

Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

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

August 2019 July 23 19

Program/Activity	Date/Duration	Time	Location	Registration
Community Based Exercise	Tuesdays and Fridays August 2, 6, 9, 13, 16, 20, 23, 27, 30	10:00 am – 11:00 am	Cannington Baptist Church 60 Cameron Street W.	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays August 2, 6, 9, 13, 16, 20, 23, 27, 30	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron Street W.	705.432.3322
Country Line Dancing	Mondays, August 12, 19, 26 (No class August 5)	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, August 6, 13, 20, 27	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 1, 8, 12, 15, 19, 22, 26, 29 (No class August 5)	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington	Mondays and Thursdays August 1, 8, 12, 15, 19, 22, 26, 29 (No class August 5)	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland	Mondays and Thursdays August 1, 8, 12, 15, 19, 22, 26, 29 (No class August 5)	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 Beaverton	Fridays, August 2, 9, 16, 23, 30 (Program runs July 26 – September 27)	10:00 – 11:00 am	Beaverton Town Hall 397 Simcoe Street	705.432.3322
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
Rejuvenating Yoga Beaverton	Wednesdays, September 4 (Program runs September 4 – Nov. 6)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays August 2, 6, 9, 13, 16, 20, 23, 27, 30	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 21st from 9:30 – 11:30 am at the Sunderland Town Hall (120 River Street, Sunderland). Satellite office available in Beaverton at the Brock Community Health Centre (720 Simcoe Street) where you can arrange to meet family support staff. 3rd Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more information.

Brock's Big Bite

A Festival of Food and Friends in downtown Beaverton! Saturday, August 10th from 10-4. Long lunch (tickets required), local artists and exhibits, entertainment and kids zone. Visit www.brocksbigbite.ca 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. 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.

Living a Healthy Life with Chronic Pain

A free six-week workshop for people living with challenges and complications as a result of chronic pain. Coordinated by the Central East LHIN Self-Management Program. Thursday afternoons. September 19 – October 24, 2019 from 1:30 – 4:00 pm at the Beaverton Town Hall, 397 Simcoe Street, Beaverton. Pre-registration is required. For more information call 1-866-971-5545 or register online at www.ceselfmanagement.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.