

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR**

**Main Site: 8 Taber Road**

**May 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> <li>◆ 2.30-4.00 Diabetic Support Group</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>4</b>
<b>6</b> <ul style="list-style-type: none"> <li>◆ 29:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> <li>◆ 2.30-4.30 Hypertension Group</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>11</b>
<b>13</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> <li>◆ 2.30-4.30</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>18</b>
<b>Victoria Day Centre Close</b>	<b>21</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>25</b>
<b>27</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:30-3:00 Seniors program</li> <li>◆ 1.30-3.00 Eating For Two</li> <li>◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 9:30-11:00 Feeding with Love</li> <li>◆ 1:30-3:00 Eating for Two</li> <li>◆ 9:30-12:00 Parent Child Playgroup</li> <li>◆ 10:00-3:00 Seniors program</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 10:00- 12:00 Caregiver Education Sessions</li> <li>◆ 2 :00-3 :30 Seniors Choir</li> <li>◆ 10:30-11:30 Exercise Program(must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	

**SATELLITE LOCATIONS**

- ◆ **8 TABER ROAD**
- ◆ **44 WILLORIDGE RD**
- ◆ **LAMP CHC**
- ◆ **GEORGE HULL**
- ◆ **STONEGATE CHC**



**REXDALE COMMUNITY HEALTH CENTRE**  
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