



September

MON	TUE	WED	THU	FRI	SAT
31 10-11am S.A.I.L.	1 10-11am Tai Chi 	2 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	3 10-11am Gentle Yoga	4 10-11am S.A.I.L. 3:30-6pm Washington Old Time Fiddlers Assoc.	5 
7 TMSP Closed 	8 10-11am Tai Chi 1-3pm Legal Aid	9 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	10 10-11am Gentle Yoga 5-6pm Opening Minds Through Art Reception	11 10-11am S.A.I.L.	12 
14 10-11am S.A.I.L. 11am-1pm Brunch 1-2pm Bingo 12:15pm Life After Loss Support Group	15 10-11am Tai Chi 2-4pm Hootenanny	16 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	17 Cafe Closed for Volunteer Appreciation Event 10-11am Gentle Yoga	18 10-11am S.A.I.L.	19 
21 10-11am S.A.I.L.	22 10-11am Tai Chi 1:30pm Crafternoon	23 10-11am S.A.I.L. 1-2pm Chair Yoga- Canceled 1:30-3:30pm Write & Share Group	24 10-11am Gentle Yoga 11:15am Key Pen Book Club	25 10-11am S.A.I.L.	26
28 10-11am S.A.I.L.	29 10-11am Tai Chi 	30 10-11am S.A.I.L. Caregiving Academy Begins 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	1 10-11am Gentle Yoga 1-4pm Community Sewing Day: Quilts for Vets	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, September 7, 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.

Write & Share Group, Wednesdays, 1:30-3:30pm

This is an ongoing group focused on creating new pieces, reading poetry, and sharing their work.

Cribbage Club, September 2 & 16, 2-4pm

All levels from beginner to advanced. Come play or learn. Everyone is welcome, and no experience is required.

Opening Minds through Art Reception, September 10, 5-6pm

OMA is an award-winning, evidence-based, art-making program. People living with dementia (artists) are paired with volunteers to create art focused on imagination and remaining skills instead of memory and lost skills. OMA enables people living with dementia to assume new roles as artists and share a stunning collection of beautiful artwork. Please join us to celebrate the art created by elders living at The Mustard Seed Village. This is in partnership with Lutheran Community Services NW.

Bloom Bar Crafternoon, September 22, 1:30pm

Come learn how to create your own pressed flower vase. Then, thanks to our friends at Sovn Garden and Muddy Paw Farm, create a bouquet for your vase with fresh & local flowers at the Bloom Bar. Call or email to reserve your spot; space is limited.

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

Bring your instrument and have some fun with the WOTFA.

Key Pen Book Club, September 24, 11:15am

This month's selection is Theo of Golden by Allen Levi, facilitated by Patti Nebel.

Community Sewing Day: Quilts for Vets, October 1, 1-4pm

A special community sewing day to work on patriotic quilts for Veterans. No experience necessary; we have projects for every skill level - sewing fabric together, pressing, cutting, piecing, quilting, binding and more.

Caregiver Academy, September 30 to October 25

Participants will receive all the required hours and training to become a Certified Home Care Aide. Call or email to register, space is limited. It is a partnership with the Rotary Club of Gig Harbor and Homewatch CareGivers!

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

RESOURCES

Life After Loss- Grief Support Group, 2nd Mondays, 12:15pm

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: call or email to make an appointment

KSIC is a free service providing information and referrals for seniors and their families about many topics, including caregiving, Medicare, and other aging-related services. 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. \$7/Drop In. *Pre-Registration Paperwork Required

Beginning Tai Chi, Tuesdays from 10-11am

Improve your balance and overall health. Drop-ins welcome. \$7/class

Gentle Yoga, Thursdays, 10-11am

Gentle Yoga focuses on range of motion, building strength, and relaxation. \$70/11 Class Punch Card or \$7/Drop In.

Chair Yoga, Wednesdays, 1-2pm

This is a great exercise option for those who cannot get on and off the floor. \$70/11 Class Punch Card or \$7/Drop In.