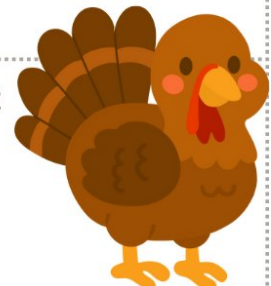


NOVEMBER 2025

MON	TUE	WED	THU	FRI	SAT
3 10-11am S.A.I.L. 11am-1pm Brunch 1-2pm Bingo	4 10-11am Tai Chi	5 10-11am S.A.I.L. 1-2pm Chair Yoga 2-4pm Cribbage Club 4-6pm Artist Reception	6 10-11am Gentle Yoga 1-4pm K.S.I.C. 1pm Community Forum: Ways to support TMSP	7 10-11am S.A.I.L. 3:30-6pm Washington Old Time Fiddlers Assoc.	8 
10  Veterans Day Observed Office Closed	11 10-11am Tai Chi 12pm Life After Loss Support Group 1-3pm Legal Aid	12 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	13 10-11am Gentle Yoga 1-4pm K.S.I.C.	14 10-11am S.A.I.L.	15 2-5pm Open Mic
17 10-11am S.A.I.L. 2pm Care Cafe 3pm Volunteer Interest Event	18 10-11am Tai Chi 2-4pm Hootenanny	19 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group 1-2pm Chair Yoga 2-4pm Cribbage Club	20 10-11am Gentle Yoga 11:15am Key Pen Book Club 1-4pm K.S.I.C. 1pm Avoiding Scams and Fraud	21 10-11am S.A.I.L.	22 
24 10-11am S.A.I.L.	25 10-11am Tai Chi	26 10-11am S.A.I.L. 1-2pm Chair Yoga- Canceled 1:30-3:30pm Write & Share Group	27  Office & Cafe Closed	28 Office & Cafe Closed	29 
1 10-11am S.A.I.L. 11am-1pm Brunch 1-2pm Bingo	2 10-11am Tai Chi 	3 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	4 10-11am Gentle Yoga 1-4pm K.S.I.C. 2pm Crushed Glass Art	See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org The Mustard Seed Cafe serves lunch Monday through Friday from 11 AM to 2 PM.	

EVENTS & PROGRAMS

Brunch & Bingo, November 3, 11am-2pm

Join us for brunch (\$5) from 11am-1pm and stick around for a few rounds of bingo! You could win a cool prize.

Cribbage Club, Wednesday, November 5 & 19, 2-4pm

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

Ways to Support the Mustard Seed Community Forum, November 6, 1 PM

A double tax win for you! Join presenter Rick Oldenburg to learn about four ways to give, get a tax deduction that counts ON TOP of the Standard Deduction, and not disinherit family!

Cards & Games, November 12 & 26, 1-4pm

Join us for games, cards, coffee, and conversation! We will have cards and board games out in the Cafe on Wednesday afternoons. Come meet new friends and play some games.

Open Mic Event, Saturday, November 15, 2-5pm

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

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.

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Volunteer Interest Event, November 17, 3-4 PM

Want to make a difference on the Key Peninsula? Whether it's helping with senior activities, transportation, gardening, or meal delivery, there is a volunteer opportunity for everyone.

Key Pen Book Club, November 20, 11:15am

The book selection is Murderland by Caroline Fraser. Stay after for lunch!

Artist Reception, November 5, 4-6pm

Join us to celebrate local artists Patti Nebel and Helen Dodge! The joint art show, Playful Journey, features oil, mixed media, and pastel paintings.

Community Forum- Avoiding Scams and Fraud, November 20, 1pm

Matt Santelli from Pierce County Aging and Disability Resources will discuss recognizing the most common scams, understanding why seniors are targeted, and learning the steps to take for recovery if you become a victim.

Crushed Glass Art Party, December 4, 2pm

Create your own 12-inch, sparkling sun catcher using vibrant crushed glass and non-toxic sealant. No experience needed. \$50/person. Call to reserve your spot. 253-884-9814 or email programs@themustardseedproject.org

RESOURCES

Life After Loss- Grief Support Group, 2nd Mondays, 12pm

This supportive group offers a safe and compassionate space for individuals grieving the loss of a loved one. Call or email for more information.

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

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

Care Cafe, 3rd Mondays, 2-3pm

We are reimagining our Caregiver Support Group and transforming it into Care Cafe. Caregivers, those they are caring for, friends, and family are all welcome to attend. Care Cafe will be a relaxed & inclusive space for everyone.

Key Senior Information Center, Tuesdays by appointment, Wednesday & Thursday 1-4pm

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