



MUSTARD SEED

Fontbonne Ministries

SISTERS OF ST. JOSEPH, TORONTO

791 Queen Street East, Toronto, ON M4M 1H6
 416-465-6069 infomustardseed@csj-to.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sewing 10:00-3:00 <i>Bring a lunch</i>	Sewing 10:00-3:00 <i>Bring a lunch</i>	Sewing 10:00-3:00 <i>Lunch provided.</i>			Adult Drop-In October-May 14th 9:30-3:00 <i>Lunch, conversation,</i> <i>games, music, coffee</i>
	Express Your Self {through writing} 2:00-3:30	Whimsical Wednesdays for Women 10:00-3:00 <i>Crafts, conversation, music</i>		Gentle Tai Chi 11:00-12:00	
Nifty Knitters 1:00-3:00 <i>Learn to knit and crochet</i> <i>or work on your own</i> <i>project.</i>	Basic Computer Training 2:00-4:00 <i>By Appointment Only</i>	Meditation 2:00-3:00		Fun Fridays Adult Drop-In 12:30-3:00 <i>Snacks, conversation,</i> <i>games, music, coffee</i>	
Followers of Jesus 1:30-3:00 <i>Registration required.</i>	Foot Care Afternoons <i>By appointment only</i> <i>Registration required</i>	Foot Care Afternoons <i>By appointment only</i> <i>Registration required</i>	Foot Care Afternoons <i>By appointment only</i> <i>Registration required</i>		
	Community Kitchen 3:00-5:30 <i>*\$10/month or \$3/day</i> <i>Registration required.</i>				

Website: www.fontbonneministries.ca

Updated October 2016