

GRCHC Community Health and Wellbeing Program Calendar – June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30-11:00am – Notes & Beats* (Com. Rm A&B) 11:00-12:00pm – Tai Chi Beginners (Com Rm A&B) 12:00-1:00pm – Tai Chi Intermediate (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 – Kitchen Confidence (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) 5:30-7:30pm ID Clinic (Reception Area)	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) 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) 2:00-4:00pm Stirring Up Generations Cooking Session (Com. Kitchen) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
8	9	10	11	12
9:30-11:00am – Notes & Beats* (Com. Rm A&B) 11:00-12:00pm – Tai Chi Beginners (Com Rm A&B) 12:00-1:00pm – Tai Chi Intermediate (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 – 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 – Gender Journey Brant (Boardroom) 5:30-7:30pm ID Clinic (Reception Area)	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) 1:00-3:00pm – 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)	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)
15	16	17	18	19
9:30-11:00am – *Notes & Beats* (Com. Rm A&B) 11:00-12:00pm – Tai Chi Beginners (Com Rm A&B) 12:00-1:00pm – Tai Chi Intermediate (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) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 1:00-3:00pm – Learn to Paint (Boardroom) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm ID Clinic (Reception Area)	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)	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) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
22	23	24	25	26
11:00-12:00pm – Tai Chi Beginners (Com Rm A&B) 12:00-1:00pm – Tai Chi Intermediate (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) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 1:00-3:00pm – Kitchen Confidence (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – Gender Journey Brant (Boardroom) 5:30-7:30pm ID Clinic (Reception Area)	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) 3:00-4:00pm Bone Health Presentation (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)	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)
29	30	<div style="border: 2px solid #0070C0; padding: 10px; text-align: center;"> <h3 style="margin: 0;">Outreach Station is OPEN Monday to Friday</h3> <h2 style="margin: 0;">9:00 am to 3:30 pm</h2> </div>		
11:00-12:00pm – Tai Chi (Com Rm A&B) 12:00-1:00pm – Tai Chi Intermediate (Com Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 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 ID Clinic (Reception Area)			

For more information or to register, please call (519) 754-0777 and use extension from the list:
* = Drop-in programs, no pre-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 | Sydney – scookney@grchc.ca or ext. 473
 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

JUNE 2026



GRCHC NEWSLETTER



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 GENDER JOURNEY

Join members of the community for a free in-person social group!

When: 2nd and 4th Tuesday of each month from 5:30 - 7:30 p.m.

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

For more information or to register, please contact dcrotta@grchc.ca or call (519) 750-4932

Barley Waffles and Strawberries

Ingredients

- 2 1/4 cups whole barley flour
- 2 eggs, beaten
- 2 tablespoons granulated sugar
- 2 1/4 cups milk
- 4 teaspoons baking powder
- 1/4 cup canola oil
- 1/4 teaspoon salt
- 1 teaspoon vanilla

Instructions

- Start heating waffle iron as manufacturer directs.
- In a medium bowl, combine barley flour, sugar, baking powder and salt.
- In a smaller bowl, combine eggs, milk, canola oil and vanilla and stir into dry ingredients just until well combined.
- Pour batter onto the waffle iron following manufacturer's instructions and gently close. Remove the waffles when the lid lifts open easily, about 5 to 6 minutes.

<https://canadianfoodfocus.org/recipes/barley-waffles/>

Pride Month

June is Pride Month, a time dedicated to celebrating 2SLGBTQIA+ communities for their resilience and talents, and advocating for equal rights.

Join Grand River Community Health Centre for Pride in the Park!

June 20th, 2026 at Mohawk Park from 12-5 pm.

12:00 - 5:00 p.m.

51 Lynwood Drive, Brantford ON

To find out more, please visit brantfordpride.com/events

June is Canadian Men's Health Month

Did you know? Approximately 70% of men's health issues are preventable. No matter how you do it—getting screened, exercising, getting outside or checking in with a friend—take charge of your health.

To learn more, please visit menshealthfoundation.ca



Follow us on social media!

