

JANUARY 2026

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>31  Office Closed</p>	<p>1  Office Closed</p>		<p>2  Office Closed for the Holidays</p>
<p>5 10-11am S.A.I.L. 11am-1pm Brunch 1-2pm Bingo</p>	<p>6 10-11am Tai Chi</p>	<p>7 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club</p>	<p>8 10-11am Gentle Yoga 1-4pm K.S.I.C.</p>	<p>9 10-11am S.A.I.L.</p>	<p>10 </p>
<p>12 10-11am S.A.I.L. 12pm Life After Loss Support Group 1-4pm K.S.I.C.</p>	<p>13 10-11am Tai Chi 1-3pm Legal Aid</p>	<p>14 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group 1-2pm Chair Yoga</p>	<p>15 10-11am Gentle Yoga 1-4pm K.S.I.C.</p>	<p>16 10-11am S.A.I.L.</p>	<p>17 </p>
<p>19  Office closed for MLK Jr. Day</p>	<p>20 10-11am Tai Chi 2-4pm Hootenanny</p>	<p>21 10-11am S.A.I.L. 1-2pm Chair Yoga 2-4pm Cribbage Club Tournament 1:30-3:30pm Write & Share Group</p>	<p>22 10-11am Gentle Yoga 11:15am Key Pen Book Club 1-4pm K.S.I.C.</p>	<p>23 10-11am S.A.I.L.</p>	<p>24 </p>
<p>26 10-11am S.A.I.L. 1-4pm K.S.I.C.</p>	<p>27 10-11am Tai Chi</p>	<p>28 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group 1-2pm Chair Yoga</p>	<p>29 10-11am Gentle Yoga 11am Foot Care Clinic 1-4pm K.S.I.C.</p>	<p>30 10-11am S.A.I.L.</p>	<p>31  3pm Paint & Sip</p>

EVENTS & PROGRAMS

Brunch & Bingo, January 5, 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, January 7 & 21, 2-4pm

Join us for Cribbage Club! All levels from beginner to advanced are welcome. Save the date for our next tournament, January 21st at 2:00pm! Come play or learn. Everyone is welcome and no experience is required.

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, January 10, 2-5pm

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

Decorative Wood Sign Painting, January 15, 1pm

Come paint a beautiful wood sign to display in your home, on your door, or porch. Choose your own design! All supplies and hands-on assistance provided. Hundreds of colors to choose from to customize your sign. \$15/person. Call or email to reserve your spot

253-884-9814, tmspinfo@themustardseedproject.org

Key Pen Book Club, January 22, 11:15am

The book selection is "One for the Morning Glory" by John Barnes. Stay after for lunch!

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Paint & Sip, January 30, 3pm

Save the date for a Paint & Sip at the Crandall Center with talented artist, Adria Hanson. Adria will guide all levels of painters through a step-by-step tutorial of a beautiful landscape painting. Sip on a beverage of your choice and enjoy a fun, relaxing afternoon. Price and painting selection details coming soon. Call to save you spot or get on the interest list. 253-884-9814.

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.

Key Senior Information Center, Mondays, 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.

Foot Care Clinic, January 29, 11am

Podiatrist Dr. Mark D. Nellermoe will be at the Mustard Seed Project with a mobile foot care team. Call to reserve your appointment today. 253-884-9814. Services include a general foot exam, nail care, foot/tissue infection treatment, calluses, corns, and ingrown toenails treatment, and more. Need a ride? Call to reserve a ride on our wheelchair accessible shuttle.

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.**