

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR:**

**July 2018-2267 Islington Ave**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><b>2</b></p> <p align="center"><b>Canada Day Centre Close</b></p>	<p align="center"><b>3</b></p> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<p align="center"><b>4</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<p align="center"><b>5</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<p align="center"><b>6</b></p> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<p align="center"><b>7</b></p>
<p align="center"><b>9</b></p> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<p align="center"><b>10</b></p> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<p align="center"><b>11</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<p align="center"><b>12</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<p align="center"><b>13</b></p> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<p align="center"><b>14</b></p>
<p align="center"><b>16</b></p> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<p align="center"><b>17</b></p> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<p align="center"><b>18</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<p align="center"><b>19</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<p align="center"><b>20</b></p> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<p align="center"><b>21</b></p>
<p align="center"><b>23</b></p> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>4:00 – 6:00 Girls Night</li> </ul>	<p align="center"><b>24</b></p> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<p align="center"><b>25</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<p align="center"><b>26</b></p> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<p align="center"><b>27</b></p> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<p align="center"><b>28</b></p>
<p align="center"><b>30</b></p> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<p align="center"><b>31</b></p> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>				

**SATELLITE  
LOCATIONS**

◆ **2267 ISLINGTON  
AVE**



**REXDALE COMMUNITY  
HEALTH CENTRE**  
8 TABER ROAD, TORONTO, ON  
CANADA M9W 3A4  
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