


GRCHC Community Health and Wellbeing Program Calendar – March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm				1
				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)
4	5	6	7	8
10:00-11:30am – Notes & Beats (Com. Rm A&B) 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) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 10:00am -12:00pm – Kitchen Confidence (Com. Kitchen) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	10:00-11:00am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00 am-12:30pm – Learn to Knit (Com. Rm B) 1:00-3:00pm - Stitch n' Chat (Com. Rm A&B) 3:00-5:00pm - Let's Cook Together (Com. Kitchen) 6:00-7:30pm - 2SLGBTQ+ Community Connections (Boardroom) 6:00-7:30pm - Brantford Cabaret (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)
11	12	13	14	15
10:00-11:30am – Notes & Beats (Com. Rm A&B) 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) 3:00-4:30 pm – Mind and Body Wellness Group (Boardroom)* 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm) 6:00-7:30pm – Gender Journey Brant (Boardroom)	10:00-11:00am – Acting Up (off-site) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00 am-12:30pm – Learn to Knit (Com. Rm B) 1:00-3:00pm – Stitch n' Chat (Com. Rm A&B) 3:00-5:00pm – Let's Cook Together (Com. Kitchen) 6:00-7:30pm – Brantford Cabaret (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)
18	19	20	21	22
10:00-11:30am – Notes & Beats (Com. Rm A&B) 1:00-3:00pm – Happy Heart, Diabetes & Me (Com. Rm A & 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) 10:00am-12:00pm – Basic Shelf (Com. Kitchen) 3:00-4:30 pm – Mind and Body Wellness Group (Boardroom)* 5:00-6:15pm – Gentle Yoga (Com. Rm A&B) 5:00-7:00pm – ID Clinic Drop-in* (Dietitian Rm)	10:00-11:00am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:00-3:00pm – Learn to Paint (Com. Rm A) 1:30-3:00pm – Men in Action* (Com. Rm B)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00 am-12:30pm – Learn to Knit (Com. Rm B) 1:00-3:00pm – Stitch n' Chat (Com. Rm A&B) 3:00-5:00pm – Let's Cook Together (Com. Kitchen) 6:00-7:30pm – Brantford Cabaret (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)
25	26	27	28	29
10:00-11:30am – Notes & Beats (Com. Rm A&B) 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) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 10:00am-12:00pm – Basic Shelf (Com. Kitchen) 3:00-4:30 pm – Mind and Body Wellness Group (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)	10:00-11:00am – Acting Up (Com. Rm A&B) 11:00am-12:00pm – Easy Fit (Com. Rm A&B) 1:30-3:00pm – Men in Action* (Com. Rm A)	10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00 am-12:30pm – Learn to Knit (Com. Rm B) 1:00-3:00pm – Stitch n' Chat (Com. Rm A&B) 3:00-5:00pm – Let's Cook Together (Com. Kitchen) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	Closed Good Friday 

*Drop in groups require no registration

To register call us at (519) 754-0777 and use extension from the list:

Breakfast Club | Brantford Cabaret | ID Clinic Drop-in | Men in Action | Notes & Beats | Brad - bkidder@grchc.ca or ext. 505
2SLGBTQ+ Community Connections | Acting up Drama Group | Gender Journey Brant | Learn to Paint | Lisa - ldoan@grchc.ca or ext. 252
Let's Make Macramé | Learn to Knit | Stitch n' Chat | Gloria - gord@grchc.ca or ext. 223
Basic Shelf | Melissa – msiegel@grchc.ca or ext. 479
Drop-in Paramedic Health Clinic | BBSOS Program – bbsos@grchc.ca or ext. 432
Gentle Yoga | Dance Fitness | OG - oegiebor@grchc.ca or ext. 233
Happy Heart, Diabetes & Me | Easy/Sit Fit | Amanda - awhite@grchc.ca or ext. 273
Let's Cook Together | Makeda - mkafele-green@grchc.ca or ext. 222
Mind and Body Wellness Group | Paulina – pkrapels@grchc.ca or ext. 234



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

PARAMEDIC OUTREACH CLINIC

Grand River Community Health Centre and Brant-Brantford Paramedic Services are hosting a drop-in clinic. This is a free, low-barrier clinic – no health card required. The Outreach Paramedic Clinic will now be offering STI testing. Individuals can get tested for – Hep C, HIV, Syphilis, Gonorrhea or Chlamydia.

When: Mondays 1:00 to 4:00 p.m.

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

If you have any questions please reach out to the SOS team at BBSOS@grchc.ca or
(519) 754-0777 ext. 432

March is Nutrition Month we encourage you to learn about the incredible profession and work that Registered Dietitians do. Here at GRCHC we offer a wide range of dietitian lead cooking class. If you are interested on learning how to make nutritious meals that taste good too, sign up for a class using the class contact information found within.

