

BRIDGES COMMUNITY HEALTH CENTRE

Community Programs December 2024

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



FIND YOUR HEALTHCARE OPTIONS HERE: www.niagarahealth.on.ca/site/emergency-and-urgent-care

Primary care, urgent care, or emergency department? Know where to go to access the care you need.

HOT TOPICS: SPICY HOLIDAY SOCIAL

Port Colborne/Wainfleet Site

Wednesday, December 11th, 3:00-4:00 p.m.

Join us for an afternoon of holiday fun. We will put together spice mixtures as well as hot drink and soup kits. Light snacks and beverages will be served.

STRESSING LESS DURING THE HOLIDAYS

Port Colborne/Wainfleet Site

Thursday, December 12th, 2:30-4:00 p.m.

Join our social worker to learn tips and strategies to manage typical holiday stressors, and create your own 'coping with the holidays' stress reduction plan.

TRANSPORTATION INFO SESSION

Fort Erie Public Library,

Centennial Branch, 136 Gilmore Road

Tuesday, December 17th, 2:00-3:00 p.m.

Join us for a presentation from Niagara Transit Commission. Learn about the services available in Fort Erie, how to use the app, and ask your own questions.

Register here: <https://fepl.simplertix.ca/>

COMING SOON IN 2025:

WALKING PROGRAM Port Colborne/Wainfleet Site

Vale Health & Wellness Centre

Thursdays, January 9th - February 27th, 1:15-1:45 p.m.

An 8-week positive and inclusive walking program that promotes activity through the winter months. Social interaction and motivation is encouraged between attendees.

MINDFUL EATING

Tuesdays, February 4th - March 11th, 4:00- 6:00 p.m.

Would you like to improve your relationship with food & learn to work with your body instead of against it? Are you interested in jumping off the "diet train" permanently? Join our Dietitians in this 6-week, free, online program to learn more about Mindful Eating.

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.

THE GOOD FOOD BOX: SM \$22, LRG \$26. Order by December 12th, pick up is December 18th.

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



MOBILE CANCER SCREENING COACH

For all dates, visit: <https://hnhbscreenforlife.ca/schedule/>

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

Fort Erie Site: December 4th, 5th.

Port Colborne/Wainfleet Site: December 11th.

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.: 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	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 4th, 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.

RECIPE OF THE MONTH: CURRIED VEGETABLE LENTIL STEW

Servings: 6 Total time: 40 mins

One of my favorite recipes to make in cool weather (and in our cooking classes here at Bridges CHC), this hearty curry is bursting with vibrant flavors and packed with nutrients. Loaded with protein-rich lentils, as well as potatoes and green beans, it's a satisfying and wholesome dish that's as comforting as it is healthy.

<https://food-guide.canada.ca/en/recipes/curried-vegetable-lentil-stew/>

Ingredients:

- 10 mL (2 tsp) vegetable oil
- 1 red onion, chopped
- 4 cloves garlic, minced
- 60 mL (¼ cup) chopped fresh cilantro, divided
- 15 mL (1 tbsp) minced fresh ginger or 5 mL (1 tsp) ground ginger
- 30 mL (2 tbsp) mild curry paste or powder
- 5 mL (1 tsp) garam masala
- 30 mL (2 tbsp) all purpose flour
- 625 mL (2 ½ cups) lower sodium vegetable broth
- 2 yellow fleshed potatoes, diced
- 1 red bell pepper, chopped
- 310 mL (2¼ cup) fresh or frozen green beans, chopped
- 1 can (540 mL/19 oz) lentils, drained and rinsed



Directions:

1. In a large shallow saucepan or Dutch oven, heat oil over medium heat. Cook onion, garlic, half of the cilantro, ginger, curry paste, and garam masala for 3 minutes or until softened. Stir in flour until absorbed. Slowly pour in broth, stirring until combined.
2. Add potatoes, pepper, beans, lentils and bring to a simmer. Cover and cook, stirring often, for about 20 minutes or until potatoes are tender. Sprinkle with remaining cilantro before serving.

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