

BRIDGES COMMUNITY HEALTH CENTRE

COMMUNITY PROGRAMS JULY 2026

All programs are open to everyone in the community, at no cost.

FRESH AIR FITNESS

Band Shell at H.H. Knoll Park, Port Colborne

Thursdays, July 2nd, 9th, 16th and August 6th, 13th, 27th, 9:00-10:00 a.m.

An outdoor exercise series for older adults, offered in partnership with the City of Port Colborne .

DIABETES HOT TOPICS: PORT COLBORNE MARKET FIELD TRIP

Port Colborne/Wainfleet Site

Friday, July 3rd, 9:30-10:30 a.m.

Join us at the Port Colborne Market to learn more about how to eat fresh quality produce and how to keep it cost effective.

EMOTION REGULATION

Port Colborne/Wainfleet Site

Thursdays, July 9th, 16th, 23rd, 30th, 3:00-4:00 p.m

Join this skills-based program designed to help improve your ability to understand, manage, and respond to emotions in healthy and effective ways. The group provides a supportive environment to learn practical strategies for coping with difficult emotions while increasing self-awareness and emotional resilience.

MINDFULNESS

Fort Erie Public Library, Centennial Branch, 136 Gilmore Road

Wednesday, July 29th, 2:00-3:30 p.m.

This group provides a structured introduction to mindfulness and its application to everyday challenges such as stress, anxiety, depression, and chronic pain. Participants will learn practical skills to increase emotional balance, improve self-awareness, and develop a healthier relationship with difficult thoughts, feelings, and physical sensations.

THE GOOD FOOD BOX

Small \$22, Large \$26.

Order by Thursday, July 16th.

Pick up is Thursday, July 23rd.

Fresh produce from local farmers and wholesalers. Orders accepted online or in person at both Bridges CHC sites for cash orders.

To learn more or order online, visit:

linksforgreenerlearning.org/programs/good-food-box-pop-up-market

QUIT SMOKING SUPPORT

Call to speak with a health promoter and create a quit plan today! Eligible participants can receive up to six months of free nicotine replacement therapy.

MOBILE CANCER SCREENING COACH



At Bridges CHC sites, 9:00 a.m.-3:00 p.m. monthly.

All appointments MUST be pre-booked, call 1-855-338-3131.

For dates, visit: <https://hnhbscreenforlife.ca/schedule/>

BRIDGES CHC IS ACCEPTING NEW PATIENTS AT OUR PORT COLBORNE SITE. If you do not have a doctor or nurse practitioner and live in Fort Erie, Port Colborne, or Wainfleet, please call to begin the registration process. We ask for your patience, there is a wait time as we bring on new patients. Find a list of all offices accepting new patients in the Niagara region, here: <https://www.niagararegion.ca/health/find-a-doctor.aspx>.

**For more information or to register for a program contact info@bridgeschc.ca,
Fort Erie: 905-871-7621 ext. 0 or Port Colborne/Wainfleet: 289-479-5017 ext. 0**

Bridges CHC Fort Erie Site Bridges CHC Port Colborne/Wainfleet Site
1485 Garrison Road, Fort Erie ON L2A 1P8 380 Elm Street, Port Colborne ON L3K 4P2
www.bridgeschc.ca

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EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)	
Monday	10:00 a.m.: Walking Program
Tuesday	
Wednesday	10:00 a.m.: Gentle Fit
Thursday	
Friday	10:00 a.m.: Gentle Fit

Port Colborne/Wainfleet	
Monday	2:00 p.m.: Mindful Movements
Tuesday	9:00 a.m.: Gentle Fit 10:15 a.m.: Gentle Fit
Wednesday	1:30 p.m.: Fun Drum
Thursday	9:00 a.m.: Fresh Air Fitness* July 2, 9, 16
Friday	9:00 a.m.: Nordic Pole Walking

LET'S GET COOKING: Learn to cook nutritious, low-cost and tasty food with our dietitians.

Thursday, July 23rd, 2:00-3:30 p.m.

Thursday, July 23rd, 10:00 a.m.- 12:00 p.m.

Gilmore Hub, 60 King Street, Fort Erie

Port Colborne/Wainfleet Site

CAULIFLOWER TACOS

These cauliflower tacos are bold and flavourful. They're a fun and easy summer meal that the whole family can enjoy. Recipe adapted from heartandstroke.ca.



Ingredients:

- 1 head cauliflower, trimmed
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 cup shredded lettuce or coleslaw mix
- 1 small avocado, diced
- 1/2 cup vegetable broth or water
- 1 tbsp canola oil
- 1 tbsp chili powder
- 1 tsp dried oregano leaves and ground cumin
- 1 tsp ground cumin
- 1/4 tsp cayenne
- 3/4 cup medium salsa
- hard taco shells (12) or 8 small flour tortillas
- 1/2 cup shredded cheddar cheese (optional)
- plain Greek yogurt (optional)

Instructions:

1. Cut cauliflower into quarters, remove inner stem, chop remaining cauliflower into 1/2 inch pieces. Place in a large nonstick skillet. Add broth and bring to a simmer. Cover and cook for 5 minutes. Uncover and pour out into a bowl.
2. Return skillet to medium heat and add oil. Add onion and garlic, stirring for 2 minutes. Add red pepper, chili powder, oregano, cumin, cayenne pepper and cook for 2 minutes. Increase heat to medium high and return cauliflower to skillet. Cook, stirring for 5 minutes or until cauliflower starts to brown. Stir in salsa, cook for 2 minutes to heat through.
3. Spoon mixture among taco shells and top with shredded lettuce (or coleslaw mix), avocado and other optional toppings, if desired.

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