

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	2
4 <ul style="list-style-type: none"> ◆ 29:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group 2 	5 <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) 	6 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2.30-4.00 Diabetic Support Group 	7 <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 ◆ 10:00-3:00 Seniors program 	8 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	9
11 <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 ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group 2 	12 <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) 	13 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2.30-4.30 Hypertension Group 	14 <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 ◆ 10:00-3:00 Seniors program 	15 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	16
18 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 10:00- 1:30 Information & Active Living Fair for Older Adult ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 	19 <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) 	20 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	21 <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 ◆ 10:00-3:00 Seniors program 	22 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	23
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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