




# Fontbonne Ministries

Mustard Seed: 791 Queen Street East, Toronto M4M 1H6

If you have any questions please either call or email Reception at 416-465-6069 or [azimmer@fontbonneministries.ca](mailto:azimmer@fontbonneministries.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm	2  Mindful Movement 1:00-2:30	3  Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00	4  Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00
5  Takeout Lunch 11:30-1:00	6  Knifty Knitters 12:30-3:00	7  Drop In 8:30-11:00 Foot Care 9:00-4:00	8  Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm	9  Mindful Movement 1:00-2:30	10  Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00	11  Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00
12  Takeout Lunch 11:30-1:00	13  MUSTARD SEED CLOSED: STAFF TRAINING	14  Drop In 8:30-11:00 Foot Care 9:00-4:00	15  Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm	16  Mindful Movement 1:00-2:30	17  Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00	18  Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00

WE ARE WHEELCHAIR ACCESSIBLE





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<p>19</p> <p>Father's Day Takeout Lunch 11:30-1:00</p>	<p>20</p> <p><b>MUSTARD SEED CLOSED: STAFF TRAINING</b></p>	<p>21</p> <p>National Indigenous Peoples Day <b>Drop In 8:30-11:00</b> Foot Care 9:00-4:00</p>	<p>22</p> <p>Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market ON HOLD <b>1:00PM MUSTARD SEED CLOSED: STAFF APPRECIATION</b></p>	<p>23</p> <p>Mindful Movement 1:00-2:30</p>	<p>24</p> <p><b>Drop In 8:30-11:00</b> Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00 Foot Care 10:00-2:00 Anishnawbe Health Toronto Mobile Testing 10:30am-3:00pm</p>	<p>25</p> <p>Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00</p>
<p>26</p> <p>Takeout Lunch 11:30-1:00</p>	<p>27</p> <p>Knifty Knitters 12:30-3:00</p>	<p>28</p> <p><b>Drop In 8:30-11:00</b> Foot Care 9:00-4:00</p>	<p>29</p> <p>Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 Good Food Market (Cash only) 2:00pm-4:30pm</p>	<p>30</p> <p>Mindful Movement 1:00-2:30</p>		

All indoor programs with the exception of the take-out lunch and clothing boutique require registration, proof of vaccination, masks and social distancing. Footcare available by drop in or by appointment. Schedule subject to change without notice. Last updated June 2, 2022

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