

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR:**

**October 2018- 301-222 Dixon Rd**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</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>2</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>3</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>4</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> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>6</b>
<b>8</b> <p align="center"><b>Thanksgiving Day Centre Close</b></p>	<b>9</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>10</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>11</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> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>13</b>
<b>15</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>16</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>17</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>18</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>19</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>20</b>
<b>22</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>23</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>24</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>25</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> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>◆ 10:00 – 12:00 DEP- weight Loss Exercise Class</li> </ul>	<b>27</b>
<b>29</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>30</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>31</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>29</b>

**SATELLITE LOCATIONS**

◆ **301- 222 DIXON ROAD**



**REXDALE COMMUNITY HEALTH CENTRE**  
 8 TABER ROAD, TORONTO, ON CANADA M9W 3A4  
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