



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Civic Holiday: Mustard Seed Closed!</p> 	<p>2</p> <p>Drop In 8:30-11:00</p>	<p>3</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>4</p> <p>Mindful Movement 1:00-2:30</p>	<p>5</p> <p>Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00</p>	<p>6</p> <p>Takeout Lunch 11:30-1:00</p>
<p>7</p> <p>Takeout Lunch 11:30-1:00</p>	<p>8</p> <p>Knifty Knitters 12:30-3:00</p>	<p>9</p> <p>Drop In 8:30-11:00 Foot Care 9:00-4:00</p>	<p>10</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>11</p> <p>Mindful Movement 1:00-2:30</p>	<p>12</p> <p>Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00 Anishnawbe Health Toronto Mobile Testing 10:30am-3:00pm</p>	<p>13</p> <p>Takeout Lunch 11:30-1:00</p>





Fontbonne Ministries

<p>14</p> <p>Takeout Lunch 11:30-1:00</p>	<p>15</p> <p>Knifty Knitters 12:30-3:00</p>	<p>16</p> <p>Drop In 8:30-11:00 Foot Care 9:00-4:00</p>	<p>17</p> <p>Foot Care 9:00-4:00 WWW(crafts) 10:30-12:00 GFM CANCELLED</p>	<p>18</p> <p>Mindful Movement 1:00-2:30</p>	<p>19</p> <p>Drop In 8:30-11:00 Clothing/Hygiene 10:00 – 1:00 Takeout Lunch 11:30-1:00</p>	<p>20</p> <p>Takeout Lunch 11:30-1:00</p>
<p>21</p> <p>Takeout Lunch 11:30-1:00</p>	<p>22</p> <p>Knifty Knitters 12:30-3:00</p>	<p>23</p> <p>Drop In 8:30-11:00 Foot Care 9:00-4:00</p>	<p>24</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>25</p> <p>Mindful Movement 1:00-2:30</p>	<p>26</p> <p>Drop In 8:30-11:00 Foot Care 10:00-2:00 Takeout Lunch 11:30-1:00</p>	<p>27</p> <p>Takeout Lunch 11:30-1:00</p>
<p>28</p> <p>Takeout Lunch 11:30-1:00</p>	<p>29</p>	<p>30</p> <p>Drop In 8:30-11:00 Foot Care 9:00-4:00</p>	<p>31</p> <p>Foot Care 9:00-4:00 Good Food Market (Cash only) 2:00pm-4:30pm</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 July 27, 2022

WE ARE WHEELCHAIR ACCESSIBLE

