

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p align="center">Canada Day Centre Close</p>	<p>2</p> <ul style="list-style-type: none"> ◆ 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) 	<p>3</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p>4</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 	<p>5</p> <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	<p>6</p>
<p>8</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love 	<p>9</p> <ul style="list-style-type: none"> ◆ 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) 	<p>10</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p>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 	<p>12</p> <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	<p>13</p>
<p>15</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love 	<p>16</p> <ul style="list-style-type: none"> ◆ 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) 	<p>17</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p>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 	<p>19</p> <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	<p>20</p>
<p>22</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love 	<p>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>24</p> <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	<p>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 	<p>26</p> <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) ◆ 1:00- 3:00 Mature Women Group 	<p>27</p>
<p>29</p> <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love 	<p>30</p> <ul style="list-style-type: none"> ◆ 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) 	<p>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**
- ◆ **44 WILLORIDGE RD**
- ◆ **LAMP CHC**
- ◆ **GEORGE HULL**
- ◆ **STONEGATE CHC**



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