



# SEPTEMBER 2024

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

2   
**Office Closed**

3 10am-4pm  
K.S.I.C.  
  
10-11am  
Tai Chi

4 10-11am  
S.A.I.L.  
1-2pm  
Chair Yoga  
1:30-3:30pm  
Write & Share Group  
2-4pm  
Cribbage Club

5 9-10am  
Gentle Yoga  
  
1-4pm  
K.S.I.C.

6 10-11am  
S.A.I.L.  
  
3:30-6pm  
Washington Old Time  
Fiddlers Assoc.



9 **9am  
Caregiver Academy**  
10-11am  
S.A.I.L.  
11:30am-12:30pm  
Brunch  
1-2pm  
Bingo

10 10am-4pm  
K.S.I.C.  
10-11am  
Tai Chi  
1-3pm  
Legal Aid

11 10-11am  
S.A.I.L.  
1-2pm  
Chair Yoga  
1:30-3:30pm  
Write & Share Group

12 9-10am  
Gentle Yoga  
**1-4pm  
Decorative Wood  
Painting Class**  
1-4pm  
K.S.I.C.

13 10-11am  
S.A.I.L.  
  
**Cafe closed for  
Volunteer Celebration**

14 **2-5pm  
Open Mic**

16 10-11am  
S.A.I.L.  
2-3pm  
Caregiver Support  
1-4pm  
K.S.I.C.

17 10-11am  
Tai Chi  
10am-4pm  
K.S.I.C.  
2-4pm  
Hootenanny  
**4-6pm  
Artist Reception**

18 10-11am  
S.A.I.L.  
1-2pm  
Chair Yoga  
1:30-3:30pm  
Write & Share Group  
2-4pm  
Cribbage Club

19 9-10am  
Gentle Yoga  
  
1-4pm  
K.S.I.C.

20 10-11am  
S.A.I.L.



23 10-11am  
S.A.I.L.  
1-4pm  
K.S.I.C.

24 10-11am  
Tai Chi  
10am-4pm  
K.S.I.C.

25 10-11am  
S.A.I.L.  
1-2pm  
Chair Yoga  
1:30-3:30pm  
Write & Share Group

26 9-10am  
Gentle Yoga  
11am  
Key Pen Book Club  
**1pm  
Elder Law Community  
Forum**

27 10-11am  
S.A.I.L.



30 10-11am  
S.A.I.L.  
1-4pm  
K.S.I.C.

1 10-11am  
Tai Chi  
10am-4pm  
K.S.I.C.



**See back for prices/details.  
Contact us: (253)884-9814  
TMSPinfo@themustardseedproject.org**  
  
**Mustard Seed Cafe open Monday through Friday from  
11am to 2pm for lunch, 10am to 4pm for snacks & coffee!**

## EVENTS & PROGRAMS

### **Washington Old Time Fiddlers Association, first Friday of each month, 3:30-6pm**

Bring your instrument and have some fun with the WOTFA.

### **Brunch & Bingo, September 9, 11:30am-2pm**

Join us for a delicious brunch (\$5) from 11:30am-12:30pm and stick around for a few rounds of bingo! You could win a cool prize. This event is typically on the 1st Monday of the month.

### **Write & Share Group w/ Carolyn Wiley, Wednesdays, 1:30-3:30pm**

This is an on-going group focused on creating new pieces, reading poetry, and sharing their work. **\$5 per session.**

### **Cribbage Club, September 4 & September 18, 2-4pm**

Cribbage Club is for all levels of players, beginner to advanced! Come play or learn. This is a free event.

### **Artist Reception, September 17, 4-6pm**

Come view stunning art work from Judi Cleghorn and Cindy Johnson. Refreshments will be provided.

### **Decorative Wood Painting Class, September 12, 1pm**

Come paint a beautiful 14" wood sign to display in your home. Choose your own fall-themed design! All supplies and hands-on assistance provided. \$15/person. Call or email to reserve your spot 253-884-9814, [tmspinfo@themustardseedproject.org](mailto:tmspinfo@themustardseedproject.org)

### **Open Mic Cafe, Saturday, September 14, from 2-5pm**

From poetry to song, feel free to share your talents during this open mic cafe! Light refreshments available.

### **Hootenanny, Every 3rd Tuesday, 2-4pm**

Two hours of live music!

### **Key Pen Book Club, Every 4th Thursday at 11am**

September's book selection is Presidential Lottery: A Famous Author Exposes the Reckless Gamble that Could Destroy our Country by James Michener. Optional: Stay for lunch at the Mustard Seed Cafe and get to know fellow readers.

### **Community Forum - Elder Law, Legacy Giving, September 26 at 1pm**

An elder law attorney will share valuable insights into the estate planning process. Join us for this FREE event.

### **Caregiver Academy, September 9-27, 9am-5pm**

In partnership with Homewatch Caregivers and the Rotary Club of Gig Harbor, we are starting a Caregiver Academy. This is a Certified Home Care Aid Program. Monday, Tuesday, Friday. \$75 fee for materials (scholarships available). To register or learn more email [programs@themustardseedproject.org](mailto:programs@themustardseedproject.org).

## RESOURCES

### **TacomaProBono Legal Aid, Every 2nd Tuesday, 1-3pm**

Drop-in information and legal assistance from experts at TacomaProBono. Can help with: Basic legal questions, landlord-tenant issues, family law, advice, & resources. Walk-ins welcome.

### **Caregiver Support Group, 3rd Mondays, 2-3pm**

This is a safe place for unpaid caregivers, their family, and friends to exchange practical information.

### **Key Senior Information Center, Monday, Wednesday, & Thursday 1-4pm and Tuesday 10am-4pm**

KSIC is a free service providing information and referrals for seniors and their families. KSIC is generally staffed by volunteers Mon. through Thurs. Walk-ins are welcome.

## EXERCISE CLASSES

### **S.A.I.L Class, Every Mon., Wed., & Fri., 10-11am**

Stay Active & Independent for Life are classes specifically designed for those 65+ to improve balance and mobility.

**\$70/15 Class Punch Card or \$5/Drop In. \*Pre-Registration Paperwork Required**

### **Beginning Tai Chi, Tuesdays from 10-11am**

Improve your balance, focus and overall health. Instructor: Angela Roggenhofer. Drop-ins welcome. \$5/class

### **Gentle Yoga, Thursdays, 9-10am**

Gentle Yoga focuses on range of motion, building strength, and relaxation. **\$70/15 Class Punch Card or \$5/Drop In.**

### **Chair Yoga, Wednesdays, 1-2pm**

This is a great exercise option for those who cannot get on and off the floor. The moves will leave you feeling refreshed.

**\$70/15 Class Punch Card or \$5/Drop In.**