

Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0

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

March 2019 Feb 27 19

Program/Activity	Date/Duration	Time	Location	Registration
Community Based Exercise	Tuesdays and Fridays March 1, 5, 8, 12, 15, 19, 22, 29 (No class on March 26)	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays March 1, 5, 8, 12, 15, 19, 22, 29 (No class on March 26)	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
Country Line Dancing	Mondays, March 4, 11, 18, 25	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, March 5, 12, 19, 26	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 March 4, 7, 11, 14, 18, 21, 25, 28	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington	Mondays and Thursdays March 4, 7, 11, 14, 18, 21, 25, 28	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland	Mondays and Thursdays March 4, 7, 11, 14, 18, 21, 25, 28	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
Guided Meditation Cannington	Fridays, March 1, 8, 15, 22, 29 (Program runs March 1 – May 10)	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
March Break Community Skates sponsored by Brock CHC	Monday, March 11 Wednesday, March 13 Friday, March 15	1:00 – 3:00 pm 1:00 – 3:00 pm 1:00 – 3:00 pm	Beaverton Arena Cannington Arena Sunderland Arena	705.432.3322
Move, Groove & Improve	Wednesdays, March 6, 13, 20, 27	10:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton	705.432.3322
Rejuvenating Yoga Beaverton	Wednesdays, March 6 (Last class)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322

Rejuvenating Yoga Sunderland	Wednesdays, March 13, 20, 27 (Program runs March 13 – May 15)	10:00 am – 11:00 am	Sunderland Legion 104 River Street	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays March 1, 5, 8, 12, 15, 19, 22, 26, 29 Instructor Visit: Tuesday, March 5	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322

YOUTH Program/Activity	Date/Duration	Time	Location	Registration
Kids in the Kitchen* (Ages 8-18) + Beaverton + Sunderland + Cannington	Tues: Mar. 5 Thurs.: Mar. 7 Tues: Mar. 12 Tues: Mar. 19 Thurs: Mar. 21	3:30 pm – 5:00 pm 3:30 pm – 5:00 pm 3:30 pm – 5:00 pm	BEACAN Presbyterian Church Sunderland Arena 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, March 20th from 9:30 – 11:30 am at Sunderland Town Hall (120 River Street, Sunderland). 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. 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.

Powerful Tools for Caregivers

A free six-week workshop for caregivers coordinated by the Central East LHIN Self-Management Program. Tuesday afternoons. March 19 – April 23, 2019 from 2:00 – 3:30 pm at the Brock Township Public Library – Cannington Branch, 38 Laidlaw Street S., Cannington. Pre-registration is required. For more information call 1-866-971-5545. Register online at www.ceselfmanagement.ca.

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.

Free Tax Clinic (by appointment only) – North House

March 27, 2019 and April 24, 2019 from 9 am – 4 pm. Brock Community Health Centre, 720 Simcoe St., Beaverton. Eligibility: maximum income levels: Single – up to \$30,000; Family – up to \$40,000. Other restrictions may apply. Call 705.432.8654 ext. 104 to make an appointment.