



JUNE 2025



MON	TUE	WED	THU	FRI	SAT
2 10-11am S.A.I.L. 11am-1pm Brunch 1-2pm Bingo	3 10-11am Tai Chi	4 10-11am S.A.I.L. 1-2pm Chair Yoga 2-4pm Cribbage Club 2:30pm Beginner Guitar Class	5 10-11am Gentle Yoga 1-4pm K.S.I.C.	6 10-11am S.A.I.L. 3:30-6pm Washington Old Time Fiddlers Assoc. Cafe Closed!	7 5pm Growing Together Gala 
9 10-11am S.A.I.L. 1-4pm K.S.I.C.	10 10-11am Tai Chi 1-3pm Legal Aid	11 10-11am S.A.I.L. 1-2pm Chair Yoga 1:30-3:30pm Write & Share Group 2:30pm Beginner Guitar Class	12 10-11am Gentle Yoga 1-4pm K.S.I.C.	13 10-11am S.A.I.L.	14 
16 10-11am S.A.I.L. 2-3pm Caregiver Support 1-4pm K.S.I.C.	17 10-11am Tai Chi 2-4pm Hootenanny	18 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group 2-4pm Cribbage Club	19 Office Closed for Juneteenth 	20 10-11am S.A.I.L. 4-6pm Artist Reception	21 
23 10-11am S.A.I.L. 1pm Low Vision Support Group	24 10-11am Tai Chi	25 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group	26 10-11am Gentle Yoga 11:15am Key Pen Book Club	27 10-11am S.A.I.L.	28 
30 9am Mammogram Clinic S.A.I.L. Canceled 1-4pm K.S.I.C.	1 10-11am Tai Chi	2 10-11am S.A.I.L. 1:30-3:30pm Write & Share Group	See back for prices/details. Contact us: (253)884-9814 TMSPinfo@themustardseedproject.org Mustard Seed Cafe open Monday through Friday from 11am to 2pm for lunch! The Key Senior Information Center is open Monday, Wednesday, Thursday from 1-4pm.		29 

EVENTS & PROGRAMS

Brunch & Bingo, June 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.

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.**

Growing Together Gala, June 7, 5pm at the Longbranch Improvement Club

Please join us at The Mustard Seed Project's annual event to celebrate life on the Key Peninsula and support programs for healthy aging. June 5-7 Online Auction. Live Auction, Dinner and Desserts, Music and Dancing, Signature Cocktails. Visit TMSPGrow2025.givesmart.com to purchase tickets and view the online auction!

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, June 4 & June 18, 2-4pm

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

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Artist Reception, June 20, 4-6pm

Join us for a reception recognizing the work of Chris Bronstad Atelier. Light refreshments will be provided. Chris is a realist artist, specializing in portraits and landscapes in charcoal, oil, and pastel.

Key Pen Book Club, June 26, 11:15am

The book selection is Born a Crime by Trevor Noah, a New York Times Bestseller. Stay after for lunch!

Mammogram Clinic, June 30, 9am

TMSP will host a Mammogram Clinic. Call Mardi Landry of Community Health Care at 253-592-8863 to set up an appointment. Have your insurance information handy when you call.

Beginner Guitar, Wednesdays, 2:30pm

Join Jerry Nebel for an eight-week beginner guitar class. \$15 per class, or \$75 for the whole series. Call or email to reserve your spot, 253-884-9814, tmspinfo@themustardseedproject.org

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.

Low Vision and Macular Degeneration Support Group, 4th Monday 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.

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 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.**