

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR:**

**November 2017-2267 Islington Ave**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>4</b>
<b>6</b> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>11</b>
<b>13</b> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>18</b>
<b>20</b> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>25</b>
<b>27</b> <ul style="list-style-type: none"> <li>◆ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Girls Night</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>◆ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program</li> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 8:00 QMAP</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>◆ 12:00 – 1:00 CCAC COPD Exercise Class</li> <li>◆ 1:00 – 2:00 CCAC COPD Exercise Class</li> <li>◆ 2:00 – 3:00 CCAC COPD Exercise Class</li> <li>◆ 3:05 – 5:30 Kipling Colligate Institute After School Program</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>◆ 12:00 -1:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 1:00 -2:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 2:00 -3:00 CCAC Falls Prevention Exercise Class</li> <li>◆ 4:00 – 6:00 Youth After School Program</li> </ul>		

**SATELLITE LOCATIONS**

◆ **2267 ISLINGTON AVE**



**REXDALE COMMUNITY HEALTH CENTRE**  
 8 TABER ROAD, TORONTO, ON, CANADA M9W 3A4  
**TEL:** (416) 744-0066  
**FAX:** (416) 744- 1881  
**WEB:** [WWW.REXDALECHC.COM](http://WWW.REXDALECHC.COM)