


GRCHC Community Health and Wellbeing Program Calendar – August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Outreach Station is OPEN Monday to Friday</div> <div>9:00 am to 3:30 pm</div>				<div>1</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen)</div> <div>1:00-2:00pm – Easy Fit (Com. Rm A&B)</div> <div>2:00-3:00pm – Sit Fit (Com. Rm A&B)</div>
<div>4</div> <div>CLOSED for Civic Day</div> <div></div>	<div>5</div> <div>10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N)</div> <div>1:00-3:00pm – Kitchen Confidence (Com. Kitchen)</div> <div>5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D)</div>	<div>6</div> <div>10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford)</div> <div>11:00am-12:00pm – Easy Fit (Com. Rm A&B)</div> <div>11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford)</div> <div>1:30-3:00pm – Men in Action* (Com. Rm A)</div>	<div>7</div> <div>11:00am-12:30pm – Learn to Knit (Com. Rm A)</div> <div>1:00-3:00pm – Stitch n’ Chat (Com. Rm A)</div> <div>6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom)</div>	<div>8</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen)</div> <div>1:00-2:00pm – Easy Fit (Com. Rm A&B)</div> <div>2:00-3:00pm – Sit Fit (Com. Rm A&B)</div>
<div>11</div> <div>10:00-11:30am – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)</div> <div>10:00am-12:00pm – You’re the Chef (Com. Kitchen)</div> <div>11:00am-12:00pm – Tai Chi (Com. Rm A&B)</div> <div>3:00-4:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)</div>	<div>12</div> <div>10:00am-12:00pm – You’re the Chef (Com. Kitchen)</div> <div>10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N)</div> <div>1:00-3:00pm – Kitchen Confidence (Com. Kitchen)</div> <div>5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D)</div> <div>5:30-7:30pm – Gender Journey Brant (Boardroom)</div>	<div>13</div> <div>9:30-11:30am – Learn to Paint (Boardroom)</div> <div>10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford)</div> <div>10:00am-12:00pm – You’re the Chef (Com. Kitchen)</div> <div>11:00am-12:00pm – Easy Fit (Com. Rm A&B)</div> <div>11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford)</div> <div>1:00-3:00pm – Learn to Paint (Boardroom)</div> <div>1:30-3:00pm – Men in Action* (Com. Rm A)</div> <div>2:00-3:30pm – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)</div>	<div>14</div> <div>10:00am-12:00pm – You’re the Chef (Com. Kitchen)</div> <div>11:00am-12:30pm – Learn to Knit (Com. Rm A)</div> <div>1:00-3:00pm – Stitch n’ Chat (Com. Rm A)</div>	<div>15</div> <div>9:30-10:30am – Breakfast Club* (Com. Rm A&B)</div> <div>10:00am-12:00pm – You’re the Chef (Com. Kitchen)</div> <div>1:00-2:00pm – Easy Fit (Com. Rm A&B)</div> <div>2:00-3:00pm – Sit Fit (Com. Rm A&B)</div>
<div>18</div> <div>10:00-11:30am – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)</div> <div>11:00am-12:00pm – Tai Chi (Com. Rm A&B)</div> <div>3:00-4:00pm – Happy Heart, Diabetes & Me (Com. Rm A & Com. Kitchen)</div>	<div>19</div> <div>10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N)</div> <div>5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D)</div>	<div>20</div> <div>9:30-11:30am – Learn to Paint (Boardroom)</div> <div>11:00am-12:00pm – Easy Fit (Com. Rm A&B)</div> <div>11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford)</div> <div>1:00-3:00pm – Learn to Paint (Boardroom)</div> <div>1:30-3:00pm – Men in Action* (Com. Rm A)</div> <div>2:00-3:30pm – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)</div>	<div>21</div> <div>11:00am-12:30pm – Learn to Knit (Com. Rm A)</div> <div>1:00-3:00pm – Stitch n’ Chat (Com. Rm A)</div>	<div>22</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen)</div> <div>1:00-2:00pm – Easy Fit (Com. Rm A&B)</div> <div>2:00-3:00pm – Sit Fit (Com. Rm A&B)</div>
<div>25</div> <div>10:00-11:30am – Beating Strong: Heart Health Workshop (Cowan Community Health Hub – 25 Curtis Ave N, Paris)</div> <div>11:00am-12:00pm – Tai Chi (Com. Rm A&B)</div>	<div>26</div> <div>5:00-7:00pm – ID Clinic Drop-in* (Meeting Room D)</div> <div>5:30-7:30pm – Gender Journey Brant (Boardroom)</div>	<div>27</div> <div>9:30-10:30am – Belly Dancing (Com. Rm A&B)</div> <div>10:00-11:00am – Drop-in Outreach Clinic* (Friendship House – 452 Grey St, Brantford)</div> <div>11:30am-3:00pm – Drop-in Outreach Clinic* (St. Andrew’s Church – 95 Darling St, Brantford)</div> <div>1:30-3:00pm – Men in Action* (Com. Rm A)</div> <div>2:00-3:30pm – Pre-Diabetes Workshop (Norfolk Family Health Team – 185 Robinson St, Simcoe)</div>	<div>28</div> <div>11:00am-12:30pm – Learn to Knit (Com. Rm A)</div> <div>1:00-3:00pm – Stitch n’ Chat (Com. Rm A)</div>	<div>29</div> <div>9:30-10:30am – Breakfast Club* (Com. Kitchen)</div>

