

Bridges Community Health Centre November 2022 Newsletter

HOT TOPICS PORT COLBORNE/WAINFLEET SITE:

GETTING ACTIVE AT THE VALE CENTRE

Tuesday, November 15th, 1:30-2:30 p.m.

Learn how to stay active over the colder winter months with our Kinesiologist, Trisha. For more information or to register, call 289-479-5017 ext 2421.

HOT TOPICS FORT ERIE SITE: CHRISTMAS JEOPARDY

Thursday, December 1st, 2:00-3:00 p.m.

Join the Diabetes Team to learn more about managing diabetes during an interactive game, with prizes! 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: November 3rd, 17th and 18th.
Port Colborne/Wainfleet site: November 9th and 22nd.



MIGHTY MINDS: Managing Your Emotions

Tuesdays, November 15th - December 6th, 3:00-4:00 p.m.

A four part series to learn the importance of identifying emotions, not dismissing them, expressing emotions in healthy ways and establishing emotional boundaries.

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 \$17,
Large \$22**



**Order by Nov 16th for
pickup Nov 24th.**

For more info or to order visit:
[linksforgreenerlearning.org/
programs/food-box/](http://linksforgreenerlearning.org/programs/food-box/)

LET'S GET COOKING

Learn to cook nutritious, low-cost and tasty foods. Now offered in person!

Port Colborne/Wainfleet Site:

**Thursday, November 24th,
10:00-11:30 a.m.**

Registration is limited

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

Fort Erie:

**Wednesday, November 23rd,
2:00-3:30 p.m.**

Crystal Ridge Community Church, 241 Elmwood, Crystal Beach.

Registration is limited

For more information or to register, call 905-871-7621 ext 2234.

VOLUNTEER OPPORTUNITIES:

Community Support Services of Niagara is a volunteer based 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

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



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.

Wednesdays 9:00 a.m.

Walking Group: In person walking group along Fort Erie Friendship Trail.

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.

Wednesdays 9:00 a.m.

Pole Walking Group: In person pole walking group.

Thursdays 9:00 a.m.

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

CHRISTINA'S SEASONAL RECIPE: PUMPKIN CHOCOLATE CHIP OATMEAL SQUARES

If you have pumpkins on hand from Halloween, roast them and use the cooked flesh in this delicious recipe. To roast your pumpkin, cut it in half and scoop out the seeds. The seeds can also be roasted for a tasty snack. Place the pumpkin flesh side down on a baking sheet. Add enough water to cover the bottom of the pan, and steam the pumpkin. Bake at 350F for 45-60 minutes, depending on the size of your pumpkin. You'll know it's done when you can easily pierce the skin and flesh with a fork. Once cool, scoop out the flesh with a large spoon and puree for use in the recipe or freeze for future pumpkin recipes.

Ingredients: Makes 20 squares

3 cups oats
1 tsp baking powder
1 tsp ground cinnamon
¼ tsp nutmeg
¼ tsp cloves
¼ tsp allspice
¼ tsp ginger
½ tsp salt
1 cup pumpkin puree
1/3 cup unsweetened applesauce
1/3 cup margarine, melted
1/3 cup maple syrup
¼ cup brown sugar, lightly packed
1 tsp vanilla
½ cup semi-sweet chocolate chips

Note: 1 tsp of pumpkin pie spice can replace following spices:
nutmeg, cloves, allspice & ginger.

Instructions:

Preheat oven to 350F. Line the bottom and sides of an 8 or 9 inch square baking pan with parchment paper or grease with oil. Pulse the oats in a food processor or blender until they are slightly broken up. Put oats into a large bowl along with all the remaining ingredients and stir until combined with a large spoon or spatula. Spoon the mixture into the prepared pan and smooth the top with a spatula. Make sure it's flat and compact. Dot the top with a few chocolate chips if desired. Bake for 25 minutes or until the edges are lightly browned and the center appears set. Remove from the oven and let cool in the pan at room temperature for 30-60 minutes before cutting into squares and removing from the pan. Store at room temperature for up to 3 days or in the refrigerator for 1 week. They will also freeze well.



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