

# NOVEMBER 2024



**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

See back for prices/details.  
Contact us: (253)884-9814 [TMSPinfo@themustardseedproject.org](mailto:TMSPinfo@themustardseedproject.org)

**Mustard Seed Cafe open Monday through Friday  
from 11am to 2pm for lunch!**

**Ride our shuttle bus on Mondays & Wednesdays direct from your  
home to our center. Call 253-884-2216 to reserve your spot.**

31  
**Gentle Yoga Canceled**

**5-7pm  
Trick-or-Treating at  
The Village**

1  
10-11am  
S.A.I.L.  
  
3:30-6pm  
Washington Old Time  
Fiddlers Assoc.



2  
**2-5pm  
Open Mic**

4  
10-11am  
S.A.I.L.  
  
11:30am-12:30pm  
Brunch  
  
1-2pm  
Bingo

5  
10-11am  
Tai Chi  
  
10am-4pm  
K.S.I.C.

6  
10-11am  
S.A.I.L.  
  
**Chair Yoga Canceled**  
  
1:30-3:30pm  
Write & Share Group  
2-4pm  
Cribbage Club

7  
9-10am  
Gentle Yoga  
  
1-4pm  
K.S.I.C.

8  
  
10-11am  
S.A.I.L.

11  
**Veterans Day  
TMSP closed**



12  
10-11am  
Tai Chi  
  
1-3pm  
Legal Aid  
  
**4-6pm  
Artist Reception and  
Pop-up Craft Fair**

13  
10-11am  
S.A.I.L.  
  
1-2pm  
Chair Yoga  
1:30-3:30pm  
Write & Share Group  
1-4pm  
Cards & Games

14  
9-10am  
Gentle Yoga  
  
**1pm  
Veterans Affairs  
Community Forum**  
  
1-4pm  
K.S.I.C.

15  
  
10-11am  
S.A.I.L.



18  
10-11am  
S.A.I.L.  
  
1-4pm  
Cards & Games  
  
2-3pm  
Caregiver Support

19  
10-11am  
Tai Chi  
  
10am-4pm  
K.S.I.C.  
  
2-4pm  
Hootenanny

20  
10-11am  
S.A.I.L.  
1-2pm  
Chair Yoga  
1:30-3:30pm  
Write & Share Group  
2-4pm  
Cribbage Club

21  
9-10am  
Gentle Yoga  
  
11am  
Key Pen Book Club  
  
1-4pm  
K.S.I.C.

22  
  
10-11am  
S.A.I.L.

23

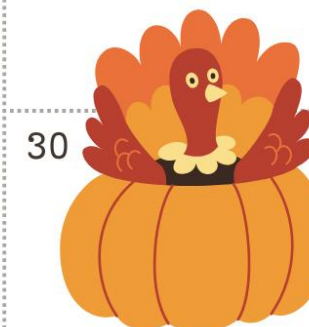
25  
10-11am  
S.A.I.L.  
  
1-4pm  
Cards & Games  
  
1-4pm  
K.S.I.C.

26  
10-11am  
Tai Chi  
  
10am-4pm  
K.S.I.C.  
  
**2-4pm  
Crafternoon**

27  
10-11am  
S.A.I.L.  
1-2pm  
Chair Yoga  
1-4pm  
Cards & Games  
1:30-3:30pm  
Write & Share Group

28  
**HAPPY  
THANKS  
GIVING**  
**TMSP closed**

29  
Native American  
Heritage Day  
**TMSP closed**



## EVENTS & PROGRAMS

### **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!

### **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, November 4, 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.**

### **Open Mic Event, Saturday, November 9, 2-5pm**

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

### **Cards & Games, Mondays & Wednesdays, 1-4pm**

Looking for something fun to do on a rainy afternoon? Join us for games, cards, and conversation. Come meet new friends, play some games and enjoy a cup of coffee or tea.

### **Veterans Affairs Community Forum, November 14, 1-2pm**

Veterans Affairs Specialist Aaron Steele will share important information about qualifying for VA benefits. This is a free event.

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

Two hours of live music!

### **Key Pen Book Club, November 21, 11am**

This month's book club pick is "Personal History: A Memoir" by Katharine Graham. It will be led by Maureen Reilly. Review of the book in the September Key Pen News.

### **Art Tarts Reception & Pop-Up Craft Fair, November 12, 4-6pm**

Join us for an artist reception and complete some of your holiday shopping at the pop-up craft fair.

### **Holiday Crafternoon, Tuesday, November 26, 2-4pm**

You can choose your own holiday craft! We will have supplies to create a centerpiece on a wood round, gift tags with dried oranges and beads, or painted wood ornaments. This is a free event. Call or email to reserve your spot. 253-884-9814, [tmspinfo@themustardseedproject.org](mailto:tmspinfo@themustardseedproject.org)

### **Cribbage Club, November 6 & November 20, 2-4pm**

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

## 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.**