

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR**

**Main Site: 8 Taber Road**

**October 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <ul style="list-style-type: none"> <li>◆ 29:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</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>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul>	<p>3</p> <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>	<p>4</p> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 2.30-4.00 Diabetic Support Group</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul>	<p>5</p> <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>	<p>6</p> <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>	<p>7</p> <p align="center"><b>Centre Close</b></p>
<p>9</p> <p align="center"><b>Centre Close</b></p>	<p>10</p> <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>	<p>11</p> <ul style="list-style-type: none"> <li>◆ 9:30-8:00 Clients Support Services</li> <li>◆ 2.30-4.30 Hypertension Group</li> <li>◆ 12:00-2:00 Self Support Group</li> </ul>	<p>12</p> <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>	<p>13</p> <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>	<p>14</p>
<p>16</p> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</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>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul>	<p>17</p> <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>	<p>18</p> <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>	<p>19</p> <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>	<p>20</p> <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>	<p>21</p>
<p>23</p> <ul style="list-style-type: none"> <li>◆ 9:30-5:00 Clients Support Service</li> <li>◆ 12:00-2:30 Adult Social</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>◆ 10:30 Exercise group 1</li> <li>◆ 11:15 Snacks Group 1</li> <li>◆ 12:00 Snacks group 2</li> </ul>	<p>24</p> <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>	<p>25</p> <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>	<p>26</p> <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>	<p>27</p> <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>	<p>28</p>
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**SATELLITE LOCATIONS**

- ◆ **8 TABER ROAD**
- ◆ **B427/SATELLITE**
- ◆ **111 KENDELTON**
- ◆ **LAMP CHC**
- ◆ **GEORGE HULL**
- ◆ **STONEGATE CHC**



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