

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

January 2019- 301-222 Dixon Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year's Day Centre Close	2 ♦ 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	3 ♦ 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 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	5
7 ♦ 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	8 ♦ 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	9 ♦ 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	10 ♦ 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	11 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	12
14 ♦ 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	15 ♦ 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	16 ♦ 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	17 ♦ 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	18 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	19
21 ♦ 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	22 ♦ 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	23 ♦ 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	24 ♦ 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	25 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	26
28 ♦ 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	29 ♦ 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	30 ♦ 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	31 ♦ 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		

**SATELLITE
LOCATIONS**

♦ **301- 222 DIXON
ROAD**



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