

Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

705.432.3322 | www.brockchc.ca | info@brockchc.ca

August 2018 July 30-18

Program/Activity	Date/Duration	Time	Location	Registration
Community Based Exercise	Tuesdays and Fridays August 3, 7, 17, 21, 24, 28, 31 (No class August 10 th or 14 th)	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays August 3, 7, 17, 21, 24, 28, 31 (No class August 10 th or 14 th)	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
Country Line Dancing	Mondays, August 13, 20, 27 (No class August 6 th)	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, August 7, 14, 21, 28	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton	705.432.3322
Falls Prevention Maintenance Beaverton	Mondays and Thursdays August 9, 13, 16, 20, 23, 27, 30 (No class August 2 nd or 6 th)	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington	Mondays and Thursdays August 9, 13, 16, 20, 23, 27, 30 (No class August 2 nd or 6 th)	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland	Mondays and Thursdays August 9, 13, 16, 20, 23, 27, 30 (No class August 2 nd or 6 th)	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
Gardening – Volunteers Needed!	Brock CHC is looking for volunteers to help water, weed and harvest vegetables this summer at the raised garden beds in front of our Cannington primary care site (64 Cameron St.). Please call Travis at 705.432.3322 for more information.			
Guided Meditation Cannington	Fridays, August 3, 10, 17, 24, 31 (Program runs July 13 – September 14)	10:00 am – 11:00 am	Trinity United Church 50 Laidlaw Street N., Cannington	705.432.3322
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322

Rejuvenating Yoga Sunderland	Wednesdays, August 1, 8, 15, 22 (Program runs June 20 – August 22)	10:00 am – 11:00 am	Sunderland Legion 104 River Street	705.432.3322
Rejuvenating Yoga Manilla	Wednesdays, Sept. 5, 12, 19, 26	10:00 am – 11:00 am	Manilla Hall (Simcoe Street, south of Hwy. 7)	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays August 7, 10, 14, 17, 21, 24, 28, 31 (No class August 3 rd)	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322

Additional Offerings through Partnered Organizations:

Alzheimer Society Durham Region

An open support group for care partners of individuals living with Alzheimer's disease or a related dementia. Kindly contact the Alzheimer's Society at 1.888.301.1106 if you are attending for the first time. Next Group: Wednesday, August 15th from 9:30 – 11:30 am at Cannington Baptist Church (60 Cameron St. W.). NEW Satellite offices now available in Brock Township where you can arrange to meet family support staff. Sunderland Community Health Centre (26 Church St. S., Sunderland) – 1st Friday of every month from 8:30 am - 4:30 pm. Brock Community Health Centre (720 Simcoe St., Beaverton) – 3rd Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more information.

DRIVEN

Local support is available for women experiencing abuse and all forms of gender-based violence, including sexual violence. Transportation support is available. Please call 1.877.SAFE.905 (1.877.723.3905).

East Lake Simcoe Quilters

Meet at St. Andrew's United Church, Beaverton on the last Monday of the month from 1: 30 p.m. – 3:30 p.m. Meetings resume in September. Make new quilting friends, learn something new and use your skills as a way to reach out into your community. Please contact Donna at 705.437.1561 for more information.

March of Dimes Canada – Stroke Recovery Group Monthly Meetings

Join a peer led stroke survivor and caregiver group to learn about available supports that can help you and your family. Monthly meetings will resume in September at Brock Community Health Centre, 720 Simcoe Street, Beaverton. \$2 donation for refreshments. Next Meeting: Tuesday, September 11th. For more information, please contact Erica at 1-800-263-3463 ext. 7758 or email emugan@marchofdimes.ca.

Multiple Sclerosis (MS) Society of Canada – Durham Northumberland Chapter

Connect with others living with MS to share experiences and ideas. Local monthly meetings in Cannington. For more information, please call Debbie at debbie.hunter@mssociety.ca or 1-800.268-7582, ext. 3343.

Substance Use, Mental Health Counselling and Case Management

Canadian Mental Health Association Durham (CMHA) & Pinewood Centre of Lakeridge Health together with community partners will provide a range of services to individuals and families who are experiencing mental health, alcohol, drug use and gambling concerns. To schedule a **local** appointment with CMHA, call 905.436.8760. To schedule a **local** appointment with Pinewood, call our Port Perry office at 905.985.4721 (collect calls will be accepted). To access Pinewood's 24/7 crisis/telephone support line, please call 1.888.881.8878 to speak to a counsellor.