

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR:

September 2018- 301-222 Dixon Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 Labour Day Centre Close	4 <ul style="list-style-type: none"> ◆ 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 	5 <ul style="list-style-type: none"> ◆ 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 	6 <ul style="list-style-type: none"> ◆ 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 	7 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	8
10 <ul style="list-style-type: none"> ◆ 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 	11 <ul style="list-style-type: none"> ◆ 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 	12 <ul style="list-style-type: none"> ◆ 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 	13 <ul style="list-style-type: none"> ◆ 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 	14 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	15
17 <ul style="list-style-type: none"> ◆ 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 	18 <ul style="list-style-type: none"> ◆ 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 	19 <ul style="list-style-type: none"> ◆ 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 	20 <ul style="list-style-type: none"> ◆ 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 	21 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	22
24 <ul style="list-style-type: none"> ◆ 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 	25 <ul style="list-style-type: none"> ◆ 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 	26 <ul style="list-style-type: none"> ◆ 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 	27 <ul style="list-style-type: none"> ◆ 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 	28 <ul style="list-style-type: none"> ◆ 10:00 – 12:00 DEP- weight Loss Exercise Class 	29

SATELLITE LOCATIONS

◆ **301- 222 DIXON ROAD**



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