

Brock Community Health Centre Program/Activity Schedule

720 Simcoe Street, Beaverton L0K 1A0

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



November 2019 Nov 7 19

Program/Activity	Date/Duration	Time	Location	Registration
Community Based Strength and Balance Exercise Classes				
+ Mondays	November 4, 18, 25 (No class November 11)	9:30 am – 10:30 am	Sunderland Legion	705.432.3322
		11:15 am – 12:15 pm	Cannington Baptist Church	
		1:15 pm – 2:15 pm	Beaverton Legion	
+ Tuesdays	November 5, 12, 19, 26	10:00 am – 11:00 am	Cannington Baptist Church	CLASS FULL.
+ Thursdays	November 7, 14, 21, 28	9:30 am – 10:30 am	Sunderland Legion	705.432.3322
		11:15 am – 12:15 pm	Cannington Baptist Church	
		1:15 pm – 2:15 pm	Beaverton Legion	
+ Fridays	November 1, 8, 15, 22, 29	10:00 am – 11:00 am	Cannington Baptist Church	CLASS FULL.
Community Based Strength and Balance Exercise Classes – High Intensity				
+ Tuesdays	November 5, 12, 19, 26	11:15 am – 12:15 pm	Cannington Baptist Church	705.432.3322
+ Fridays	November 1, 8, 15, 22, 29	11:15 am – 12:15 pm	Cannington Baptist Church	705.432.3322
Country Line Dancing	Mondays, November 4, 18, 25 (No class November 11)	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
Drumming for Health Beaverton	Tuesdays, November 5, 12, 19, 26	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton	705.432.3322
Guided Meditation Cannington	Fridays, November 1, 8, 15, 22, 29 (Program runs October 4 – December 6)	10:00 – 11:00 am	Trinity United Church 50 Laidlaw Street N.	705.432.3322
Indoor Walking Program	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
Move, Groove and Improve	Wednesdays, Nov. 6, 13, 20, 27	10:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322
Rejuvenating Yoga Beaverton	Wednesdays, Nov. 6 (Program runs September 4 – Nov. 6)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322
Rejuvenating Yoga Sunderland	Wednesdays, Nov. 13, 20, 27 (Program runs November 13 – Jan. 29)	10:00 am – 11:00 am	Sunderland Legion 104 River Street	705.432.3322

Tai Chi Practice Sessions (Community-Led)	Tuesdays and Fridays Nov. 1, 5, 8, 12, 15, 19, 22, 26, 29	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)				705.432.3322	
+ Beaverton	Tues: Nov. 5	Wed.: Nov. 6	3:30 pm – 5:00 pm		BEACAN Presbyterian Church
+ Sunderland	Tues: Nov. 12	Wed.: Nov. 13	3:30 pm – 5:00 pm		Sunderland Arena
+ Cannington	Tues: Nov. 19	Wed.: Nov. 20	3:30 pm – 5:00 pm		Nourish Community Hub
	Tues: Nov. 26	Wed: Nov. 27			

** 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, November 20th from 9:30 – 11:30 am at the Sunderland Town Hall (120 River Street, Sunderland). Arrange to meet family support staff at Brock Community Health Centre (720 Simcoe Street, Beaverton) on the 3rd Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more information.

Canadian Mental Health Association (CMHA Durham)

Services for those seeking assistance with mental health and/or physical health concerns. CMHA Durham strives to meet the immediate needs of those looking for help, whether it be system navigation, case management, caregiver and family centered care and/or linkage to other programs and services within Durham Region. Call 905-436-8760 or 1-884-436-8760 for more information or support.

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). **November is Woman Abuse Awareness Month.**

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.

Canada Learning Bond Sign-up – Presented in partnership with the Region of Durham

Sign up to receive a benefit from the Government of Canada that provides moderate income families the chance to start saving for their children's post-secondary education at no cost to them. Eligibility: Children born in 2004 or later whose family income is under \$47,00 per year. Sign up on Thursday, November 21 at Brock Community Health Centre, 720 Simcoe St., Beaverton from 9:30am-1pm or at McCaskill's Mills Public School from 3-6pm. For more information about the required documentation or the Canada Learning Bond, visit Canada.ca or call Nora at 1-888.341.8612.

North House – Income Tax Service

FREE year-round income tax services available. Eligibility is based on maximum income levels: Single-up to \$30,000; Family-up to \$40,000. Please call 705.432.8654 or 1-877-406-8723 ext. 104 to make an appointment to meet with North House staff in Beaverton or Cannington, and to ensure you are aware of the required documents.

Pinewood Centre of Lakeridge Health – Substance Use Counselling

Youth, adults and families can access a range of services to support their alcohol, drug use and gambling concerns. Local appointments available in Beaverton. Contact Pinewood Centre at 905-985-4721 to schedule an appointment. Pinewood's 24/7 crisis/telephone support line: 1-888-881-8878 to speak to a counsellor.