

Bridges Community Health Centre January 2023 Newsletter

HOLIDAY HOURS: Both Bridges CHC sites will be closed Monday December 26th, Tuesday December 27th, 2022 and Monday January 2nd, 2023.

FLU SHOTS AND COVID VACCINES AVAILABLE

For more information, visit: www.niagararegion.ca/health/vaccinations/flu/flu-clinic-schedule.aspx

HOT TOPICS FORT ERIE SITE: WINTER BLUES

Thursday, January 5th, 2:00-3:00 p.m.

Join the Diabetes Team to learn how to manage the winter blues with our social worker, Tahera. For more information or to register, call 905-871-7621 ext 2234.

HOT TOPICS PORT COLBORNE/WAINFLEET SITE: DIABETES BINGO

Tuesday, January 17th, 1:30-2:30 p.m.

Have fun, learn more about diabetes and have a chance to win prizes during a game of Bingo. For more information or to register, call 289-479-5017 ext 2421.

MIGHTY MINDS: ANXIETY 101

Fort Erie Site: Tuesday, January 24th, 3:00-4:00 p.m.

Port Colborne/Wainfleet Site:

Wednesday, January 25th, 3:00-4:00 p.m.

Learn what anxiety is, how it may manifest in our body and mind and how to live with anxiety. Strategies will include overcoming unhelpful thinking patterns, recognizing physiological signs and how it connects with depression.

Session will be offered both in person and virtually. For more information or to register email Anna: anna.pett@bridgeschc.ca or Tahera: tahera.vawda@bridgeschc.ca.

QUIT SMOKING

Create your quit plan today, eligible participants can receive free

nicotine replacement therapy.

Contact Ashley:

905-871-7621 ext. 2226 or

ashley.chiarello@bridgeschc.ca



Small \$22,
Large \$26

Order by Jan 13th.

Pickup Jan 19th.

For more info or to order visit:
linksforgreenerlearning.org/programs/food-box/

LET'S GET COOKING

Learn to cook nutritious, low-cost and tasty foods.

Registration is limited for both in person groups

**Port Colborne/Wainfleet Site:
Thursday, January 26th,
10:00-11:30 a.m.**

For more information or to register, call 289-479-5017 ext 2421.

Fort Erie:

**Wednesday, January 25th,
2:00-3:30 p.m.**

Crystal Ridge Community Church, 241 Elmwood, Crystal Beach. For more information or to register, call 905-871-7621 ext 2234.

SCREEN FOR LIFE COACH

All appointments MUST be pre-booked, call 1-855-338-3131. The bus is at both Bridges CHC sites from 9:00 a.m.-3:00 p.m.



**Fort Erie site: Jan 5th, 24th
Port Colborne/Wainfleet site:
Jan 11th, 23rd.**

VOLUNTEER OPPORTUNITIES:

Community Support

Services of Niagara is an organization that offers services to help seniors and adults with disabilities live independently in their own homes. They are looking for volunteers. To learn more contact: Deanna Dittrick ddittrick@cssn.ca or 905-682-3800 ext 714

We want to hear from you! What types of programs would you like to see our health care providers offer? Send it to: info@bridgeschc.ca

Bridges Community Health Centre January 2023 Newsletter

EXERCISE CLASSES:

FORT ERIE SITE:

*Registration is required for all classes. Please contact 905-871-7621 ext 2234 or info@bridgeschc.ca

Mondays 9:00 a.m.

Back To Basics/Mindful Movements: Classes will alternate weekly and be online using Youtube live.

Fridays 9:00 a.m.

Gentle Fit: Classes will be online using Youtube live.

PORT COLBORNE/WAINFLEET SITE:

*Registration is required for all classes. Please contact 289-479-5017 ext 2421 or info@bridgeschc.ca

Mondays 9:00 a.m.

Mindful Movements: Classes will be online using Youtube live.

Tuesdays 9:00 a.m.

Gentle Fit: Classes will be online using Youtube live.

Thursdays 9:00 a.m.

Back To Basics: Classes will be online using Youtube live.

CHRISTINA'S SEASONAL RECIPE: PEAR & BLUE CHEESE SCONES

Guest Contributor: Samantha Martins, Dietetic Intern

These savoury pear and cheese scones are great on the run, as a snack, or fresh out of the oven for breakfast. During the winter months, cold snap pears are readily available in Canada, making them a budget– friendly fruit choice during the colder months.

Ingredients:

- 1 ½ cups whole wheat flour
- ½ cup oat bran
- 2 tsp baking powder
- 2 tsp packed brown sugar
- ¼tsp ground nutmeg
- 2 tbsp soft non-hydrogenated margarine
- ⅔ cup 0% fat plain Greek yogurt
- 1 ripe pear, cored and diced
- ⅓ cup shredded light old Cheddar or crumbled blue cheese

Instructions:

1. In a large bowl, combine flour, oat bran, baking powder, sugar, and nutmeg. Using your fingers or a pastry blender, rub margarine into flour mixture until it looks crumbly. Using a fork, stir in yogurt to make a ragged dough. Add pear and cheese and knead gently to make a soft dough.
2. Place dough on a floured surface and pat into a 20 cm (8 inch) circle about 2 cm (¾ inch) thick and cut into 8 wedges. Separate wedges and place on parchment paper lined baking sheet.
3. Bake in preheated 400°F oven for about 15 minutes or until golden.



Find recipe at:

<https://food-guide.canada.ca/en/recipes/savoury-pear-cheese-scones/>

We want to hear from you! What types of programs would you like to see our health care providers offer? Send it to: info@bridgeschc.ca