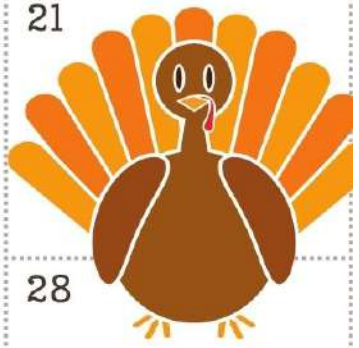
November

MON	TUE	WED	THU	FRI	SAT
2 10-11am S.A.I.L. 11am-12pm BoneFit 11am-1pm Brunch 1-2pm Bingo	3 10-11am Tai Chi 1-3pm Knitting & Crochet Group	4 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Betty Boop Cribbage Club	5 10-11am Gentle Yoga **2pm 20th Anniversary Celebration**	6 10-11am S.A.I.L. 11am-12pm BoneFit 3:30-6pm Washington Old Time Fiddlers Assoc.	7 
9 10-11am S.A.I.L. 11am-12pm BoneFit 12:15pm Life After Loss Support Group	10 10-11am Tai Chi 1-3pm Legal Aid	11 **Office & Cafe Closed for Veterans Day** 	12 **Gentle Yoga- Canceled** **9am-4pm Mammogram Clinic**	13 **Classes canceled for staff training** **Cafe is open!**	14
16 10-11am S.A.I.L. 11am-12pm BoneFit	17 10-11am Tai Chi 1-3pm Knitting & Crochet Group 2-4pm Hootenanny	18 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Betty Boop Cribbage Club	19 10-11am Gentle Yoga 11:15am Book Club	20 10-11am S.A.I.L. 11am-12pm BoneFit	21 
23 10-11am S.A.I.L. 11am-12pm BoneFit	24 10-11am Tai Chi 1-3pm Knitting & Crochet Group	25 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	26 	27  **Office & Cafe Closed**	28
30 10-11am S.A.I.L. 11am-12pm BoneFit	1 10-11am Tai Chi 1-3pm Knitting & Crochet Group	2 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Betty Boop Cribbage Club		**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

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, November 2, 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.

Betty Boop Cribbage Club, November 4 & 18, 2-4pm
All levels from beginner to advanced welcome. No experience required.

20th Anniversary Community Celebration, November 5, 2-4pm
The Mustard Seed Project is turning 20, and we'd love for you to celebrate with us! Join us for a free event with cake & activities! All are welcome; stop by anytime.

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, November 19, 11:15am
This month's pick is Four Against the Arctic: Shipwrecked for Six Years at the Top of the World by David Roberts.

Mammogram Clinic, November 12, 9am-4pm
Call Mardi Landry of Community Health Care at 253-592-8863 to set up an appointment. Have your health insurance information handy when you call.

Caring Hearts Group, Tuesdays, 1-3pm
This is an open knitting/crocheting group. They do not meet on the 2nd Tuesday of the month.

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.