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

ID Clinic Drop-in | Men in Action | Brad – bkidder@grchc.ca or ext. 505
2SLGBTQIA+ Community Connections | Gender Journey Brant | Learn to Paint | Lisa – ldoan@grchc.ca or ext. 252
Learn to Knit | Let’s Make Macramé | Stitch n’ Chat | Gloria – gord@grchc.ca or ext. 223
Breakfast Club | Happy Heart, Diabetes & Me | Kitchen Confidence | You’re the Chef | Melissa – msiegel@grchc.ca or ext. 479
Belly Dancing | Easy/Sit Fit | Gentle Yoga | Tai Chi | OG – oegiebor@grchc.ca or ext. 233
Beating Strong: Heart Health Workshop | Pre-Diabetes Workshop | Interprofessional Primary Care Team (IPCT) – info-ipct@grchc.ca or call (226) 388-4725



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

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

This Month's Centre Spotlight

DROP-IN I.D. CLINIC

Drop by (no appointment required) and get help with applications for Health Cards, Birth Certificates and Photo I.D. First come, first served.

When: Tuesdays from 5:00 - 7:00 p.m.

Where: Grand River Community Health Centre (363 Colborne St, Brantford)

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

August 31 is International Overdose Awareness Day

International Overdose Awareness Day (IOAD) aims to end overdose and related harms, remember without stigma those who have died from overdose, and acknowledge the grief of those left behind.

To learn more, please visit <https://www.overdoseday.com/>



Follow us on social media!



Black Bean, Corn & Zucchini Quesadillas

Ingredients

- 2 teaspoons olive oil
- 1 zucchini, finely diced
- 1 cup fresh or frozen corn kernels (about 2 corncobs)
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 small fresh jalapeno pepper, seeded and finely chopped (optional)
- Salt and pepper
- 1 cup canned black beans, rinsed and drained
- 1/4 cup finely chopped fresh cilantro
- 2 tablespoons lime juice
- 8 10-inch flour tortillas
- 3 1/2 cups shredded smoked gouda or cheddar cheese (approx.), divided
- Lime wedges (optional)

Instructions

- In large skillet, heat oil over medium-high heat. Add zucchini, corn, chili, garlic and onion powders, and jalapeño pepper, if using. Season with salt and pepper. Cook, stirring occasionally, until vegetables are tender-crisp and golden, 6 to 8 minutes. Stir in beans, cilantro and lime juice. Transfer mixture to bowl and wipe skillet.
- Place 1 tortilla in hot skillet. Sprinkle with 1/3 to 1/2 cup of the shredded cheese. Top with one quarter of vegetable mixture and 1/3 to 1/2 cup of remaining shredded cheese. Cover with 1 tortilla and press down with spatula. Cook on medium-high heat, flipping halfway through cooking time, until quesadilla is golden brown and cheese is melted, 3 to 5 minutes. Repeat with remaining tortillas, cheese and vegetable mixture. Cut quesadillas into quarters. Serve with lime wedges, if using, and salsa, if desired.

<https://www.canadianliving.com/food/vegetarian-recipes/recipe/black-bean-corn-zucchini-quesadillas>

Online Appointment Booking

Need to book a non-urgent appointment?

Grand River Community Health Centre (GRCHC) now offers online appointment bookings for registered patients!

- Quick & easy
- Use your valid health card to login in
- Book non-urgent, non emergency visits

Note:

- Not all appointment types are available online
- New patients must call to book



<https://grandriverchc.ca/en/your-health/online-appointment-booking.aspx>