@grchc.ca](mailto:scookney@grchc.ca) or ext.473



Please see our website [www.grandriverchc.ca](http://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](mailto:info@grchc.ca)

## This Month's Centre Spotlight LEARN TO PAINT

Beginner-friendly and open to everyone no experience needed!

🖌️ All supplies provided

🌟 Fun, relaxed, and creative environment

Come explore your artistic side just show up and paint!

**When:** May 12<sup>th</sup> 1:00 - 3:00 pm May 19<sup>th</sup> 1:00 - 3:00pm , May 20<sup>th</sup> 9:30 - 11:00am and 1:00 - 3:00pm

**Where:** Grand River Community Health Centre – 363 Colborne Street, Brantford ON

For more information or to register contact at [dcrotta@grchc.ca](mailto:dcrotta@grchc.ca) or call 519-750-4932

### Food Allergy Awareness Month

Take time to learn more about food allergies, prevention, and how to support those affected. Staying informed helps create safer, more inclusive spaces for everyone.

[www.allergiesalimentairescanada.ca](http://www.allergiesalimentairescanada.ca)



363 Colborne Street, Brantford ON



### Twice-Baked Lentil Stuffed Sweet Potatoes

#### Ingredients

- 2 sweet potatoes, pricked with fork
- 2 Tbsp plain Greek yogurt or light sour cream
- 2 green onions, white and green parts separated, finely chopped
- to taste, salt and pepper
- 1 cup cooked green lentils
- 2/3 cup finely grated extra-old cheddar cheese

#### Instructions

- Preheat oven to 425°F (220°C).
- Microwave sweet potatoes on a microwave safe plate on high for 10-12 minutes, or until tender, turning every 2 minutes; let cool for 5 minutes. Cut in half, scoop out flesh into a bowl leaving 1/4-inch (5 mm) border.
- Mash flesh with yogurt and white part of green onions; season with salt and pepper. Stir in lentils and half of the cheese. Spoon filling back into the sweet potato shells. Sprinkle with remaining cheese and green parts of green onions.
- Arrange the stuffed potato halves on a lightly greased baking sheet. Bake until golden, about 15 minutes. Serve immediately.

<https://canadianfoodfocus.org/recipes/twice-baked-lentil-stuffed-sweet-potatoes/>

### Protein Power

Join a Registered Dietitian to learn about;

- The benefits of protein
- Daily requirements
- Food sources

**When:** Tuesday May 12<sup>th</sup> from 11:30 a.m. to 12:30 p.m.

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

Register by phone or email (226) 388-4725 or [ipct-info@grchc.ca](mailto:ipct-info@grchc.ca)