

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs October 2024

All programs are free and open to everyone in the community.

HOT TOPICS: COLD & FLU SEASON

Fort Erie Site

Thursday, October 10th, 2:00-3:00 p.m.

Join our Registered Nurse, John, to review cold and flu symptoms, treatments, and recommendations.

HOT TOPICS: GET THE MOST FROM YOUR SENSOR

Port Colborne/Wainfleet Site

Tuesday, October 29th, 1:30-2:30 p.m.

Are you getting the most of your Libre or Dexcom sensor? Join our Diabetes team to learn about how to use all functions of these blood glucose sensors.

COOK DINNER WITH ME ONLINE

Wednesday, October 9th, 5:00-6:00 p.m.

Registered Dietitian, Christina, invites you to an online session to cook an affordable, healthy, family sized meal. Register to receive the ingredient list, recipe and Zoom link.

YOUR MENTAL HEALTH MATTERS

SEASONAL AFFECTIVE DISORDER (SAD)

Join our Registered Social Workers to discuss SAD, what it is, how to identify it, and ways to manage it.

Fort Erie Site: Tuesday, October 22nd, 4:00-5:30 p.m.

Port Colborne/Wainfleet Site: Wednesday, October 30th, 4:00-5:30 p.m.

LET'S GET COOKING

Join us to learn to cook nutritious, low-cost and tasty foods with our dietitians.

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

Crystal Ridge Community Church.

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

Port Colborne/Wainfleet Site.

Coming up in November:

Tree of Life Workshop

Reclaim your identity and examine your life through art.

Port Colborne/Wainfleet Site: Friday, November 1st, 1:30-3:30 p.m.

Fort Erie Site: Friday, November 15th, 1:30-3:30 p.m.

Mindfulness-integrated Cognitive Behavioral Therapy

Learn to regulate emotions in our daily lives.

Fort Erie Site: Wednesdays, November 6th- 27th, 2:00-4:00 p.m.

THE GOOD FOOD BOX: SM \$22, LRG \$26 Order by October 10th. Pick up is October 17th.

The Good Food Box provides fresh and affordable produce from local farmers and wholesalers. Orders are accepted online, or for cash orders, in person at both Bridges CHC sites. For more information or to order online visit:

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

QUIT SMOKING

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



MOBILE CANCER SCREENING COACH

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

For 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 with Bridges Community Health Centre.

**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
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

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EXERCISE CLASSES

Fort Erie (@ Fort Erie Native Friendship Centre)		Port Colborne/Wainfleet	
Monday	10:00 a.m.: Walking Program (meet at Crescent Road parking lot)	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	9:00 a.m.: Pole Walking

RECIPE OF THE MONTH: THREE SISTERS TACOS

Servings: 6 Total time: 65 mins

This vibrant recipe brings together roasted butternut squash, hearty refried black beans, and crumbled feta in a satisfying corn tortilla. Each taco is packed with fiber, protein, and essential vitamins. This is a nutritious and delicious choice for your next taco night! Full recipe can be found here:

<https://food-guide.canada.ca/en/recipes/three-sisters-tacos/>

Ingredients:

Squash:

- 1 medium butternut squash (1 kg/2 ¼ lb)
- 10 mL (2 tsp) olive oil
- 5 mL (1 tsp) chili powder
- 5 mL (1 tsp) dried oregano

Refried Beans:

- 15 mL (1 tbsp) olive oil
- 2 garlic cloves, peeled
- 1 ½ cans (1 ½ x 540 mL/19 oz) black beans, drained and rinsed
- 5 mL (1 tsp) ground cumin
- 30 mL (2 tbsp) lime juice
- 5 mL (1 tsp) chili powder

Tacos:

- 12 small corn tortillas
- 125 mL (½ cup) light feta cheese or queso fresco

Directions:

1. Preheat the oven to 175 °C (350 °F). Prepare squash by slicing in half, scooping out seeds, and chopping into 1x3-inch sticks. Arrange in an even layer on a parchment lined baking sheet. Drizzle with 2 tsp of olive oil, season with chili powder and dried oregano. Roast for 20 minutes or until browned and tender inside. Remove from heat and let them cool.
2. In a high-sided skillet, heat 1 tbsp of olive oil over medium-high heat. Add garlic and cook for 4-5 minutes or until brown on both sides, turning once. In the skillet, mash garlic cloves with a fork.
3. Stir in black beans, ground cumin, chili powder, and add 2 cups of water. Reduce to a simmer and cook for 10 minutes, stir occasionally.
4. Mash bean mixture into a chunky paste. Cook beans for 2 more minutes, stirring constantly. Remove from heat, add lime juice and stir to combine.
5. In a skillet over medium-high heat, warm tortillas. Transfer them into a clean kitchen towel to keep them warm.
6. To serve, spread a spoonful of beans, add squash, top with crumbled cheese and season with salt to taste.



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