



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Open to exploring programming opportunities with community partners for Monday mornings</i>	<i>Open to exploring programming opportunities with community partners for Tuesday mornings</i>	Sewing 10:00 a.m. - 3:00 p.m. (Drop-in)	Newcomer Kitchen partnership every Thursday until March 2021 (if interested please call for further information) & <i>Open to exploring programming opportunities with community partners for Thursdays.</i>	Gentle Tai Chi 11:00 a.m. -12:00 noon (Drop-in)	Adult Drop-In mid October to mid May 9:30 a.m. - 3:00 p.m. (Lunch & coffee, conversation, games, music)
	Sewing 10:00 a.m. - 3:00 p.m. (Please bring a lunch)	Whimsical Wednesdays for Women 10:00 a.m. – 1:00 p.m. (Drop-in; appreciate if participants can show up by 10:30 a.m. & 11:a.m. the latest. Lunch provided for participants only)			
Nifty Knitters 12:30 p.m. - 3:00 p.m. (Drop-in)	Foot Care service partnership with East End CHC, please call reception to arrange an appointment. (Appointment required)	Basic Computer Training 11:00 a.m. – 12 noon OR 1:00 p.m. - 2:00 p.m. (Appointment required)	Indoor Good Food Market all year round ~2:00-5:30 p.m.	Fun Fridays Adult Drop-In 12:30 p.m. - 3:00 p.m. (Snacks & coffee, conversation, games, music)	
		Free hair cuts 1 st Wednesday of each month 1:00 p.m. – 3:00 p.m. (Appointment required)			
Followers of Jesus 1:30 p.m. - 3:00 p.m. (Please call before you attend)	Express Your Self {through writing} Program of Toronto Writers Collective hosted @ Mustard Seed 2:00 p.m. - 3:30 p.m. (Drop-in)	Meditation 2:00 p.m.-3:00 p.m. (Drop-in)			
		<i>Open to exploring programming opportunities with community partners for Wednesday afternoons</i>			
	Community Kitchen 3:00 p.m. - 6:00 p.m. *\$10/ month or \$3/ day (Registration required)				

Schedule last updated January 2020

