

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

August 2017-2267 Islington Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <ul style="list-style-type: none"> ◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 8:00 QMAP 	2 <ul style="list-style-type: none"> ◆ 12:00 – 1:00 CCAC COPD Exercise Class ◆ 1:00 – 2:00 CCAC COPD Exercise Class ◆ 2:00 – 3:00 CCAC COPD Exercise Class ◆ 3:05 – 5:30 Kipling Colligate Institute After School Program 	3 <ul style="list-style-type: none"> ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 6:00 Youth After School 	4 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	5
7 Centre Close	8 <ul style="list-style-type: none"> ◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 8:00 QMAP 	9 <ul style="list-style-type: none"> ◆ 12:00 – 1:00 CCAC COPD Exercise Class ◆ 1:00 – 2:00 CCAC COPD Exercise Class ◆ 2:00 – 3:00 CCAC COPD Exercise Class ◆ 3:05 – 5:30 Kipling Colligate Institute After School Program 	10 <ul style="list-style-type: none"> ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 6:00 Youth After School Program 	11 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	12
14 <ul style="list-style-type: none"> ◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 6:00 Girls Night 	15 <ul style="list-style-type: none"> ◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 8:00 QMAP 	16 <ul style="list-style-type: none"> ◆ 12:00 – 1:00 CCAC COPD Exercise Class ◆ 1:00 – 2:00 CCAC COPD Exercise Class ◆ 2:00 – 3:00 CCAC COPD Exercise Class ◆ 3:05 – 5:30 Kipling Colligate Institute After School Program 	17 <ul style="list-style-type: none"> ◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class ◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class ◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class ◆ 4:00 – 6:00 Youth After School Program 	18 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	19
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SATELLITE LOCATIONS

◆ **2267 ISLINGTON AVE**



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