

# JANUARY 2025

**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!**

1 **New Years Day**  
**TMSP Closed**  


2  
 10-11am  
 Gentle Yoga  
  
 1-4pm  
 K.S.I.C.

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



6  
 10-11am  
 S.A.I.L.  
 11am-1pm  
 Knitting Class  
 11:30am-12:30pm  
 Brunch  
 1-2pm  
 Bingo

7  
 10am-4pm  
 K.S.I.C.  
  
 10-11am  
 Tai Chi

8  
 10-11am  
 S.A.I.L.  
 1-2pm  
 Chair Yoga  
 1:30-3:30pm  
 Write & Share Group

9  
 10-11am  
 Gentle Yoga  
  
 1-4pm  
 K.S.I.C.

10  
 10-11am  
 S.A.I.L.  
  
**4-6pm**  
**TWAA Art Show**  
**Reception**

11  
  
**2-5pm**  
**Open Mic**

13  
 10-11am  
 S.A.I.L.  
  
 11am-1pm  
 Knitting Class

14  
 10-11am  
 Tai Chi  
  
 1-3pm  
 Legal Aid  
  
**2-4pm**  
**Crafternoon**

15  
 10-11am  
 S.A.I.L.  
 1-2pm  
 Chair Yoga  
 1:30-3:30pm  
 Write & Share Group  
 2-4pm  
 Cribbage Club  
 Tournament

16  
 10-11am  
 Gentle Yoga  
  
**1pm**  
**Community Forum**  
**Animal Rescue**  
  
 1-4pm  
 K.S.I.C.

17  
  
 10-11am  
 S.A.I.L.



20  
**Office closed for**  
**Martin Luther King Jr.**  
**Day!**  


21  
 10-11am  
 Tai Chi  
 2-4pm  
 Hootenanny  
  
**3-4pm**  
**Aging Well: Tools for**  
**Thriving at Every Stage**

22  
 10-11am  
 S.A.I.L.  
 1-2pm  
 Chair Yoga  
 1:30-3:30pm  
 Write & Share Group

23  
 10-11am  
 Gentle Yoga  
  
 11am  
 Key Pen Book Club  
  
 1-4pm  
 K.S.I.C.

24  
  
 10-11am  
 S.A.I.L.



27  
 10-11am  
 S.A.I.L.  
  
 11am-1pm  
 Knitting Class  
  
 2-3pm  
 Caregiver Support

28  
 10-11am  
 Tai Chi  
  
**11am**  
**Low Vision & Macular**  
**Degeneration Support**  
**Group**  
  
**3-4pm**  
**Aging Well Workshop**

29  
 10-11am  
 S.A.I.L.  
 1-2pm  
 Chair Yoga  
 1:30-3:30pm  
 Write & Share Group

30  
 10-11am  
 Gentle Yoga  
  
**1pm**  
**Decorative Wood**  
**Painting Class**  
  
 1-4pm  
 K.S.I.C.

31  
  
 10-11am  
 S.A.I.L.



## EVENTS & PROGRAMS

### **Brunch & Bingo, January 6, 11:30am-2pm**

Join us for brunch (\$5) from 11:30am-12:30pm and stick around for a few rounds of bingo! You could win a cool prize.

### **Knitting Classes, Mondays, 11am-1pm**

Join the Two Waters Arts Alliance for knitting classes! 4 classes for \$25, drop-ins \$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.**

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

Bring your instrument and have some fun with the WOTFA.

### **TWAA Art Show Reception, January 10, 4-6pm**

The Two Waters Arts Alliance presents a juried art show at the Mustard Seed Project from January 2 to February 28. To celebrate, join us for the Art Show Reception!

### **Open Mic , Saturday, January 11, 2-5pm**

From poetry to song, feel free to share your talents! Light snacks available.

### **Crafternoon, Tuesday, January 14, 2-4pm**

Peninsula Hands on Art will lead a "Forest of Birch Trees" watercolor project. Explore the history of artist Gustav Klimt. This is a free event; call or email to reserve your spot.

### **Cribbage Tournament, Wednesday, January 15, 2-4pm**

There will be prizes for the winners! Call to reserve your spot. All levels are welcome! This is a free event.

### **Community Forum, Animal Rescue in Ukraine, January 16, 1pm**

Learn about Tom Bates' work in Ukraine delivering supplies to people in need and evacuating abandoned or injured animals.

### **Key Pen Book Club, January 23, 11am**

January's book club pick is "A Thousand Splendid Suns," by Khaled Hosseini. Everyone is welcome.

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

Two hours of live music!

### **Aging Well: Tools for Thriving at Every Stage, January 21 & 28, February 4, 3-4pm**

Join us for this three-week workshop series! Discover practical tips to stay healthy, active, and connected while engaging with your community.

### **Low Vision & Macular Degeneration Support Group, Jan. 28, 11am**

This Support Group, facilitated by Jerry Krug (himself an AMD patient), will focus on experiences related to low vision and/or age-related macular degeneration. \*This is a one-time event to gauge community interest. The group may evolve into a reoccurring support group.

### **Decorative Wood Painting Class, January 30, 1pm**

Come paint a Valentine's Day themed wood sign to display in your home! \$15/person. Call or email to reserve your spot.

## 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, 10-11am**

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.**