

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs January 2026

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

Bridges CHC sites will be closed January 1st, 2026.

FROM THE DIABETES EDUCATION PROGRAM:

CONVERSATIONS ABOUT DIABETES Fort Erie Site

Wednesday, January 14th, 2:00-3:00 p.m.

Starting off the New Year with an open conversation where you will be engaged in discussion on your experiences living with Diabetes.

DIABETES BINGO Port Colborne/Wainfleet Site

Thursday, January 15th, 1:30-2:30 p.m.

Join us for a fun game of "Diabetes Bingo". Prizes will be available.

THE YEAR OF YOU:

2026 Intention Setting

Port Colborne/Wainfleet Site

Friday, January 9th, 1:30pm-3:30pm

Join us for a workshop to reflect, connect and create your own 2026 vision board. Leave with a clearer sense of your intentions, a handmade vision board, and a feeling of connection as you step into the year ahead.

All materials provided. No experience needed.

Come start the year with intention and creativity.

WIRED TO WONDER: 4 Week ADHD Group

-for adults with diagnosed or suspected ADHD

Fort Erie Site

Thursdays, January 22nd, 29th and February 5th, 12th 1:30-3:00 p.m.

Learn how your ADHD brain works – and how to work with it.

Build skills for focus, motivation, and emotional regulation in a supportive, judgement-free space.

Led by Melissa, RSW, ADHD-CCSP.

THE GOOD FOOD BOX: SM \$22, LRG \$26.

Order by noon on Thursday, January 15th. Pick up is Wednesday, January 21st.

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

QUIT SMOKING Call to speak with a health promoter and create a quit plan today!

SUPPORT 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 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,
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.: Gentle Fit	Monday	10:00 a.m.: Mindful Movements
Tuesday		Tuesday	9:00 a.m.: Gentle Fit 10:15 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 ONLINE

Wednesdays, January 7th, February 4th, March 4th, April 1st, 5:00-6:00 p.m.

Register to receive the ingredient list, recipe, and Zoom link.

EATING SMART FOR A HEALTHY HEART **Port Colborne/Wainfleet Site**

Tuesday, January 20th, 1:30-3:30 p.m.

Join Registered Dietitian, Christina, to learn how healthy food and lifestyle choices can protect your heart.

RECIPE OF THE MONTH: ONE POT EGGPLANT PARMESAN ORZO WITH WHITE BEANS

This one-pot eggplant Parmesan orzo is a comforting and hearty dish, combining eggplant, creamy white beans and rich tomato flavour. It's an easy winter meal that is satisfying and nourishing, with minimal dishes.

Ingredients:

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1 medium-sized eggplant, diced into ½ inch cubes
- 1 cup tomato puree (passata)
- 2 cups reduced-sodium chicken or vegetable broth
- 1 Parmesan cheese rind (optional)
- 1 cup orzo
- 1 x 19oz can white kidney beans, drained and rinsed
- ½ cup freshly grated Parmesan cheese, plus more for serving
- Fresh basil leaves



Instructions:

1. In a large pot or Dutch oven, heat the oil over medium heat. Add the onion, garlic, and eggplant and cook for 10 minutes, until the onion has softened.
2. Add the tomato puree, broth, and Parmesan cheese rind, if using. Cover and bring to a boil.
3. Add the orzo and reduce the heat to medium-low. Add the beans and continue and stir.
4. Cook uncovered for 10-12 minutes or until the orzo is cooked and the liquid has been absorbed. Stir in the Parmesan cheese.
5. Serve hot, top with more Parmesan cheese and fresh basil.

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