



# OCTOBER 2024

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

<p>30 10-11am S.A.I.L.  1-4pm K.S.I.C.</p>	<p>1 10am-4pm K.S.I.C.  10-11am Tai Chi</p>	<p>2 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write &amp; Share Group 2-4pm Cribbage Club</p>	<p>3 9-10am Gentle Yoga 1-4pm K.S.I.C. <b>1pm Home Care vs. Home Health and Hospice</b></p>	<p>4 10-11am S.A.I.L.  3:30-6pm Washington Old Time Fiddlers Assoc.</p>	<p>5 </p>
<p>7 10-11am S.A.I.L.  11:30am-12:30pm Brunch 1-2pm Bingo</p>	<p>8 10-11am Tai Chi  <b>12pm Master Gardener Talk</b>  1-3pm Legal Aid</p>	<p>9 10-11am S.A.I.L.  1-2pm Chair Yoga 1:30-3:30pm Write &amp; Share Group</p>	<p>10 <b>Cafe closed &amp; classes canceled for Fall Health Fair</b>  <b>10am-3pm Fall Health Fair</b></p>	<p>11  10-11am S.A.I.L.</p>	<p>12 </p>
<p>14 10-11am S.A.I.L.  <b>12:30pm Indigenous Peoples' Day Film Screening</b>  1-4pm K.S.I.C.</p>	<p>15 10-11am Tai Chi 10am-4pm K.S.I.C.  2-4pm Hootenanny</p>	<p>16 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write &amp; Share Group 2-4pm Cribbage Club</p>	<p>17 9-10am Gentle Yoga  <b>1pm Discussion on Accessible Housing</b>  1-4pm K.S.I.C.</p>	<p>18  10-11am S.A.I.L.</p>	<p>19 </p>
<p>21 <b>S.A.I.L. canceled</b>  <b>9am-1pm Mammogram Clinic</b>  2-3pm Caregiver Support</p>	<p>22 10-11am Tai Chi 10am-4pm K.S.I.C.</p>	<p>23 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write &amp; Share Group</p>	<p>24 9-10am Gentle Yoga 11am Key Pen Book Club <b>1pm Decorative Wood Painting Class</b></p>	<p>25  10-11am S.A.I.L.</p>	<p>26 </p>
<p>28  10-11am S.A.I.L.  1-4pm K.S.I.C.</p>	<p>29  10-11am Tai Chi 10am-4pm K.S.I.C.</p>	<p>30 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write &amp; Share Group</p>	<p>31 9-10am Gentle Yoga  <b>5-7pm Trick-or-Treating at The Village</b></p>	<p><b>See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org</b>  <b>Mustard Seed Cafe open Monday through Friday from 11am to 2pm for lunch!</b></p>	

## 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, October 7, 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.**

### **Home Care vs. Home Health and Hospice, October 3 at 1pm**

Home care and Home Health care are types of in-home caregiving, but they differ in many ways. Paula Neidengard, RN from Right At Home In Home Care, and a representative from Continuum Hospice will discuss the differences.

### **Fall Health Fair, October 10, 10am-3pm**

This is a free event. Get your COVID and flu vaccines. Listen to presentations on Medicare, Staying Upright & Active, Senior Nutrition, and more. Enjoy free, homemade chili & cornbread.

### **Cribbage Club, October 2 & October 16, 2-4pm**

This is for all levels of players! This is a free event.

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

Two hours of live music!

### **Discussion on Accessible Housing October 17 at 1pm**

The South Sound Housing Affordability Partners (SSHA3P) want to know: What changes to your home would make it more useable and comfortable for you? Attend a discussion to tell us! Contact us to reserve your spot.

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

The book selection for October is "The Black Count: Glory, Revolution, Betrayal and The Real Count of Monte Cristo" by Tom Reiss.

### **Treat-or-Treat at The Village, October 31 from 5-7pm**

Go door-to-door inside the assisted living homes and get candy from every apartment! Open to all little ghosts and goblins!

### **Year-Round Bulbs in the Maritime PNW, October 8, 12pm**

WSU Master Gardener, Karlina Packard, will talk about caring for bulbs in the PNW. {resented by the Asternot Garden Club.

### **Mammogram Clinic, Monday, October 21, 9am-2pm**

Call Mardi Landry of Community Health Care at 253-722-1765 to set up an appointment. Have your insurance information handy when you call to make the appointment.

### **Decorative Wood Painting Class, October 24, 1pm**

Paint a winter-themed wood sign to display in your home! \$15/person. Please reserve your spot by calling 253-884-9814.

## 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. 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.

### **\$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.**