

GRCHC Community Health and Wellbeing Program Calendar – October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Outreach Station is OPEN Monday to Friday 9:00 am to 3:30 pm			1	2
			10:00-11:00am – Dance Fitness (Com. Rm A&B) 11:00am-12:30pm – Learn to Knit* (Com. Rm A&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – 2SLGBTQIA+ Community Connections (Boardroom) 6:00-7:30pm – 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)
5	6	7	8	9
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) 2:00-4:00pm – Diabetes & Me (comm. Rm A and Comm. Kitchen) 5:00-7:00pm — The Art of Welcoming Communities (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) 10:00am-12:00pm Stirring Up Generations (Com. Kitchen) 2:30-4:00pm – Sew What (Com. Rm A&B) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – ID Clinic* (Front Desk Alcove)	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) 1:30-3:00pm – 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&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – 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)
12	13	14	15	16
 CLOSED for Thanksgiving	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) 1:00-3:00pm – Learn to Paint (Boardroom) 2:30-4:00pm – Sew What (Com. Rm A&B) 5:00-7:00pm – Stirring Up Generations (Com. Kitchen) 5:30-6:45pm – Gentle Yoga (Com. Rm A&B) 5:30-7:30pm – ID Clinic* (Front Desk Alcove)	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) 1:30-3:00pm – 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&B) 1:00-3:00pm – Stitch n’ Chat (Com. Rm A&B) 6:00-7:30pm – 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)
19	20	21	22	23
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26	27	28	29	30
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For more information or to register, please call (519) 754-0777 and use extension from the list:
* = Drop-in programs, no registration required

Brantford Cabaret | Notes and Beats | Men in Action | Basic Shelf | Brad – bkidder@grchc.ca or ext. 505
2SLGBTQIA+ Community Connections | Learn to Paint | Breakfast Club | 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 the Brain | Happy Heart, Diabetes & Me | Kitchen Confidence | Melissa – msiegel@grchc.ca or ext. 479
Diabetes Foot Care Workshop | Healthy Heart | Facts on Fibre | Inter-professional Primary Care Team (IPCT) – (226) 388-4725
Tai Chi | Dance Fitness | Gentle Yoga | Easy fit | Sit fit | 2SLGBTQIA+ Community Creatives | Sydney – scookney@grchc.ca or ext. 473
The Art of Welcoming Communities | Stirring up Generations | Arooba – agul@grchc.ca
I.D. Clinic | Kylie – kverlindenkitchen@grchc.ca
Need support connecting to these programs? Talk to Social Prescribing! | Jazmine – jhumphrey@grchc.ca or ext. 308, or 443



Social Prescribing

What is social prescribing?

"Social Prescribing is a holistic approach to healthcare that brings together the social and medical models of health and wellness. It provides a formal pathway for health providers to address the diverse determinants of health, using the familiar and trusted process of writing a prescription. Social Prescribing bridges the gap between clinical and social care by referring patients to local, non-clinical services that are chosen according to the client's interests, goals, and gifts."

-Alliance for Healthier Communities

Our social prescriber can work with you to meet your goals and connect you with a variety of community services and activities, such as:

- volunteering,
- skill-building,
- social groups,
- and exercise opportunities

Check out the Social Prescribing page on our website using the QR code:



For questions please contact Community Navigator, Jazmine Humphrey at 519-754-0777 ext. 308

October is national breast cancer awareness month.

1 in 8 women in Canada will learn they have breast cancer in their lifetime. Screening helps find breast cancer before symptoms develop.

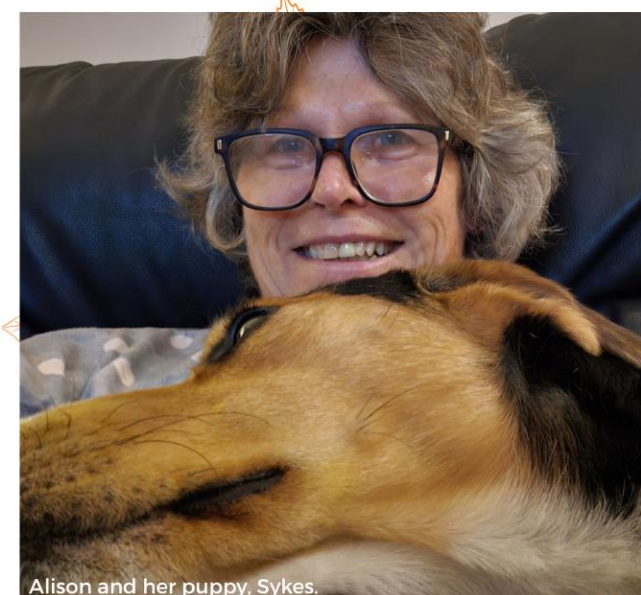
The **Mobile Cancer Screening Coach** brings breast, cervical and colon cancer screening programs to residents who experience barriers to screening. Anyone who is unable to access screening elsewhere, such as their family doctor's office, can come to the Mobile Coach. To book an appointment, call 905-975-4467 or toll-free at 1-855-338-3131.

Check the **Mobile Cancer Screening Coach** website for more details and the schedule.

<https://hnhbregionalcancerprogram.ca/cancer-screening/mobile-cancer-screening-coach/>



363 Colborne Street, Brantford



Alison and her puppy, Sykes.



What is CareDove?

GRCHCs NEW online registration system for community programs

COMING SOON!

Volunteer Appreciation

GRCHC thanks all our volunteers! Over 100 volunteers support the Centre in various ways.

This month, staff have nominated **Alison** as an outstanding volunteer!

Alison runs our ID clinic, supporting anyone who needs to get a new health card, birth certificate, photo ID, and more!

Alison has been with GRCHC since March 2026 and has spent 55+ hours volunteering at the Centre. Since March, Alison has supported over 66 individuals at the ID clinic!

Thank you, Alison, for all your hard work, your dedication to the Centre, and the individuals you serve.

Come see Alison at our ID clinic every Tuesday from 5:30-7:30pm.

CareDove

CareDove is GRCHC's new online registration system for community programs.

This system will allow community members to register for programs such as cooking classes, fitness groups, and art classes fully online! The online system will show available classes, how many spots are left, and class times.

We will be launching a select number of programs on **CareDove** in the coming months.

Staff and volunteers will be available to help our community members navigate this new system.

Keep an eye out for updates on our social media pages and website.