

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs December 2023

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



You can now register for a ConnectMyHealth account! To easily view your health records from participating healthcare facilities in southwestern Ontario, register today: info.connectmyhealth.ca/register

Bridges CHC sites will be closed Monday, December 25th-Tuesday, December 26th 2023 and Monday, January 1, 2024.



CARE FOR THE CAREGIVER

Port Colborne/Wainfleet Site

Tuesdays 1:30-3:30 p.m.

January 23rd & 30th, February 6th, 13th and 20th.

Over a course of 5 weeks, caregivers will be provided with information on how to prevent burnout, strengthen competence, improve their knowledge and skills and focus on self care.

VACCINES ARE AVAILABLE!

If you are a Bridges CHC client, please call to book your flu shot.

Covid-19 vaccines and flu shots are also available at participating pharmacies, find one here:

niagararegion.ca/health/vaccinations/general/default.aspx

HOT TOPICS: HOLIDAY GATHERING Fort Erie Site

Tuesday, December 19th, 2:00-3:00 p.m.

Join us for an afternoon of holiday fun and a few easy-going games. Light snacks and beverages will be served.

THE GOOD FOOD BOX

Small \$22, Large \$26

Order by December 7th. Pick up is December 15th. Orders are also accepted in person at both Bridges CHC sites. For more information or to order online visit: linksforgreenerlearning.org/programs/food-box/

CANCER SCREENING COACH



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

Fort Erie site: December 7th and 8th

Port Colborne/Wainfleet Site: December 13th

**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**

QUIT SMOKING



Create your quit plan today! Eligible participants can receive up to six months of free nicotine replacement therapy.

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

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs December 2023

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

EXERCISE CLASSES

| | Fort Erie | Port Colborne/Wainfleet |
|-----------|--|---|
| Monday | 9:00 a.m. Back To Basics | 10:00 a.m.: Mindful Movements. |
| Tuesday | | 10:00 a.m. Gentle Fit 2:00 p.m. Gentle Fit |
| Wednesday | 10:00 a.m. Gentle Fit @ the Fort Erie Native Friendship Centre | 1:30 p.m.: Fun Drum |
| Thursday | | 9:00 a.m: Back To Basics |
| Friday | 10:00 a.m. Fun Drum @ the Fort Erie Native Friendship Centre | |

LET'S GET COOKING Port Colborne/Wainfleet Site

Monday, December 18th 1:00-2:30 p.m.

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

CHRISTINA'S SEASONAL RECIPE: PUMPKIN FRENCH TOAST BAKE

Yield: 6 Total time: 70 mins

Check out this and other recipes here:

<https://www.getcracking.ca/recipes/pumpkin-french-toast-bake>



Ingredients:

- 6 cups cubed bread
- 3 eggs
- 1 cup milk
- 1 cup unsweetened mashed pumpkin
- ¼ cup packed brown sugar
- 2 tbsp melted butter
- ½ tsp ground cinnamon
- ½ tsp ginger
- ½ tsp nutmeg
- 1 tsp vanilla extract
- maple syrup (to top with)

Instructions:

1. Place bread in a large bowl. In separate bowl, whisk together eggs, milk, pumpkin purée, brown sugar, melted butter, cinnamon, ginger, nutmeg, and vanilla. Pour over bread and gently combine.
2. Spoon mixture into a buttered 8-cup (2 L) shallow baking dish. Cover and refrigerate for a few hours or overnight.
3. Bake at 350°F (180°C) until golden and set, about 1 hour.
4. Let stand 10-15 minutes before serving with maple syrup.

COOK DINNER WITH ME ONLINE- FOR UNDER \$10

**Wednesdays, 5:00-6:00 p.m.
January 10th, February 7th.**

Join Registered Dietitian, Christina, in an online session over dinner time to learn tips and strategies to cope with the rising costs of food and to cook alongside her as she prepares a healthy, family sized meal under \$10.

***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