



# Brock Community Health Centre Virtual Programs

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

October 2021

Program/Activity	Day/Time	Registration
<b>Brock Breakfast Club for Kids</b> Free breakfast basket for families, children and youth needing extra help during COVID-19.	Date to be determined	tdukelow@brockchc.ca
<b>Chair Yoga</b> A gentle form of yoga that can help reduce tension and improve mindfulness and positive movement.	Mondays 9:00 am	jjosephson@brockchc.ca
<b>Country Line Dancing</b> This instructor-led line dancing class welcomes new and practicing line dancers to learn some fun line dances or just come for the great exercise and laughter. Music is not limited to Country — dance to Top 40, Hip Hop, Ballroom, Blues, Funk, Latin, Irish, Swing and much more.	Mondays and Wednesdays 10:00 am	lfheaslip@brockchc.ca
<b>Guided Meditation</b> Learn to relax your mind and body to reduce stress, improve your breathing, help the healing process, and find calm and balance in your life. Complement your path to health and wellness.	Fridays 10:00 am	lfheaslip@brockchc.ca
<b>Kids in the Kitchen</b> Tune in live to watch an engaging cooking demonstration with Travis Dukelow, Youth and Community Health Worker. All youth ages 8-14 are invited to watch by themselves or with a parent/guardian. (Younger youth are welcome but with parental supervision.) Programs run monthly for 4 weeks each.	Thursdays 5:00 pm	tdukelow@brockchc.ca
<b>Moving and Grooving</b> Join Karen, certified Zumba and Zumba Gold instructor, for a weekly fun and effective cardio-based workout. Choreographed to popular music of the 60's and 70's, and designed for those seeking a lower impact fitness class, Moving and Grooving is the perfect choice for Older Adults of any fitness level. The class requires no equipment, the moves are simple, and no previous dance experience is needed.	Mondays at 2:00 pm Wednesdays at 1:00 pm	jjosephson@brockchc.ca
<b>Qigong</b> Explore the benefits of Tai Chi Qigong Shibashi Set One. This easy, all-accessible practice complements yoga and meditation, lifts our energy, improves balance, lowers stress and reconnects the mind, body and spirit.	Thursdays 2:00 pm	lfheaslip@brockchc.ca
<b>Seniors Gentle Fit</b> Low impact gentle fit classes created as part of the Falls Prevention programming.	Tuesdays and Thursdays 9:30 am	jjosephson@brockchc.ca

<b>Tai Chi</b> Join these community-led tai chi practice sessions to maintain awareness of the body with gentle movements that harmonize breathing with careful coordination of arms and leg movements. All are welcome.	Tuesdays 1:30 pm	lfheaslip@brockchc.ca
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Upcoming: Online Auction Fundraiser!



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