

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Year' Day Centre Close	2 ◆ 9:30-8:00 Clients Support Services	3 ◆ 9:30-5:00 Clients Support Services ◆ 9:30-12:00 Parent Child Playgroup	4 ◆ 9:30-4:00 Clients Support Services	5
7 ◆ 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 ◆ 12:00-3:00 Adult Social Group	8 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 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)	9 ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2.30-4.00 Diabetic Support Group	10 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 Seniors program ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup	11 ◆ 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)	12
14 ◆ 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 ◆ 12:00-3:00 Adult Social Group	15 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 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)	16 ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2.30-4.30 Hypertension Group	17 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 Seniors program ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup	18 ◆ 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)	19
21 ◆ 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 ◆ 12:00-3:00 Adult Social Group	22 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 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)	23 ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group	24 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 Seniors program ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup	25 ◆ 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)	26
28 ◆ 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 ◆ 12:00-3:00 Adult Social Group	29 ◆ 9:30-5:00 Clients Support Services ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)	30 ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group	31 ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 Seniors program ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup		

SATELLITE LOCATIONS

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



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