



MARCH 2026



MON	TUE	WED	THU	FRI	SAT
<p>2 10-11am S.A.I.L.</p> <p>11am-1pm Brunch</p> <p>1-2pm Bingo</p>	<p>3 10-11am Tai Chi</p>	<p>4 10-11am S.A.I.L.</p> <p>1-2pm Chair Yoga</p> <p>1:30-3:30pm Write & Share Group</p> <p>2-4pm Cribbage Club</p>	<p>5 10-11am Gentle Yoga</p> <p>1pm Community Talk- Food 4 All</p> <p>3pm Belly Dancing Workshop</p>	<p>6 10-11am S.A.I.L.</p> <p>3:30-6pm Washington Old Time Fiddlers Assoc.</p>	<p>7 </p>
<p>9 10-11am S.A.I.L.</p> <p>12pm Life After Loss Support Group</p> <p>1-4pm K.S.I.C.</p>	<p>10 10-11am Tai Chi</p> <p>1-3pm Legal Aid</p>	<p>11 10-11am S.A.I.L.</p> <p>Cafe Closed for Retreat</p> <p>1-2pm Chair Yoga- Canceled</p> <p>1:30-3:30pm Write & Share Group</p>	<p>12 10-11am Gentle Yoga</p> <p>1-4pm K.S.I.C.</p> <p>3pm Belly Dancing Workshop</p>	<p>13 10-11am S.A.I.L.</p>	<p>14 2-5pm Open Mic</p> <p></p>
<p>16 10-11am S.A.I.L.</p> <p>1-4pm K.S.I.C.</p>	<p>17 10-11am Tai Chi</p> <p>2-4pm Hootenanny</p>	<p>18 10-11am S.A.I.L.</p> <p>1-2pm Chair Yoga</p> <p>1:30-3:30pm Write & Share Group</p> <p>2-4pm Cribbage Club</p>	<p>19 10-11am Gentle Yoga</p> <p>1-4pm K.S.I.C.</p> <p>3pm Belly Dancing Workshop</p>	<p>20 10-11am S.A.I.L.</p>	<p>21 </p>
<p>23 10-11am S.A.I.L.</p> <p>1-4pm K.S.I.C.</p>	<p>24 10-11am Tai Chi</p>	<p>25 10-11am S.A.I.L.</p> <p>1-2pm Chair Yoga</p> <p>1:30-3:30pm Write & Share Group</p>	<p>26 10-11am Gentle Yoga</p> <p>11:15am Key Pen Book Club</p> <p>1pm Glass & Paint Art Workshop</p>	<p>27 10-11am S.A.I.L.</p>	<p>28 </p>
<p>30 10-11am S.A.I.L.</p> <p>1-4pm K.S.I.C.</p>	<p>31 10-11am Tai Chi</p>	<p>1 10-11am S.A.I.L.</p> <p>1-2pm Chair Yoga</p> <p>1:30-3:30pm Write & Share Group</p> <p>2-4pm Cribbage Club</p>	<p>2 10-11am Gentle Yoga</p> <p>11am Foot Care Clinic</p> <p>1-4pm K.S.I.C.</p>	<p>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.</p>	

EVENTS & PROGRAMS

Brunch & Bingo, March 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.**

Washington Old Time Fiddlers Association, first Friday of each month, 3:30-6pm

Bring your instrument and have some fun with the WOTFA.

Community Forum- Food for All (Food Backpacks 4 Kids), March 5, 1 pm

Food 4 All, previously Food Backpacks 4 Kids, will share updates on the exciting new initiatives they have underway to support and feed our community. This event will be in-person as well as virtual on Facebook Live.

Open Mic Event, Saturday, January 10, 2-5pm

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

Glass & Paint Workshop, March 26, 1 pm

Come create a beautiful welcome wood sign with crushed glass. Choose your own colors to paint and add crushed glass to an 8" wooden Easter Egg Suncatcher for \$30. Or paint a welcome bunny wood sign for \$20.

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

The book selection is "The Frozen River" by Ariel Lawhon. Maureen Reilly will be the discussion facilitator. Stay after for lunch!

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Beginning Belly Dancing Workshop, February 19-March 19, 3pm

We will learn the characteristic moves of Egyptian-style belly dance. Belly dance is a folk dance: all folks do it. The 5-week workshop will begin on February 19. The classes will be on Thursdays from 3pm-4pm, February 19- March 19. \$50 for the workshop, or \$10 per class. Call or email to sign up!

Cribbage Club, Wednesday, March 4 & 18, 2-4pm

Join us for Cribbage Club! All levels from beginner to advanced. Come play or learn. Everyone is welcome, and no experience is required.

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.

Key Senior Information Center, Mondays, Tuesdays by appointment, Wednesday & Thursday 1-4pm

KSIC is a free service providing information and referrals for seniors and their families. Walk-ins are welcome.

Foot Care Clinic, April 2, 11am

Podiatrist Dr. Mark D. Nellermeoe will be at the Mustard Seed Project with a mobile foot care team. Call to reserve your appointment today. 253-884-9814. Need a ride? Call to reserve a ride on our wheelchair accessible shuttle.

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.**