


GRCHC Community Health and Wellbeing Program Calendar – January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED for New Year's Day 	5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	1:00-3:00pm – Stitch n' Chat (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	9:30-10:30am – Breakfast Club* (Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)
8	9	10	11	12
1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 6:00-7:30pm – Gender Journey Brant (Boardroom)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 1:00-3:00pm – Stitch n' Chat (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
15	16	17	18	19
1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A and Kitchen) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-12:00pm – Basic Shelf (Com. Kitchen) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 1:00-3:00pm – Stitch n' Chat (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
22	23	24	25	26
10:00am-3:00pm – You're the Chef 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-12:00pm – Basic Shelf (Com. Kitchen) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 6:00-7:30pm – Gender Journey Brant (Boardroom)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A&B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 1:00-3:00pm – Stitch n' Chat (Com. Rm A&B)	9:30-10:30am – Breakfast Club* (Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
29	30	31	Outreach Station is OPEN Monday to Friday 9:00am to 3:30pm Drop-in Service Navigation Monday and Friday 1:00pm to 4:00pm in the Quiet Room	
1:00-2:30pm – Mood for Thought (Boardroom) 1:00-4:00pm – Drop-in Paramedic Health Clinic* (Primary Care Clinic) 1:00-4:00pm – Drop-in Service Navigation* (Quiet Room)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 10:00-12:00pm – Basic Shelf (Com. Kitchen) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A&B) 1:00-3:00pm – Learn to Paint (Boardroom)		

*Drop-in program, no registration required

Call us at (519) 754-0777 and use extension from the list:

Basic Shelf: Melissa – msiegel@grchc.ca or ext. 479
 Breakfast Club: Brad – bkidder@grchc.ca or ext. 505
 Dance Fitness: Magdalena – mbentia@grchc.ca or ext. 251
 Drop-in Paramedic Health Clinic: BBSOS Program – bbsos@grchc.ca or ext. 432
 Easy/Sit Fit: Amanda – awhite@grchc.ca or ext. 273
 Gender Journey Brant: Lisa – ldoan@grchc.ca or ext. 252
 Gentle Yoga: Magdalena – mbentia@grchc.ca or ext. 251

ID Clinic Drop-In: Brad – bkidder@grchc.ca or ext. 505
 Learn to Paint: Lisa – ldoan@grchc.ca or ext. 252
 Let's Make Macramé: Gloria - gord@grchc.ca or ext. 223
 Men in Action: Brad – bkidder@grchc.ca or ext. 505
 Mood for Thought: Beth – bpearson@grchc.ca or ext. 437
 Stitch n' Chat: Gloria – gord@grchc.ca or ext. 223
 You're the Chef: Melissa - msiegel@grchc.ca or ext. 479



JANUARY 2024
GRCHC
NEWSLETTER
2024

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

MOOD FOR THOUGHT GROUP

Join us for an introduction to cognitive behavioral therapy (CBT)! As a group, we will learn skills and receive understanding and support from others facing similar issues.

When: Monday January 29th, February 5th and 12th from 1:00 to 2:30 p.m.

Where: Grand River Community Health Centre
363 Colborne Street, Brantford ON, N3S 3N2

If you have any questions or would like to register please reach out Beth at bpearson@grchc.ca or **(519) 754-0777 ext. 437**

January is Alzheimer's Awareness Month. During this month, organizations and individuals across Canada are encouraged to learn more about dementia and its stark impact on Canadians by understanding what people living with dementia experience in their day-to-day lives - their struggles, their successes and their hopes.

For more information visit: <https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month>



Follow us on social media



Sheet Pan Baked Chicken Breast with Veggies

Ingredients

- 1 pound (about 2) chicken breasts boneless and skinless
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon onion powder
- 1 ½ tablespoon olive oil, divided
- Salt and pepper to taste
- 1 small head of broccoli broken into florets
- 1 large red bell pepper cut into 1 inch cubes
- 1 large red onion chopped into big pieces
- 1 tablespoon minced parsley

Instructions

- Preheat oven to 400F and line a large baking sheet with parchment paper.
- Lay the chicken breast on the prepared pan and rub with seasonings and half a tablespoon of olive oil.
- In a large bowl, combine all the prepped veggies. Drizzle with the remaining tablespoon of oil. Season with salt and pepper and thoroughly toss to coat.
- Arrange the vegetables around the chicken in the sheet pan.
- Bake for 20-25 minutes, or until the chicken is no longer pink on the inside, and veggies are tender. Allow the chicken to sit for a few minutes before slicing it. Garnish with chopped parsley.

<https://healthyfitnessmeals.com/sheet-pan-chicken-recipe/>

You're the Chef + Afternoon Activity

Calling all grades 5, 6, 7 or 8 students!

Prepare new recipes, eat the foods you make, and have fun cooking with friends!

You're the Chef is FREE!

When: Monday, January 22nd, 2024
10:00 a.m. to 3:00 p.m.

Where: Grand River Community Health Centre
363 Colborne Street, Brantford Ontario, N3S 3N2

To register please reach out to Melissa at **(519) 754-0777 ext. 479** or email msiegel@grchc.ca