

October

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See back for prices/details.

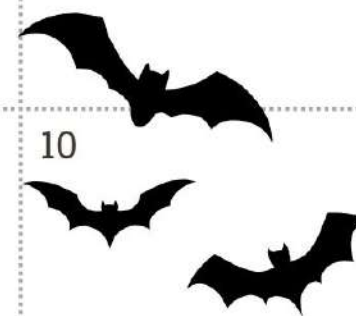
Contact us: (253)884-9814

TMSPinfo@themustardseedproject.org

The Mustard Seed Cafe serves lunch Monday through Friday from 11 AM to 2 PM.



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.			1 10-11am Gentle Yoga 1-4pm Community Sewing Day: Quilts for Vets	2 10-11am S.A.I.L. 11am-12pm BoneFit 3:30-6pm Washington Old Time Fiddlers Assoc.	3
5 10-11am S.A.I.L. 11am-12pm BoneFit 11am-1pm Brunch 1-2pm Bingo	6 10-11am Tai Chi 11am Foot Care Clinic 1-3pm Knitting & Crochet Group	7 10-11am S.A.I.L. 1-2pm Chair Yoga w/ Sound Bath 1:30-3:30pm Write & Share Group 2-4pm The Betty Boop Cribbage Club	8 10-11am Gentle Yoga 1pm Avoiding Online Scams & Fraud Workshop	9 10-11am S.A.I.L. 11am-12pm BoneFit	10
12 TMSP Closed for Indigenous Peoples' Day	13 10-11am Tai Chi 1-3pm Legal Aid	14 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	15 10-11am Gentle Yoga	16 10-11am S.A.I.L. 11am-12pm BoneFit	17
19 Exercise Classes Canceled & Cafe Closed 10am-2pm Fall Health Fair 12:15pm Life After Loss Support Group	20 10-11am Tai Chi 1-3pm Knitting & Crochet Group 2-4pm Hootenanny	21 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Tournament	22 10-11am Gentle Yoga 11:15am Key Pen Book Club 1pm Decorative Wood Sign Painting Class	23 10-11am S.A.I.L. 11am-12pm BoneFit	24
26 10-11am S.A.I.L. 11am-12pm BoneFit \$5 Community Meal	27 10-11am Tai Chi 1-3pm Knitting & Crochet Group	28 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	29 10-11am Gentle Yoga	30 10-11am S.A.I.L. 11am-12pm BoneFit	31



HAPPY HALLOWEEN

EVENTS & PROGRAMS

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.

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

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

Brunch & Bingo, October 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.

Senior Foot Care Clinic, October 6, 11 AM

Dr. Mark D. Nellerhoe will be at TMSP with a mobile foot care team. Call to reserve your spot. 253-884-9814. Services include a general foot exam, nail care, infection treatment, and more. Need a ride? Call to reserve a ride on our wheelchair accessible shuttle.

Cribbage Club, October 7 & 21, 2-4pm

All levels from beginner to advanced welcome. No experience required.

Avoiding Online Scams & Fraud Workshop, October 8, 1 PM

This workshop, presented by the Senior Tech Foundation, is designed for older adults, caregivers, & family members who want practical tools to recognize scams, prevent fraud, and stay safe online.

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, October 22, 11:15am

This month's book is The Dictionary of Lost Words by Pip Williams.

Wood Sign Painting Class, October 22, 1pm

Come paint a beautiful wood sign to display in your home. All supplies and hands-on assistance provided. \$25/person. Call to reserve your spot, 253-884-9814.

Community Meal, October 26, 11am to 1pm

Come together with friends & neighbors for a delicious, freshly prepared meal. \$5 per person. Come dressed in your favorite costume, festive fall sweater, or just as you are.

Caring Hearts Group, Tuesdays, 1-3pm

This is an open knitting/crocheting group. They do not meet on the 2nd Tuesday of the month.

Fall Health Fair, October 19, 10 AM to 2 PM

Get your flu vaccine, listen to a live presentation on Medicare Guidance (1 PM), and chat with reps from different resources in our community. Enjoy FREE chili and cornbread for lunch and grab your free emergency bag full of safety items.

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 space for those grieving the loss of a loved one.

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.

EXERCISE CLASSES

All classes are \$70/11 Class Punch Card or \$7/Drop In.

S.A.I.L Class, Every Mon., Wed., & Fri., 10-11am

Stay Active & Independent for Life is a class specifically designed for those 65+ to improve balance and mobility. ***Pre-Registration Paperwork Required**

Beginning Tai Chi, Tuesdays from 10-11am

Improve your balance and overall health. Drop-ins welcome.

Gentle Yoga, Thursdays, 10-11am

Gentle Yoga focuses on range of motion, building strength, and relaxation.

Chair Yoga, Wednesdays, 1-2pm

This is a great exercise option for those who cannot get on and off the floor.

BoneFit, Mondays & Fridays until November 20, 11am

BoneFit is a weight training program for seniors. Bring a yoga mat, yoga block, a hand towel, weights, and resistance bands. Registration is required. *Participants must be able to get up and down from the floor.