

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 1:00- 2:30pm Living life to the Full 	2 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup 	3 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	4
6 <p align="center">Civic Holiday Centre Close</p>	7 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	8 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 1:00- 2:30pm Living life to the Full 	9 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup ◆ 10:30-11:30 Brain Fitness Workshop 	10 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	11
13 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 9:30-11:00 Eating for Two ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 12:00-3:00 Adult Social Group 	14 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 8:00-3:30 Seniors program Trip to sunshine Centre Toronto Island ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	15 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 1:00- 2:30pm Living life to the Full 	16 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup 	17 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	18
20 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 9:30-11:00 Eating for Two ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 12:00-3:00 Adult Social Group 	21 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:00-2:00 St. Lawrence Market ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	22 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 1:00- 2:30pm Living life to the Full 	23 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup 	24 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	25
27 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 9:30-11:00 Eating for Two ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30am- 2:30 pm High Park Grenadier Café BBQ ◆ 12:00-3:00 Adult Social Group 	28 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	29 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 1:00- 2:30pm Living life to the Full 	30 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup 	31 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	

SATELLITE LOCATIONS

- ◆ **8 TABER ROAD**
- ◆ **B427/SATELLITE**
- ◆ **111 KENDELTON**
- ◆ **LAMP CHC**
- ◆ **GEORGE HULL**
- ◆ **STONEGATE CHC**



REXDALE COMMUNITY HEALTH CENTRE
 8 TABER ROAD, TORONTO, ON CANADA M9W 3A4
TEL: (416) 744-0066
FAX: (416) 744- 1881
WEB: WWW.REXDALECHC.COM