

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

February 2019-301- 222 Dixon Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class	2
4 ◆ 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	5 ◆ 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	6 ◆ 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	7 ◆ 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	8 ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class	9
11 ◆ 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	12 ◆ 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	13 ◆ 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	14 ◆ 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	15 ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class	16
18 Family Day Centre Close	19 ◆ 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	20 ◆ 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	21 ◆ 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	22 ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class	23
25 ◆ 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	26 ◆ 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	27 ◆ 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	28 ◆ 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		

SATELLITE LOCATIONS

◆ **2267 ISLINGTON AVE**



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