

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR:**

**March 2019 -301- 222 Dixon Rd**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>  ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class ♦ 4:00- 5:00 Drop In	<b>2</b>
<b>4</b>  ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 2:00-4:00 Pathway Monitoring ♦ 4:00 – 6:00 Girls Night	<b>5</b>  ♦ 4:00 – 8:00 QMAP	<b>6</b>  ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:00 – 5:30 Kipling Colligate Institute After School Program	<b>7</b>  ♦ 10:00-11:00 Gently Yoga Senior Group ♦ 4:00 – 6:00 Girls Night	<b>8</b>  ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class ♦ 4:00- 5:00 Drop In	<b>9</b>
<b>11</b>  ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 2:00-4:00 Pathway Monitoring ♦ 4:00 – 6:00 Girls Night	<b>12</b>  ♦ 4:00 – 8:00 QMAP	<b>13</b>  ♦ 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	<b>14</b>  ♦ 10:00-11:00 Gently Yoga Senior Group ♦ 4:00 – 6:00 Girls Night	<b>15</b>  ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class ♦ 4:00- 5:00 Drop In	<b>16</b>
<b>18</b>  ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 2:00-4:00 Pathway Monitoring ♦ 4:00 – 6:00 Girls Night	<b>19</b>  ♦ 4:00 – 8:00 QMAP	<b>20</b>  ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:00 – 5:30 Kipling Colligate Institute After School Program	<b>21</b>  ♦ 10:00-11:00 Gently Yoga Senior Group ♦ 4:00 – 6:00 Girls Night	<b>22</b>  ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class ♦ 4:00- 5:00 Drop In	<b>23</b>
<b>25</b>  ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 2:00-4:00 Pathway Monitoring ♦ 4:00 – 6:00 Girls Night	<b>26</b>  ♦ 4:00 – 8:00 QMAP	<b>27</b>  ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:00 – 5:30 Kipling Colligate Institute After School Program	<b>28</b>  ♦ 10:00-11:00 Gently Yoga Senior Group ♦ 4:00 – 6:00 Girls Night	<b>29</b>  ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class ♦ 4:00- 5:00 Drop In	<b>30</b>

**SATELLITE LOCATIONS**

♦ **301-222 DIXON ROAD**



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