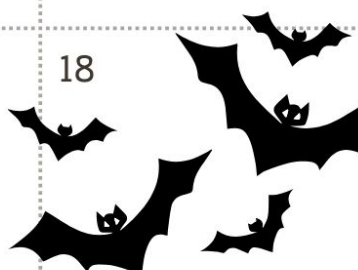





OCTOBER 2025



MON	TUE	WED	THU	FRI	SAT
<p>See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org</p> <p>The Mustard Seed Cafe serves lunch Monday through Friday from 11 AM to 2 PM.</p>		<p>1 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club</p>	<p>2 10-11am Gentle Yoga 1-4pm K.S.I.C. 4pm Artist Reception</p>	<p>3 10-11am S.A.I.L. 3:30-6pm Washington Old Time Fiddlers Assoc.</p>	<p>4 </p>
<p>6 10-11am S.A.I.L. 11am-1pm Brunch 1-2pm Bingo</p>	<p>7 Tai Chi Canceled and Cafe Closed, but join us for chili & cornbread 10am-2pm Fall Health Fair</p>	<p>8 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group</p>	<p>9 10-11am Gentle Yoga 1-4pm K.S.I.C.</p>	<p>10 10-11am S.A.I.L.</p>	<p>11</p>
<p>13 10-11am S.A.I.L. 12pm Life After Loss Support Group 1-4pm K.S.I.C.</p>	<p>14 10-11am Tai Chi 1-3pm Legal Aid 2pm Crafternoon</p>	<p>15 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group 1-2pm Chair Yoga 2-4pm Cribbage Club</p>	<p>16 10-11am Gentle Yoga- Canceled 1-4pm K.S.I.C.</p>	<p>17 10-11am S.A.I.L.</p>	<p>18 </p>
<p>20 10-11am S.A.I.L. 1-4pm K.S.I.C. 2pm Care Cafe</p>	<p>21 10-11am Tai Chi 2-4pm Hootenanny</p>	<p>22 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group</p>	<p>23 10-11am Gentle Yoga- Canceled 11:15am Key Pen Book Club 1-4pm K.S.I.C.</p>	<p>24 10-11am S.A.I.L.</p>	<p>25</p>
<p>27 10-11am S.A.I.L. 1-4pm K.S.I.C.</p>	<p>28 10-11am Tai Chi 2pm Crafternoon</p>	<p>29 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club</p>	<p>30 10-11am Gentle Yoga 1-4pm K.S.I.C.</p>	<p>31 10-11am S.A.I.L. 5-7pm Halloween at The Village</p>	<p>1 </p>

EVENTS & PROGRAMS

Artist Reception, October 2, 4pm

Join us for an artist reception honoring the work of Phyllis Ellermier. Come view the beautifully colorful and intricate art currently on display at the Crandall Center. Light refreshments will be provided.

Cribbage Club, Wednesday, October 1 & 15 from 2-4pm

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

Brunch & Bingo, October 6, 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.

Crafternoon, October 14 at 2 PM

We will spend the afternoon making pressed flower pumpkins. A fun craft for the autumn season. This is a FREE event. Call or email to reserve your spot. 253-884-9814, tmspinfo@themustardseedproject.org.

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!

Key Pen Book Club, October 23, 11:15am

This month's selection is Kindred by Octavia E. Butler. The discussion will be led by Lin. Stay after for lunch!

Crafternoon: Perspective of Mt. Tahoma, October 28, 2 PM

This special Crafternoon is hosted by Peninsula Hands on Art! We will explore the history of Mr. Tahoma (Rainier) and paint our own Mt. Tahoma on three fiberglass squares with foreground, middle-ground, and background elements. This is a FREE event, call or email to reserve your spot.

Halloween at The Village, October 31, 5-7pm

Come Trick-or-Treat at the Mustard Seed Village! The Village is a warm and safe place to spend your Halloween! Go door-to-door inside the assisted living homes and get candy from every apartment. Open to all little ghosts and goblins.

Fall Health Fair, October 7, 10am to 2pm

This event is free to the community. Get your flu vaccine, listen to a live presentation on Medicare Guidance, and chat with representatives from different resources and services in our community. Enjoy FREE, homemade chili and cornbread for lunch in the Mustard Seed Cafe. Don't forget to pick up your free emergency bag full of safety items to keep in your car or at home in case of an emergency.

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, Mondays & Thursdays, 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.**