

**Toronto Guild of Stitchery March 2023 Retreat**  
**Come and Retreat to where we held "Seminar2022- Hues in Harmony"!**

Hello Stitchers! I need to know if you are interested in this retreat.

No commitment is required at this time.

Numbers for those interested in the OPTION of daytime Friday stitching and meals are not required at this time.

**We need a minimum of 25 interested in the Retreat in order to hold it.**

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If interested, Please send an email to [heatherjames@gmail.com](mailto:heatherjames@gmail.com) by **October 21, 2022** with the word RETREAT in the subject and **YES** in the body.

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Bank of Montreal's Institute for Learning (IFL)  
3550 Pharmacy Avenue (at Steeles)  
Toronto, ON  
[www.bmoifl.com](http://www.bmoifl.com)

**March 24 - 26, 2023**

Timing: Retreat is Dinner at 6PM from Friday, through until after coffee break (afternoon) on Sunday (They close at 5pm).

Inclusions: Everything you need is included - Meals, nourishment hubs\* for morning and afternoon, parking, wifi, private rooms with ensuite bath (absolutely no sharing), gym, pool, etc. Tipping is not allowed. The cash bar is open daily from 5pm and serves snacks/alcohol and beverages. Food, snacks, alcohol and beverages from off-site are not permitted.

We have classroom 104 (the double sided windowed classroom) reserved for us. We can set up our stitching and leave it there for the duration. We can set the desks into whatever pattern we like - or change them. Bring a battery operated light in case there are some cloudy moments or for stitching early/late.

The cost is \$295/night plus HST of 13% so \$590 + 76.70 = **\$666.70** (We have been able to retain the May pricing - currently daily rate is \$350! So let's go and show our appreciation!)

There is an OPTION available for those that would wish to arrive Friday after 9am and stitch all day until dinner (Dinner is when the Retreat Officially starts)

Coffee breaks (morning and afternoon) and lunch would be included.

Meeting room 206 is reserved for this - and we don't need 25 to attend.

If you would like to take this OPTION the additional cost would be \$100 + 13% = **\$113.00**

If you wish to know about this beautiful site or for more information on Nourishment Hubs\* ask someone who went to Seminar! We were so taken with the facilities and the many creature comforts offered - including *Excellent* food regardless of dietary needs - that we wanted to come back, relax and enjoy "being taken care of" again while we indulge our favourite passion

with fellow stitchers. We realize that this is at a top price point but it was felt that "the IFL is worth it". It's a beautiful, delicious splurge. Hope you can join us!

Heather James

Past President, Toronto Guild of Stitchers

Past Co-Chair, Seminar 2022 with Pia Kallas-Harvey

\*Nourishment hubs refer to a bountiful choice of snacks and beverages available for a morning, and afternoon, break from stitching. They usually include gourmet coffees and a variety of teas, a huge assortment of pop and waters, hot snacks (like spinach puff pastries, quiche square, house made cookies or muffins etc.), fruits, yogurts, protein bars and in the afternoon may include a nut & seed medley, chips and cheesies along with the beverages and hot snacks. You don't really need to taste it all, but it was all delicious and a great treat to look forward to! Refer to the website [www.bmoifl.com](http://www.bmoifl.com) for more information on the food and beverages - all included in the price. (Alcohol is available, but not included).