

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR**

**Main Site: 8 Taber Road**

**November 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</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>◆ 10:30-11:30 Brain Fitness Workshop</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</li> <li>◆ 8 :30-3 :30 Discovery Bus Trip</li> <li>◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes)</li> </ul>	<b>3</b>
<b>5</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 9:30-11:00 Eating for Two</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 12:00-3:00 Adult Social Group</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:00-3:00 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>7</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>8</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>◆ 10:30-11:30 Brain Fitness Workshop</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</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>10</b>
<b>12</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 9:30-11:00 Eating for Two</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 12:00-3:00 Adult Social Group</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:00-3:00 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>14</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>15</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> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</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>17</b>
<b>19</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 9:30-11:00 Eating for Two</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 12:00-3:00 Adult Social Group</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</li> <li>◆ 10:00-3:00 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>21</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>22</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> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</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>24</b>
<b>26</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 9:30-11:00 Eating for Two</li> <li>◆ 1:00-2:30 Feeding with Love</li> <li>◆ 10:15 Blood sugar test group 2</li> <li>◆ 12:00-3:00 Adult Social Group</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Services</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>28</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>29</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> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>◆ 9:30-4:00 Clients Support Services</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
- ◆ B427/SATELLITE
- ◆ 111 KENDELTON
- ◆ LAMP CHC
- ◆ GEORGE HULL
- ◆ STONEGATE CHC



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