

# Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0  
705.432.3322 | [www.brockchc.ca](http://www.brockchc.ca) | [info@brockchc.ca](mailto:info@brockchc.ca)

January 2019 Dec-31-18

Program/Activity	Date/Duration	Time	Location	Registration
<b>Community Based Exercise</b>	Tuesdays and Fridays January 8, 11, 15, 18, 22, 25, 29	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
<b>Community Based Exercise – High Intensity</b>	Tuesdays and Fridays January 8, 11, 15, 18, 22, 25, 29	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
<b>Country Line Dancing</b>	Mondays, January 7, 14, 21, 28	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
<b>Drumming for Health Beaverton</b>	Tuesdays, January 8, 15, 22, 29	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton	705.432.3322
<b>Falls Prevention Maintenance Beaverton</b>	Mondays and Thursdays January 14, 17, 21, 24, 28, 31	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
<b>Falls Prevention Maintenance Cannington</b>	Mondays and Thursdays January 14, 17, 21, 24, 28, 31	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
<b>Falls Prevention Maintenance Sunderland</b>	Mondays and Thursdays January 14, 17, 21, 24, 28, 31	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
<b>Guided Meditation Beaverton</b>	Fridays, January 4, 11, 18, 25 (Program runs Nov. 30 – Feb. 15)	10:00 am – 11:00 am	Beaverton Town Hall 397 Simcoe Street, Beaverton	705.432.3322
<b>Holiday Skates sponsored by Brock CHC</b>	Wednesday, January 2 Thursday, January 3 Friday, January 4	1:00 pm – 3:00 pm 1:00 pm – 3:00 pm 1:00 pm – 3:00 pm	Cannington Arena Beaverton Arena Sunderland Arena	705.432.3322
<b>Indoor Walking Program</b>	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
<b>Move, Groove &amp; Improve</b>	Wednesdays, January 9, 16, 23, 30 (Program runs Nov. 28 – March 6)	10:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
<b>Rejuvenating Yoga Beaverton</b>	Wednesdays, January 9, 16, 23, 30 (Program runs Nov. 28 – Feb. 10)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322

<b>Tai Chi Practice Sessions (Community-Led)</b>	Tuesdays and Fridays January 8, 11, 15, 18, 22, 25, 29	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
<b>Tai Chi, Introduction to (Instructor-Led)</b>	Tuesdays, January 8, 15, 22	12:30 pm – 1:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
<b>What's Cooking Workshop – Eating for a heart healthy diet</b>	Wednesday, January 30	6:00 pm – 8:00 pm	Nourish Community Hub 16 York Street, Cannington	705.432.2444

<b>YOUTH Program/Activity</b>	<b>Date/Duration</b>	<b>Time</b>	<b>Location</b>	<b>Registration</b>
<b>Kids in the Kitchen*</b> (Ages 8-18) + Beaverton + Sunderland + Cannington	Tues.: Jan. 8   Thurs.: Jan. 10 Tues.: Jan. 15 Tues.: Jan. 22   Thurs.: Jan. 24	3:30 pm – 5:00 pm 3:30 pm – 5:00 pm 3:30 pm – 5:00 pm	BEACAN Presbyterian Church Sunderland Town Hall Nourish Community Hub	705.432.3322

*\* High school students (ages 14-18) are welcome to volunteer to earn community hours.*

### **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, January 16<sup>th</sup> from 9:30 – 11:30 am at Lakeview Manor Long-Term Care Home (133 Main Street, Beaverton). 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) – 1<sup>st</sup> Friday of every month from 8:30 am - 4:30 pm. Brock Community Health Centre (720 Simcoe St., Beaverton) – 3<sup>rd</sup> 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. 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.

#### **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.