

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

Oct 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	2 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2.30-4.00 Diabetic Support Group 	3 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup ◆ 10:00-3:00 Seniors program 	4 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) ◆ 2 :00-3 :30 Seniors Choir 	5
7 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group 2 	8 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	9 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group ◆ 2.30-4.30 Hypertension Group 	10 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup ◆ 10:00-3:00 Seniors program 	11 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) ◆ 2 :00-3 :30 Seniors Choir 	12
Thanksgiving Day Centre Close	15 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	16 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	17 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup ◆ 10:00-3:00 Seniors program 	18 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	19
21 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group2 	22 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	23 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	24 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup ◆ 10:00-3:00 Seniors program 	25 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 10:00- 12:00 Caregiver Education Sessions ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) ◆ 2 :00-3 :30 Seniors Choir ◆ 1:00- 3:00 Mature Women Group 	26
28 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 12:00-2:30 Adult Social ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 10:30 Exercise group 1 ◆ 11:15 Snacks Group 1 ◆ 12:00 Snacks group 2 	29 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:30-3:00 Seniors program ◆ 1.30-3.00 Eating For Two ◆ 3:30-4:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	30 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group 	31 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 9:30-11:00 Feeding with Love ◆ 1:30-3:00 Eating for Two ◆ 9:30-12:00 Parent Child Playgroup ◆ 10:00-3:00 Seniors program 		

SATELLITE LOCATIONS

- ◆ **8 TABER ROAD**
- ◆ **44 WILLORIDGE RD**
- ◆ **LAMP CHC**
- ◆ **GEORGE HULL**
- ◆ **STONEGATE CHC**



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