

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

September 2017-2267 Islington Ave

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|----------|
| | | | | 1 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class | 2 |
| 4 Centre Close | 5 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP | 6 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:05 – 5:30 Kipling Colligate Institute After School Program | 7 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Youth After School Program | 8 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class | 9 |
| 11 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night | 12 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP | 13 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:05 – 5:30 Kipling Colligate Institute After School Program | 14 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Youth After School Program | 15 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class | 16 |
| 18 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night | 19 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP | 20 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:05 – 5:30 Kipling Colligate Institute After School Program | 21 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Youth After School Program | 22 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class | 23 |
| 25 ♦ 11:05 – 11:55 Kipling Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Girls Night | 26 ♦ 11:35 – 12:30Thistletown Colligate Institute Girl’s Program ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 8:00 QMAP | 27 ♦ 12:00 – 1:00 CCAC COPD Exercise Class ♦ 1:00 – 2:00 CCAC COPD Exercise Class ♦ 2:00 – 3:00 CCAC COPD Exercise Class ♦ 3:05 – 5:30 Kipling Colligate Institute After School Program | 28 ♦ 12:00 -1:00 CCAC Falls Prevention Exercise Class ♦ 1:00 -2:00 CCAC Falls Prevention Exercise Class ♦ 2:00 -3:00 CCAC Falls Prevention Exercise Class ♦ 4:00 – 6:00 Youth After School Program | 29 ♦ 10:00 – 12:00 DEP- weight Loss Exercise Class | 30 |

SATELLITE LOCATIONS

♦ **2267 ISLINGTON AVE**



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