

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs May 2025

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

May 5-11th Mental Health Week: Unmasking Mental Health

The Canadian Mental Health Association is encouraging people across Canada to look beyond the surface and see the whole person. By embracing honesty and vulnerability, we open the door to deeper connections and the mental health benefits that come with it. In doing so, we can create a ripple effect of courage and understanding across the country. Find more information and local resources here: <https://niagara.cmha.ca>

GROUPS HOSTED BY THE DIABETES EDUCATION PROGRAM:

DIABETES 101 FOR SENIORS Gilmore Community Hub

Thursday, May 8th, 2:00-3:00 p.m.

Join Bridges CHC's Certified Diabetes Educators to review healthy eating for people living with diabetes and the importance of physical activity. All participants must be 60 years +.

Register online at: www.niagararegion.ca/living/seniors/community-programs.aspx

If you require any support to register, please call 905-980-6000 ext. 8421 and we would be happy to assist you. If you require instructions on how to register, please email seniorswellness@niagararegion.ca

HOT TOPICS: ICED TEA SOCIAL Port Colborne/Wainfleet Site

Tuesday, May 20th, 2:00-3:00 p.m.

Our Iced Tea Social returns for another year! Please join us to sample some different iced teas and summer drinks along with the chance to win a few prizes.

THE GOOD FOOD BOX: SM \$22, LRG \$26. Order by May 9th, pick up is May 14th.

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 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 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.: 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	9:00 a.m.: Nordic Pole Walking 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, May 7th, 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, May 21st, 2:00-3:30 p.m. (Crystal Ridge Community Church) Fort Erie

Thursday, May 22nd, 10:00-11:30 a.m. Port Colborne/Wainfleet Site

RECIPE OF THE MONTH: VIETNAMESE FRESH SPRING ROLLS

SERVINGS: 4

Fresh, crisp, and bursting with flavor, these Vietnamese Spring Rolls are the perfect springtime dish! Packed with rice noodles, vibrant veggies and fragrant herbs these rolls offer a light, customizable, and healthy option for any meal.

Ingredients:

Spring Rolls

- 2 ounces rice vermicelli rice noodles
- 1 teaspoon toasted sesame oil
- ¼ teaspoon fine sea salt
- 1 cup torn butter lettuce, ribs removed
- 1 cup very thinly sliced red cabbage
- 2 carrots, peeled and cut into matchsticks
- 1 cucumber, thinly sliced or sliced into strips
- 2 jalapeños, ribs and seeds removed, thinly sliced
- ¼ cup thinly sliced green onions
- ¼ cup roughly chopped fresh cilantro
- ¼ cup roughly chopped fresh mint
- 8 sheets rice paper (spring roll wrappers)

Peanut Sauce

- ½ cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons reduced-sodium tamari or soy sauce
- 2 tablespoons honey or maple syrup
- 1 tablespoons toasted sesame oil
- 2 cloves garlic, pressed or minced
- 2 to 3 tablespoons water, as needed

Directions:

1. Cook the noodles according to the package directions until al dente. Drain, rinse with cool water, and toss with sesame oil and salt. Set aside.
2. Fill a shallow pan with water and place a folded tea towel nearby. Prepare your fillings and combine the green onion, cilantro, and mint in a small bowl.
3. Soak one rice paper in water for about 20 seconds, until pliable. Lay it flat on the towel.
4. On the lower third of the rice paper, layer butter lettuce, rice noodles, cabbage, carrot, cucumber, jalapeño, and sprinkle with herbs.
5. Fold the bottom edge over the filling, then fold in the sides and roll tightly. Repeat with the remaining ingredients.
6. For the peanut sauce, whisk together peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Add water, 2-3 tbsp, until creamy and dipable.
7. Serve the spring rolls with the peanut sauce on the side, either whole or sliced in half.



**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
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380 Elm Street, Port Colborne ON L3K 4P2

www.bridgeschc.ca