

REXDALE COMMUNITY HEALTH CENTRE

PROGRAMS CALENDAR

Main Site: 8 Taber Road

Sep 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|-----------|
| 2 Labor Day Centre Close | 3 <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) | 4 <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 | 5 <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 | 6 <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 | 7 |
| 9 <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 | 10 <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) | 11 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:30-2:00 Self Support Group ◆ 2.30-4.30 Hypertension Group | 12 <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 | 13 <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 | 14 |
| 16 <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 | 17 <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) | 18 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group | 19 <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 | 20 <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) | 21 |
| 23 <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 | 24 <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) | 25 <ul style="list-style-type: none"> ◆ 9:30-8:00 Clients Support Services ◆ 12:00-2:00 Self Support Group | 26 <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 | 27 <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 | 28 |
| 30 <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 | | | | | |

**SATELLITE
LOCATIONS**

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



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