

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">1</p> <p align="center">New Year Centre Close</p>	<p align="center">2</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 3:30-4:30 Exercise Program ◆ (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	<p align="center">3</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p align="center">4</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-12:00 Parent Child Playgroup 	<p align="center">5</p> <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	<p align="center">6</p>
<p align="center">8</p> <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 	<p align="center">9</p> <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) 	<p align="center">10</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p align="center">11</p> <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 	<p align="center">12</p> <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) 	<p align="center">13</p>
<p align="center">15</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 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 	<p align="center">16</p> <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) 	<p align="center">17</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p align="center">18</p> <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 	<p align="center">19</p> <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) 	<p align="center">20</p>
<p align="center">22</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 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 	<p align="center">23</p> <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) 	<p align="center">24</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p align="center">25</p> <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 	<p align="center">26</p> <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) 	<p align="center">27</p>
<p align="center">29</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 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 	<p align="center">30</p> <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) 	<p align="center">31</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 			

**SATELLITE
LOCATIONS**

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



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