

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <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) 	2
4 <ul style="list-style-type: none"> ◆ 29:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 9:30-11:00 Eating for Two ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group 2 	5 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 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) 	6 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 2:30-4:30 Diabetic Support Group ◆ 12:00-2:00 Self Support Group 	7 <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 ◆ 10:00-3:00 Seniors program 	8 <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) 	9
11 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social(Party) ◆ 9:30-11:00 Eating for Two ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group 2 	12 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 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) 	13 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2:30-4:30 Hypertension Group 	14 <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 ◆ 10:00-3:00 Seniors program 	15 <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) 	16
18 <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 	19 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 Seniors program ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	20 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services 	21 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services 	22 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services 	23
25 Christmas Day Centre Close	26 Boxing Day Centre Close	27 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services 	28 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services 	29 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services 	30

SATELLITE LOCATIONS

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



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