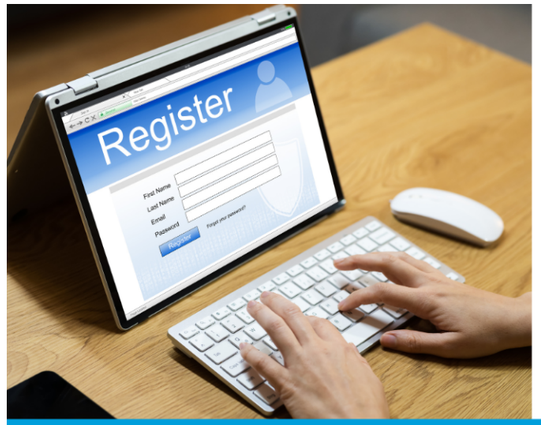
GRCHC Community Health and Wellbeing Program Calendar – November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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) 10:00am-12:00pm – Let's Make Macramé (Boardroom) 10:30-11:30am – Easy Fit (Paris Hub, Community Room – 25 Curtis Ave N) 12:00-3:00pm – Drop-in Outreach Clinic* (St. Andrew's Church – 95 Darling St, Brantford) 1:00-3:00pm – Kitchen Confidence★ (Com. Kitchen) 5:00-7:00pm – 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)	9:30-11:00am – 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 – 2SLGBTQIA+ Community Connections (Boardroom) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:15-10:15am – Breakfast Club* (Com. Kitchen) 1:00-2:00pm – Easy Fit (Com. Rm A&B) 2:00-3:00pm – Sit Fit (Com. Rm A&B)
9	10	11	12	13
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) 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) 12:00-3:00pm – Drop-in Outreach Clinic* (St. Andrew's Church – 95 Darling St, Brantford) 1:00-3:00pm – Kitchen Confidence★ (Com. Kitchen) 1:00-3:00pm – Learn to Paint★ (Boardroom) 5:00-7:00pm – 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)	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) 11:00am-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)	9:15-10:15am – 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)
16	17	18	19	20
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) 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) 12:00-3:00pm – Drop-in Outreach Clinic* (St. Andrew's Church – 95 Darling St, Brantford) 1:00-3:00pm – Learn to Paint★ (Boardroom) 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)	9:30-11:30am – Learn to Paint★ (Boardroom) 9:30-11:00am – 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) 2:30-4:00pm – Happy Heart★ (Com. Kitchen)	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)	
23	30	24	25	26	27
	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)	Outreach Station is **OPEN** Monday to Friday 9:00 am to 3:30 pm "★" = A program that can be found on our online registration system, Care Dove.	9:30-11:00am – 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 – 2SLGBTQIA+ Community Creatives* (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&B) 1:00-3:00pm – Stitch n' Chat* (Com. Rm A&B) 6:00-7:30pm – Brantford Cabaret (Com. Rm A&B)	9:15-10:15am – 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)

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 | Sew What | 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



caredove

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

Care Dove Online Registration

What is Care Dove?

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

Starting in January 2027, our Centre will fully transition to an online registration method for community programming such as fitness groups, art classes, cooking classes, and more.

Which classes can be found on Care Dove now?

- Tai Chi Beginners
- Kitchen Confidence
- Learn to Paint
- Happy Heart, Diabetes and Me

We are adding more classes daily, be sure to check our CareDove and GRCHC webistes for updates and more details! *Register yourself for our free programs today!*

Check out our CareDove site by scanning the QR code:
Or using the link:
https://www.caredove.com/grandrivercommunityhealthcentre

For questions please contact Health Promoter, Sydney at scookney@grchc.ca or ext 473

November 5th - 11th is Veterans Week

November 5th - 11th is Veterans Week. A dedicated time to honor the courage, service, and sacrifice of members of the Canadian Armed Forces (CAF) and the Royal Canadian Mounted Police (RCMP), past and present.

November 8th is Indigenous Veterans Day. A specific day dedicated to recognizing the vital military contributions of First Nations, Inuit, and Métis veterans.

November 11th is Remembrance Day. The final day of the week marking the armistice of the First World War in 1918, where Canadians observe two minutes of silence at the eleventh hour of the eleventh day of the eleventh month.

https://veterans.gc.ca/en/remembrance/get-involved/remembrance-day-veterans-week

NOVEMBER 2026

GRCHC NEWSLETTER





The Art of Welcoming Communities

Visit us at GRCHC to explore Venezuelan Culture on November 9th and 16th from 5:00-7:00pm

Experience the warmth and energy of Venezuelan culture through colourful art, lively music, joyful dance and community traditions. Join us for two free cultural sessions. Snacks will be provided.

No artistic or dance experience is required - bring your curiosity!

Our next featured cultures will be:

- December: Jamaica
- January: Philipines

Check out our website, or scan the QR code for **FREE** tickets:

Baked Salmon Burgers

Ingredients:

- 3 (6 oz.) cans salmon, drained
- 1 small sweet potato, baked
- 2 Tbs parsley, fresh, minced
- 1/4 cup green onions, thinly sliced
- 1/2 lemon, juiced
- 4 large eggs
- 1 cup almond flour
- 1 Tbs cumin, ground
- 1 Tbs hot sauce
- 1 tsp paprika
- 1/2 tsp pepper
- 1/2 tsp salt

Directions:

Prep

1. Drain salmon.
2. Bake the sweet potato. Remove flesh once cooled
3. Mince the parsley.
4. Slice the green onion.
5. Juice the lemon.

Make

1. Preheat oven to 425˚F and line a large baking sheet with parchment paper.
2. Combine all ingredients in a large bowl and using your hands, mix thoroughly. Shape into 4 ounce patties-- about 2 inches long and 1 inch tall. Arrange patties on the tray so there is at least 1 inch of space between them.
3. Place in oven and bake 15-20 minutes or until no longer soft. Remove and serve to complete an entreé or as a burger.