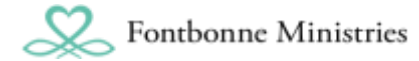


2024 JULY

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01 CLOSED No Drop-in Today STAT Holiday	02 8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: *Foot Care	03 9:00am-4:00pm: *Foot Care 10:30am-12:00pm: *Craft for women 2:00pm-4:00pm: Good Food Market	04	05 8:30am-1:00pm: Drop-In & Computers 9:30am-10:30am: Men's Clothing 10:30am-11:30am: Women's Clothing 11:30am-12:30pm: Meal/Lunch	06 10:00am-1:00pm: Drop-In & Computers 11:30am-12:30pm: Meal/Lunch
07 10:00am-1:00pm: Drop-In & Computers 11:30am-12:30pm: Meal/Lunch	08 8:30am- 1:00pm: Drop-In & Computers	09 8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: *Foot Care	10 9:00am-4:00pm: *Foot Care 10:30am-12:00pm: *Craft for women 2:00pm-4:00pm: Good Food Market	11	12 8:30am-1:00pm: Drop-In & Computers 9:30am-10:30pm: Men's Clothing 10:30am-11:30pm: Women's Clothing 11:30am-12:30pm: Meal/Lunch	13 10:00am-1:00pm: Drop-In & Computers 11:30am-1:00pm: Meal/Lunch
14 10:00am-1:00pm: Drop-In & Computers 11:30am-12:30pm: Meal/Lunch	15 CLOSED No Drop-in Today	16 8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: *Foot Care	17 9:00am-4:00pm: *Foot Care 10:30am-12:00pm: *Craft for women 2:00pm-4:00pm: Good Food Market	18	19 8:30am-1:00pm: Drop-In & Computers 9:30am-10:30pm: Men's Clothing 10:30am-11:30pm: Women's Clothing 11:30am-12:30pm: Meal/Lunch	20 10:00am-1:00pm: Drop-In & Computers 11:30am-1:00pm: Meal/Lunch
21 10:00am-1:00pm: Drop-In & Computers 11:30am-12:30pm: Meal/Lunch	22 8:30am- 1:00pm: Drop-In & Computers	23 8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: *Foot Care	24 9:00am-4:00pm: *Foot Care 10:30am-12:00pm: *Craft for women 2:00pm-4:00pm: Good Food Market	25	26 8:30am-1:00pm: Drop-In & Computers 9:30am-10:30pm: Men's Clothing 10:30am-11:30pm: Women's Clothing 11:30am-12:30pm: Meal/Lunch	27 10:00am-1:00pm: Drop-In & Computers 11:30am-1:00pm: Meal/Lunch
28 10:00am-1:00pm: Drop-In & Computers 11:30am-12:30pm: Meal/Lunch	29 8:30am- 1:00pm: Drop-In & Computers	30 8:30am-1:00pm: Drop-In & Computers 9:00am-4:00pm: *Foot Care	31 9:00am-4:00pm: *Foot Care 10:30am-1:00pm: *Haircuts 10:30am-12:00pm: *Craft for women 2:00pm-4:00pm: Good Food Market	01	02 *Footcare and Haircuts by appointment only. Please register at Front Desk or by calling 416-465- 6069	03 *Craft for women by registration only. Please register at Front Desk or by calling 416-465- 6069