

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1
3 Labour Day Centre Close	4 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 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) 	5 <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 ◆ 1:00- 2:30pm Living life to the Full 	6 <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 ◆ 10:30-11:30 Brain Fitness Workshop 	7 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	8
10 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Service ◆ 9:30-11:00 Eating for Two ◆ 1:00-2:30 Feeding with Love ◆ 10:15 Blood sugar test group 2 ◆ 12:00-3:00 Adult Social Group 	11 <ul style="list-style-type: none"> ◆ 9:30-5:00 Clients Support Services ◆ 10:00-3:00 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) 	12 <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 ◆ 1:00- 2:30pm Living life to the Full 	13 <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 	14 <ul style="list-style-type: none"> ◆ 9:30-4:00 Clients Support Services ◆ 2 :00-3 :30 Seniors Choir ◆ 10:30-11:30 Exercise Program (must be diagnose with Pre -Diabetes or Type 2 Diabetes) 	15
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SATELLITE LOCATIONS

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



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