

DECEMBER 2024

MON	TUE	WED	THU	FRI	SAT
2 10-11am S.A.I.L. 11:30am-12:30pm Brunch 1-2pm Bingo	3 10-4pm 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 9am to 12pm Mammogram Clinic Gentle Yoga Canceled	6 10-11am S.A.I.L. 3:30-6pm Washington Old Time Fiddlers Assoc.	
9 Cafe Closed 10-11am S.A.I.L. 11am-1pm Knitting Class	10 Tai Chi Canceled 11am-1pm Santa for Seniors Cafe Closed	11 S.A.I.L. Canceled Cafe Closed 11am-1pm Santa for Seniors 1:30-3:30pm Write & Share Group	12 Gentle Yoga Canceled Cafe Closed 1-4pm K.S.I.C.	13 Cafe Closed 10-11am S.A.I.L.	14 
16 10-11am S.A.I.L. 11am-1pm Knitting Class 2-3pm Caregiver Support	17 10-11am Tai Chi 1-3pm Legal Aid 2-4pm Crafternoon- Cookie Decorating 2-4pm Hootenanny	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. 11am Key Pen Book Club	20 10-11am S.A.I.L. Pick up your cookies for a Cause order before 4pm!	21 
23 10-11am S.A.I.L. No Knitting Class 1-4pm K.S.I.C.	24 Christmas Eve TMSP Closed	 25 Christmas Day TMSP Closed Hanukkah Begins	26 TMSP Closed	27 10-11am S.A.I.L. Cafe Closed	
30 Cafe Closed 10-11am S.A.I.L. No Knitting Class	 31 New Years Eve TMSP Closed	1 New Years Day TMSP Closed 2025	<p style="text-align: center;">See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org</p> <p style="text-align: center;">Mustard Seed Cafe open Monday through Friday from 11am to 2pm for lunch!</p> <p style="text-align: center;">Ride our shuttle bus on Mondays & Wednesdays direct from your home to our center. Call 253-884-2216 to reserve your spot.</p>		

EVENTS & PROGRAMS

Brunch & Bingo, December 2, 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.

Knitting Classes, Mondays, 11am-1pm

Join the Two Waters Arts Alliance for knitting classes! 4 classes is \$25, while drop-ins are \$8 a class. All experience levels are welcome. Bring your own projects or learn to make a hat or scarf!

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.**

Mammogram Clinic, December 5, 9am to 12pm

Call Mardi Landry of Community Health Care at 253-592-8863 to set up an appointment. Have your insurance information handy when you call to make the appointment.

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

Bring your instrument and have some fun with the WOTFA.

Santa for Seniors, December 10 & 11, 11am-1pm

Join us for a delicious holiday meal, gifts, music, and fun! We will have special performances from The South Sound Strummers and the Key Peninsula Middle School student choir. Call to reserve your spot at this FREE event for seniors (60+) on the KP. 253-884-9814

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Key Pen Book Club, December 19, 11am

The book selection for December is The Shepherd, the Angel, and Walter the Christmas Miracle Dog by Dave Barry.

Cookies for a Cause Sale! Order today!

Support seniors in your community. All cookies are made fresh at the Mustard Seed. \$15 for a small cookie tin (6-8 cookies). \$20 for a large cookie tin (10-12 cookies). Call us to place your order. Pick up your cookies on December 20.

Holiday Crafternoon, Tuesday, December 17, 2-4pm

We will enjoy an afternoon of cookie decorating! You choose your cookie shapes, learn a few tips for frosting with royal icing, and then head home with your holiday cookies! This is a free event. Please reserve your spot. 253-884-9814, tmspinfo@themustardseedproject.org

Cribbage Club, December 4 & December 18, 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.**