





MARCH 2025



MON	TUE	WED	THU	FRI	SAT
<p>3 10-11am S.A.I.L. 11am-1pm Knitting Class 11:30am-12:30pm Brunch 1-2pm Bingo</p>	<p>4 10-11am Tai Chi 10am-12pm Free Digital Literacy Class Mardi Gras</p>	<p>5 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club</p>	<p>6 8-10am Farmer's Coffee Hour 10-11am Gentle Yoga 1pm Community Forum: Leadership in Personal & Business Life</p>	<p>7 10-11am S.A.I.L. 3:30-6pm Washington Old Time Fiddlers Assoc.</p>	<p>8 International Women's Day </p>
<p>10 10-11am S.A.I.L. 11am-1pm Knitting Class 12pm Life After Loss- Grief Support Group</p>	<p>11 10am-12pm Digital Literacy Class 1-3pm Legal Aid 1pm Backyard Birdwatching</p>	<p>12 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group</p>	<p>13 10-11am Gentle Yoga 1-4pm K.S.I.C.</p>	<p>14 10-11am S.A.I.L.</p>	<p>15 </p>
<p>17 10-11am S.A.I.L. 11am-1pm Knitting Class 2-3pm Caregiver Support St. Patrick's Day</p>	<p>18 10-11am Tai Chi 10am-12pm Digital Literacy Class 2-4pm Hootenanny</p>	<p>19 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club</p>	<p>20 10-11am Gentle Yoga 1pm Community Forum: Transitions & Downsizing 1-4pm K.S.I.C.</p>	<p>21 10-11am S.A.I.L.</p>	<p>22 2-5pm Open Mic</p>
<p>24 10-11am S.A.I.L. 11am-1pm Knitting Class</p>	<p>25 10-11am Tai Chi 10am-12pm Digital Literacy Class 11:30am Low Vision & Macular Degeneration Support Group 2pm Crafternoon</p>	<p>26 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group</p>	<p>27 10-11am Gentle Yoga 11:15am Key Pen Book Club 2:30pm Community Forum: Electric Future</p>	<p>28 10-11am S.A.I.L.</p>	<p>29 </p>
<p>31 10-11am S.A.I.L. 11am-1pm Knitting Class 11:30am-12:30pm Brunch 1-2pm Bingo</p>	<p>1 10-11am Tai Chi</p>	<p>2 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club</p>	<p></p>	<p>See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org</p> <p>Mustard Seed Cafe open Monday through Friday from 11am to 2pm for lunch!</p>	

EVENTS & PROGRAMS

Brunch & Bingo, March 3, 11:30am-2pm

Join us for brunch (\$5) from 11:30am-12:30pm and stick around for a few rounds of bingo! You could win a cool prize.

Knitting Classes, Mondays, 11am-1pm

Join the Two Waters Arts Alliance for knitting classes! 4 classes for \$25, drop-ins \$8 a class. All experience levels are welcome. Bring your own projects or learn to make a hat or scarf!

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.

Cribbage Club, Wednesday, March 5 & 19, 2-4pm

There will be prizes for the winners! Call to reserve your spot. All levels are welcome! This is a free event.

Life After Loss- Grief Support Group, March 10 at 12pm

This supportive group offers a safe and compassionate space for individuals grieving the loss of a loved one. Share your feelings openly in a confidential space. Call or email for more information.

Backyard Bird Watching, Community Forum, March 11 at 12pm

Presented by the Asternot Garden Club. Learn how to attract and care for birds in your backyard. Gain insights into identifying local bird species.

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Open Mic Event, Saturday, March 23, 2-5pm

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

Crafternoon, Tuesday, March 25 at 2pm

We're teaming up with Key Pen Parks to paint ceramic gnomes for the Summer Solstice Gnome Hunt. The gnomes we paint will be hidden in KP parks for everyone to find. RSVP: 253-884-9814

Key Pen Book Club, March 27, 11:15am

This month's pick is "The Luminaries" by Eleanor Catton! Everyone is welcome.

Digital Literacy Class, Tuesdays until March 25, 10am-12pm

Free digital literacy classes in partnership with the Metropolitan Development Council and Connect WA Coalition.

Low Vision and Macular Degeneration Support Group, 4th Tuesday every month, 11:30am

This Support Group, facilitated by Jerry Krug (himself an AMD patient), will focus on experiences related to low vision and/or age-related macular degeneration.

Way of the Samurai- Leadership in Personal Life & Business, March 6 at 1pm

Lori, a Samurai Strategist, will share powerful insights to help you cultivate discipline, resilience, and honor. This is a free event.

RESOURCES

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, Wednesday, & Thursday 1-4pm and Tuesday 10am-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, focus and overall health. Instructor: Angela Roggenhofer. 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. The moves will leave you feeling refreshed. **\$70/15 Class Punch Card or \$5/Drop In.**