



MUSTARD SEED

# Fontbonne Ministries

SISTERS OF ST. JOSEPH, TORONTO

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Sewing</b> <b>10:00-3:00</b>  <i>Bring a lunch</i>	<b>Sewing</b> <b>10:00-3:00</b>			<b>Adult Drop-In</b> <b>October-May 13th</b> <b>9:30-3:00</b>  <i>Lunch, conversation,</i> <i>games, music, coffee</i>
	<b>Express Your Self</b> <b>{through writing}</b> <b>2:00-3:30</b>	<b>Whimsical Wednesdays</b> <b>for Women</b> <b>10:00-3:00</b>  <i>Crafts, conversation, music</i>		<b>Gentle Tai Chi</b> <b>11:00-12:00</b>	
<b>Nifty Knitters</b> <b>1:00-3:00</b>  <i>Learn to knit and crochet</i> <i>or work on your own</i> <i>project.</i>	<b>Basic Computer</b> <b>Training</b> <b>2:00-4:00</b>  <i>By Appointment Only</i>	<b>Meditation</b> <b>2:00-3:00</b>		<b>Fun Fridays Adult</b> <b>Drop-In</b> <b>12:30-3:00</b>  <i>Snacks, conversation,</i> <i>games, music, coffee</i>	
<b>Followers of Jesus</b> <b>1:30-3:00</b>  <i>Registration required.</i>	<b>Foot Care</b> <b>Afternoons</b>  <i>By appointment only</i>  <i>Registration required</i>	<b>Foot Care</b> <b>Afternoons</b>  <i>By appointment only</i>  <i>Registration required</i>			
	<b>Community Kitchen</b> <b>3:00-5:30</b>  <i>*\$10/month or \$3/day</i>  <i>Registration required.</i>				