

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR**

**Main Site: 8 Taber Road**

**August 2019**

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|--|--|-----------|
|  |  |  | <b>1</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>  | <b>2</b><br><ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 10:30-11:30 Exercise Program</li> <li>◆ (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> </ul>   | <b>3</b>  |
| <b>5</b><br><br><p align="center"><b>Civic Holiday<br/>Centre Close</b></p>  | <b>6</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>  | <b>7</b><br><ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul>  | <b>8</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>  | <b>9</b><br><ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 10:30-11:30 Exercise Program</li> <li>◆ (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> </ul>   | <b>10</b> |
| <b>12</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul> | <b>13</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul> | <b>14</b><br><ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul> | <b>15</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul> | <b>16</b><br><ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>   | <b>17</b> |
| <b>19</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group2</li> </ul>  | <b>20</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul> | <b>21</b><br><ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul> | <b>22</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul> | <b>23</b><br><ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 10:30-11:30 Exercise Program</li> <li>◆ (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> </ul>  | <b>24</b> |
| <b>26</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul> | <b>27</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul> | <b>28</b><br><ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul> | <b>29</b><br><ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul> | <b>30</b><br><ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 10:30-11:30 Exercise Program</li> <li>◆ (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 1:00- 3:00 Mature Women Group</li> </ul> | <b>31</b> |

**SATELLITE  
LOCATIONS**

- ◆ **8 TABER ROAD**
- ◆ **44 WILLORIDGE RD**
- ◆ **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](http://WWW.REXDALECHC.COM)