

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

August 2018-2267 Islington Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class	2 ♦ 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	3 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	4
6 Civic Day Centre Close	7 ♦ 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	8 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class	9 ♦ 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	10 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	11
13 ♦ 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	14 ♦ 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	15 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class	16 ♦ 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 ♦	17 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	18
20 ♦ 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	21 ♦ 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	22 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class	23 ♦ 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	24 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	25
27 ♦ 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	28 ♦ 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	29 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class	30 ♦ 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	31 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	

SATELLITE LOCATIONS

♦ **2267 ISLINGTON AVE**



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