

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

November 2018- 301-222 Dixon Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class	2 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	3
5 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night	6 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP	7 ♦ 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	8 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class	9 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	10
12 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night	13 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP	14 ♦ 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	15 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Youth After School Program	16 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	17
19 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night	20 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP	21 ♦ 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	22 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class	23 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	24
26 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night	27 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP	28 ♦ 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	29 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class	30 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class	

SATELLITE LOCATIONS

♦ **301- 222 DIXON ROAD**



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