

**REXDALE COMMUNITY HEALTH CENTRE**

**PROGRAMS CALENDAR**

**Main Site: 8 Taber Road**

**September 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <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>	2
4  <b>Centre Close</b>	5 <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>	6 <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>	7 <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>	8 <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>	9
11 <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>	12 <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>	13 <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>	14 <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>	15 <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>	16
18 <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>	19 <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>	20 <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>	21 <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>	22 <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>	23
25 <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>	26 <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>	27 <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>	28 <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>	29 <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>	30

**SATELLITE LOCATIONS**

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



**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)