

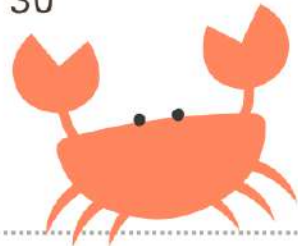






# AUGUST 2025



MON	TUE	WED	THU	FRI	SAT
4 10-11am S.A.I.L.  11am-1pm Brunch  1-2pm Bingo	5  10-11am Tai Chi	6 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	7  10-11am Gentle Yoga  1-4pm K.S.I.C.	8 10-11am S.A.I.L.  3:30-6pm Washington Old Time Fiddlers Association <b>4-6pm Artist Reception</b>	9 
11 10-11am S.A.I.L.  12pm Life After Loss Support Group 1-4pm K.S.I.C.	12 10-11am Tai Chi <b>1pm Guitar Classes</b>  1-3pm Legal Aid	13 10-11am S.A.I.L. 1-4pm Cards & Games 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group	14 10-11am Gentle Yoga 1-4pm K.S.I.C. <b>12pm Community Forum- Disaster Readiness 2pm Crafternoon</b>	15  10-11am S.A.I.L.	16 
18 10-11am S.A.I.L.  2pm Caregiver Support  1-4pm K.S.I.C.	19 10-11am Tai Chi  1pm Guitar Classes  2-4pm Hootenanny	20 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	21 10-11am Gentle Yoga  1-4pm K.S.I.C.	22  10-11am S.A.I.L.	23
25 10-11am S.A.I.L.  1-4pm K.S.I.C.	26 10-11am Tai Chi  1pm Guitar Classes	27 10-11am S.A.I.L. 1-2pm Chair Yoga 1-4pm Cards & Games 1:30-3:30pm Write & Share Group	28 10-11am Gentle Yoga 11:15am Key Pen Book Club  1-4pm K.S.I.C.	29  10-11am S.A.I.L.	30 
1 <b>TMSP Closed</b> 	2 10-11am Tai Chi  1pm Guitar Classes	3 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	 <b>See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org The Key Senior Information Center is open Monday and Thursday from 1-4pm.</b>		



## EVENTS & PROGRAMS

### **Brunch & Bingo, August 4, 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, August 6 & August 20, 2-4pm**

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

### **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.

### **Artist Reception, Friday, August 8 from 4-6 PM**

Join mother-daughter artists Cynthia Toledo Villanueva and Alexa Villanueva for a reception to celebrate their exhibit "Holding Space" at the Crandall Center. Alexa creates artistic offerings that explore the intersections of rituals, cycles of the moon, and motherhood.

### **Hootenanny, Every 3rd Tuesday, 2-4pm**

Two hours of live music!

### **Key Pen Book Club, August 28, 11:15am**

This month's book club pick is *The 13th Tale* by Diane Setterfield. Patti Nebel will facilitate the discussion. Stay after for lunch!

### **Cards & Games, August 13 and August 27, 1-4pm**

Join us for games, cards, coffee, and conversation! We will have cards and board games out in the Cafe on Wednesday afternoons. Come meet new friends and play some games.

### **Guitar Classes with Jerry Nebel, Tuesdays at 1pm starting on August 12**

Bring your guitar and explore this fun way to play any major chord with one finger. From artists such as Joni Mitchell to Keith Richards, Open G has been used to create memorable music.

Requirements:

- A guitar, with fresh strings - Jerry can help get new strings on your guitar prior to the start of classes if needed.
- Experience: You have experience with a guitar. Maybe it was a long time ago. That's ok.
- Desire: To put in the time (practice) to improve.

### **Community Forum- Disaster Readiness, August 14, 12pm**

This introductory course will teach us about real hazards in Pierce County and the best planning practices. Learn tips and tricks to build your preparedness kits during the year.

### **Crafternoon, August 14, 2pm**

Join us for a very special Crafternoon hosted by Peninsula Hands on Art! We will use mixed media and blend mediums of oil pastels and liquid watercolor to create a Van Gogh inspired piece of art using our local culture in the process.

## 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.

### **Caregiver Support Group, 3rd Mondays, 2-3pm**

This is a safe place for unpaid caregivers, their family, and friends to share practical information.

### **Key Senior Information Center, Monday & Thursday, 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.**