

# BRIDGES COMMUNITY HEALTH CENTRE

Community Programs March 2025

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

## PARTNER HIGHLIGHT: REACH NIAGARA



REACH Niagara is a mobile health clinic focused on reaching people who are experiencing homelessness, who do not have a primary care provider, or who cannot see their primary care provider. Find the complete REACH Niagara schedule here: [reachniagara.com/clinics](https://reachniagara.com/clinics)

**Port Colborne:** Wednesdays, 1:00-4:00 p.m. Port Cares' Reach Out Centre, 61 Nickel St.

**Fort Erie:** Thursdays, 1:30-4:30 p.m. Fort Erie Native Friendship Centre, 796 Buffalo Rd.  
Fridays, 1:00-4:00 p.m. Mrs. O's pharmacy, 118 Jarvis St.

### GROUPS HOSTED BY THE DIABETES EDUCATION PROGRAM:

#### HOT TOPICS:

#### MEDITERRANEAN DIET AND LIFESTYLE PART 1

Port Colborne/Wainfleet Site

Tuesday, March 18th, 1:30-2:30 p.m.

Join our dietitian, Melissa, to learn about the benefits from heart health to mental health that are associated with the Mediterranean diet.

#### HOT TOPICS:

#### ORAL HEALTH

Fort Erie Site

Thursday, March 13th, 10:30-11:30 a.m.

Hosted at the Fort Erie Lions Seniors Centre, join us and Niagara College Dental Hygiene students for presentation to learn how diabetes affects oral health.

### THE GOOD FOOD BOX: SM \$22, LRG \$26. Order by March 13th, pick up is March 19th.

Fresh produce from local farmers and wholesalers. Orders are accepted online, or for cash orders, in person at both Bridges CHC sites. To learn more or order online visit: [linksforgreenerlearning.org/programs/good-food-box-pop-up-market](https://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.

Fort Erie Site: March 3rd, 6th, 21st. Port Colborne/Wainfleet Site: March 12th.

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

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

### BRIDGES CHC IS ACCEPTING NEW PATIENTS

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. For a full list of offices accepting new patients in the Niagara region, visit <https://www.niagararegion.ca/health/find-a-doctor.aspx>.

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

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### EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)		Port Colborne/Wainfleet	
Monday	10:00 a.m.: Back To Basics	Monday	10:00 a.m.: Mindful Movements
Tuesday		Tuesday	10:00 a.m.: Gentle Fit
Wednesday	10:00 a.m.: Gentle Fit	Wednesday	1:30 p.m.: Fun Drum
Thursday		Thursday	9:00 a.m.: Back To Basics
Friday	10:00 a.m.: Fun Drum	Friday	

**COOK DINNER WITH ME:** Cook an affordable, healthy, family-sized meal with Registered Dietitian, Christina. Register to receive the ingredient list, recipe, and Zoom link.

**Wednesday, March 5th, 5:00-6:00 p.m. Online**

**LET'S GET COOKING:** Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians.

**Wednesday, March 19th, 2:00-3:30 p.m. (Crystal Ridge Community Church) Fort Erie**

**Thursday, March 20th, 10:00-11:30 a.m. Port Colborne/Wainfleet Site**

### RECIPE OF THE MONTH: QUICK CHANA MASALA

#### SERVINGS: 4

Spice up your meals with this flavorful and comforting Chana Masala! Packed with protein-rich chickpeas and aromatic spices, this Indian-inspired dish is a wholesome, plant-based option perfect for weeknight dinners or meal prep.



#### Ingredients:

- 1 cup uncooked brown basmati rice
- 2 tablespoons coconut oil or olive oil
- 1 medium yellow onion, chopped
- 1 medium serrano or jalapeño pepper\*, minced (seeds and ribs removed to reduce heat)
- ½ teaspoon sea salt, to taste
- 5 cloves garlic, minced (1 tablespoon)
- 1 tablespoon fresh ginger, minced (about 1-inch piece)
- 1 ½ teaspoons garam masala
- 1 ½ teaspoons ground coriander
- ¾ teaspoon ground cumin
- ½ teaspoon ground turmeric
- Pinch of cayenne pepper (optional\*)
- 1 can (28 oz) whole tomatoes with juices
- 2 cans (14 oz each) chickpeas, rinsed, drained
- Lemon wedges, fresh cilantro for garnish

#### Directions:

1. Cook the rice: Rinse rice in a fine-mesh colander. Boil in a large pot of water for 30 minutes, then drain and return to the pot. Cover and let steam for 10 minutes, fluff with a fork and season with salt.
2. Cook the chana masala: Warm oil in a large saucepan over medium-low heat. Add onion, serrano/jalapeno, and salt; cook until onion is tender, about 5 minutes. Add garlic and ginger, cooking until fragrant, about 30 seconds.
3. Stir in garam masala, coriander, cumin, turmeric, salt, and cayenne (if using), and cook for 1 minute. Add tomatoes and break apart with a spoon (leave some chunks).
4. Increase heat to medium-high, add chickpeas, and simmer for 10 minutes, adjusting heat as needed. Season with more salt or cayenne if desired.
5. Serve over basmati rice and garnish with lemon wedges and fresh cilantro.

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Bridges CHC Fort Erie Site  
1485 Garrison Road, Fort Erie ON L2A 1P8

Bridges CHC Port Colborne/Wainfleet Site  
380 Elm Street, Port Colborne ON L3K 4P2

[www.bridgeschc.ca](http://www.bridgeschc.ca)