

Brock Community Health Centre Program/Activity Schedule

720 Simcoe Street, Beaverton L0K 1A0

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



May 2018 Apr 25-18

Program/Activity	Date/Duration	Time	Location	Registration
Community Based Exercise	Tuesdays and Fridays May 1, 4, 8, 11, 15, 18, 22, 25, 29	10:00 am – 11:00 am	Cannington Legion 72 Peace Street	705.432.3322
Community Based Exercise – High Intensity	Tuesdays and Fridays May 1, 4, 8, 11, 15, 18, 22, 25, 29	11:15 am – 12:15 pm	Cannington Legion 72 Peace Street	705.432.3322
Country Line Dancing	Mondays, May 7, 14, 28 (No class May 21 st)	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, May 1, 8, 15, 22, 29	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
Falls Prevention Maintenance Beaverton*	Mondays and Thursdays May 3*, 7, 10, 14, 17, 24, 28, 31 (No class May 21 st)	1:00 pm – 2:00 pm	Beaverton Legion 517 Mara Road	705.432.3322
Falls Prevention Maintenance Cannington*	Mondays and Thursdays May 3*, 7, 10, 14, 17, 24, 28, 31 (No class May 21 st)	11:15 am – 12:15 pm	Cannington Baptist Church 60 Cameron St. W.	705.432.3322
Falls Prevention Maintenance Sunderland*	Mondays and Thursdays May 3*, 7, 10, 14, 17, 24, 28, 31 (No class May 21 st)	9:45 am – 10:45 am	Sunderland Legion 104 River Street	705.432.3322
*PRESENTATION: GETTING AROUND WITH DURHAM REGION TRANSIT following all Falls Prevention Classes on Thursday, May 3, 2018.				
Guided Meditation Beaverton	Fridays, May 4, 11, 18, 25 (Program runs May 4 – July 6)	10:00 am – 11:00 am	Beaverton Town Hall Mtg Rm 397 Simcoe Street, Beaverton	705.432.3322
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
Rejuvenating Yoga Beaverton	Wednesdays, May 2, 9, 16, 23, 30 (Program runs April 4 – June 6)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322
Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays May 1, 4, 8, 11, 15, 18, 22, 25, 29 Instruction Day: Tuesday, May 8	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.: May 1 Thurs.: May 3 Tues.: May 8 Tues.: May 15 Thurs.: May 17	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, May 16th from 9:30 – 11:30 am at Lakeview Manor, 133 Main St., Beaverton. 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. **Brain Wave Café** – A social and informal place for individuals with cognitive (memory) change to meet together socially in the community for stimulating conversation, support and other engaging activities. Monthly meetings held the third Tuesday of the month from 1-2:30 pm at the Nourish Hub, 16 York Street, Cannington. Next Meeting: Tuesday, May 15th.

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.

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 held the first Tuesday of the month from 10:00 a.m. – 12:00 noon at Brock Community Health Centre, 720 Simcoe Street, Beaverton. \$2 donation for refreshments. Next Meeting: Tuesday, May 1st. 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.