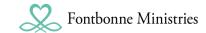
SEPTEMBER

Mustard Seed Programming 791 Queen Street East: 416-465-6069



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Footcare and Haircuts by appointment. Please contact front desk or call 416-465-6069	** All Nellie's programs are for anyone who identifies as a woman	29	30	31	8:30am-1:00pm: Drop-In & Computers 10:00am-1:00pm: Clothing Boutique 10:00am-1:00pm: Housing Help (Nellie's)** 11:30am-1:00pm Take-Out Lunch	
03 0:00am-1:00pm: Drop-In/Computers 1:30am-1:00pm: Take-Out Lunch	***Please Note*** Mustard Seed CLOSED due to STAT Holiday	8:30am-1:00pm: Drop-In/ Computers 9:00am-4:00pm: Foot Care Clinic 12:00pm-1:00pm: Food Bank (Nellie's)**	9:00am-4:00pm: Foot Care Clinic 10:30am-12:00pm: Crafts for Women 1:00-2:00pm: Senior Women's Computer Tutoring (Nellie's)** 2:00pm-4:30pm: Good Food Market	07	8:30am-1:00pm: Drop-In & Computers 10:00am-1:00pm: Clothing Boutique 10:00am-1:00pm: Housing Help (Nellie's)** 11:30am-1:00pm Take-Out Lunch	11:30am-1:00pm Take-out Lunch
10 0:00am-1:00pm: Drop-In/Computers 1:30am-1:00pm: Take-Out Lunch	8:30am-1:00pm Drop-In & Computers 1:00pm-3:00pm Kniffty Knitters	8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: Foot Care Clinic 12:00pm-1:00pm: Food Bank (Nellie's)**	9:00am-4:00pm: Foot Care Clinic 10:30am-12:00pm: Crafts for Women 1:30-2:30pm: Wellness Yoga (Nellie's)** 2:00pm-4:30pm: Good Food Market	14	8:30am-1:00pm: Drop-In & Computers 10:00am-1:00pm: Clothing Boutique 10:00am-1:00pm: Housing Help (Nellie's)** 11:30am-1:00pm Take-Out Lunch	11:30am-1:00pm Take-out Lunch
17 0:00am-1:00pm: Drop-In/Computers 1:30am-1:00pm: Take-Out Lunch	18 8:30am-1:00pm Drop-In & Computers 1:00pm-3:00pm Kniffty Knitters	8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: Foot Care Clinic 12:00pm-1:00pm: Food Bank (Nellie's)**	9:00am-4:00pm: Foot Care Clinic 10:30am-12:00pm: Crafts for Women 1:00-2:00pm: Senior Women's Computer Tutoring (Nellie's)** 1:30-3:30 pm SRCHC Peer Apprentice Meeting Group 2:00pm-4:30pm: Good Food Market	12 NOON	8:30am-1:00pm: Drop-In & Computers 10:00am-1:00pm: Clothing Boutique 10:00am-1:00pm: Housing Help (Nellie's)** 11:30am-1:00pm Take-Out Lunch	11:30am-1:00pm Take-out Lunch
0:00am-1:00pm: Orop-In/Computers 1:30am-1:00pm: Take-Out Lunch	8:30am-1:00pm Drop-In & Computers 1:00pm-3:00pm Kniffty Knitters	26 8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: Foot Care Clinic 11:30am-2:00pm: Haircuts 12:00pm-1:00pm: Food Bank (Nellie's)**	9:00am-4:00pm: Foot Care Clinic 10:30am-12:00pm: Crafts for Women 1:30-2:30pm: Wellness Yoga (Nellie's) ** 2:00pm-4:30pm: Good Food Market	28	8:30am-1:00pm: Drop-In & Computers 10:00am-1:00pm: Clothing Boutique 10:00am-1:00pm: Housing Help (Nellie's)** 11:30am-1:00pm Take-Out Lunch	30 11:30am-1:00pm: Take-out Lunch