#ThankADietitian

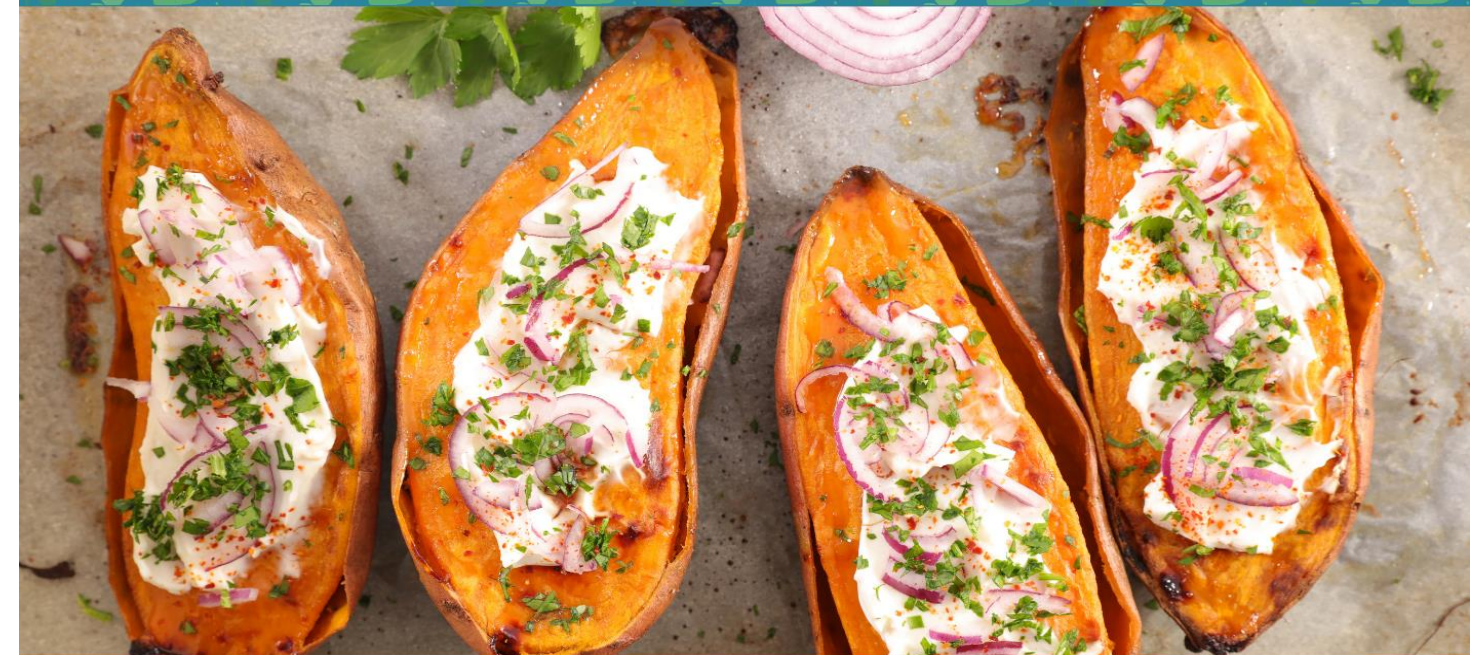


Follow us on social media



MARCH 2024

GRCHC NEWSLETTER



Quick & Easy Loaded Sweet Potatoes

Ingredients

- 3 medium sweet potatoes
- 2 tea spoons of olive oil and lime juice
- 1/4 cup of your choice of plain yogurt
- 1 cups of cheddar and black beans
- 1/2 a cup of red onions, chopped cherry tomatoes
- 1/2 an avocado, diced
- 3 table spoons of salsa
- 2 table spoons of cilantro
- Salt and pepper to taste
- Optional 1 jalapeno

Instructions

- Pre-heat the oven to 400°F/205°C.
 - Rinse and dry the sweet potatoes, then pierce all over with a fork. Rub with olive oil and season with salt and pepper. Place on baking sheet and bake in oven for 30-35 minutes until just fork tender.
 - While the sweet potatoes bake, make the lime crema by combining vegan yogurt, lime zest, and lime juice. Set aside.
 - Once the sweet potatoes are baked, remove them from the oven and carefully slice down the centre. Open up the sweet potatoes and top with some shredded cheese, black beans, Place back in the oven and bake an additional 10 minutes until the cheese is melted and the beans have warmed through.
 - Remove the sweet potatoes from the oven and top with cherry tomatoes, red onion, avocado, salsa, lime crema, cilantro, and jalapeno
- [HTTPS://WWW.FOODNETWORK.CA/RECIPE/VEGAN-LOADED-SWEET-POTATOES/](https://www.foodnetwork.ca/recipe/vegan-loaded-sweet-potatoes/)

Basic Shelf

Cooking Class!

Learn basic cooking skills, get a free cookbook, and have fun!

When: Tuesdays from March 19th to April 9th, 2024
10:00 a.m. to 12:00 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