

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs December 2025

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



Bridges CHC sites will be closed:

December 24th 12:00-4:30 p.m., December 25th and 26th all day, December 31st 12:00-4:30 p.m.
January 1st 2026 all day.



FROM THE DIABETES EDUCATION PROGRAM:

SPICY HOLIDAY SOCIAL Port Colborne/Wainfleet Site

Thursday, December 18th, 1:30-2:30 p.m.

Let's get together and try some spiced snacks, soup and dessert. Recipes for giftable and shareable food items will be provided.

COPING WITH CHRONIC PAIN: LIVING WELL WITH WHAT HURTS Fort Erie Site

Tuesdays, December 9th, 16th, 23rd, 1:30-3:00 p.m.

This 3-week supportive group explores how pain works in the body and mind, and offers practical tools for coping, pacing, mindfulness, and self-compassion. Learn how to work with your body rather than against it and connect with others who understand.

MEDICATING NORMAL

Fort Erie Site

Tuesday, December 9th, 5:00-7:00 p.m.

Join us for, "Medicating Normal", a documentary that focuses on the long-term use and side effects of psychiatric medications. A group discussion about managing mental health and emotional distress will follow, led by our Registered Social Worker, Stuart.

UNDERSTANDING & COPING WITH DEPRESSION

Port Colborne/Wainfleet Site

**Wednesday, December 3rd and 10th,
10:30 a.m. -12:00 noon**

A two-session group designed to educate participants on depression and how to cope with depression and support those who live with it.

THE GOOD FOOD BOX: SM \$22, LRG \$26. Order December 11th by noon, pick up is December 17th.

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**

Bridges CHC Fort Erie Site Bridges CHC Port Colborne/Wainfleet Site
1485 Garrison Road, Fort Erie ON L2A 1P8 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.: Gentle Fit	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 ONLINE:

Wednesday, December 3rd, 5:00-6:00 p.m.

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

COOKING DEMONSTRATION:

Thursday, December 11th, 10:00-11:00 a.m.

Port Colborne/Wainfleet Site

RECIPE OF THE MONTH: ROASTED BEETS WITH ORANGES

Roasted beets with oranges make a vibrant and refreshing dish, combining the earthy sweetness of beets with the bright, tangy flavor of oranges. This simple yet elegant side dish is perfect for winter meals, offering a burst of color and flavor with every bite.

Ingredients:

- 8 to 10 assorted baby beets, trimmed
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 4 oranges
- 3 tablespoons white wine vinegar, with 1/2 Tbsp tarragon mixed in
- chopped fresh chives, for topping

Instructions:

1. Preheat the oven to 400 degrees F. Place the beets on a large sheet of foil; drizzle with 1 tablespoon olive oil and season with salt and pepper. Fold and crimp the edges of the foil together to form a packet, leaving room for steam to circulate. Transfer the packet to the oven rack and roast until the beets are tender when pierced with a knife, 40 to 45 minutes. (Alternatively, place beets in a pressure cooker; cook on High for 15 minutes). Once cool, cut beets into wedges or circular slices.
2. Trim the bottoms and tops of the oranges, then cut off the peel and pith with a paring knife. Slice crosswise into rounds, removing any seeds.
3. Combine the beets and oranges on a serving platter and gently toss. Drizzle with the vinegar and remaining 3 tablespoons olive oil. Season with salt and pepper, then top with the chives.



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