

APRIL 2026

MON

TUE

WED

THU

FRI

SAT

30

10-11am
S.A.I.L.

1-4pm
K.S.I.C.

31

10-11am
Tai Chi

1

10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group
2-4pm
Cribbage Club

2

10-11am
Gentle Yoga

**11am
Foot Care Clinic**

1-4pm
K.S.I.C.

3

10-11am
S.A.I.L.

3:30-6pm
Washington Old Time
Fiddlers Assoc.

4

**11am
Egg Hunt at The
Mustard Seed Village**

6

10-11am
S.A.I.L.
11am-1pm
Brunch
1-2pm
Bingo

7

10-11am
Tai Chi

**11:15am
Dementia Education**

8

10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group

9

10-11am
Gentle Yoga

1-4pm
K.S.I.C.

10

10-11am
S.A.I.L.

**2:30pm
Paint & Sip**

11



13

10-11am
S.A.I.L.
12pm
Life After Loss
Support Group
1-4pm
K.S.I.C.

14

10-11am
Tai Chi

11:15am
Dementia Education

1-3pm
Legal Aid

15

10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group
2-4pm
Cribbage Club

16

10-11am
Gentle Yoga

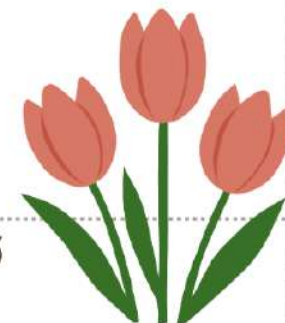
1-4pm
K.S.I.C.

**2pm
Crafternoon**

17

10-11am
S.A.I.L.

18



25

**10am
Community Garden
Day**

20

10-11am
S.A.I.L.

**11am
Weight Training**
1-4pm
K.S.I.C.

21

10-11am
Tai Chi

11:15am
Dementia Education

2-4pm
Hootenanny

22

10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group

23

10-11am
Gentle Yoga

11:15am
Key Pen Book Club

**3pm
Belly Dancing Workshop**

24

10-11am
S.A.I.L.

11am
Weight Training

**Cafe Closed for Staff
Training**

27

10-11am
S.A.I.L.

11am
Weight Training
1-4pm
K.S.I.C.

28

10-11am
Tai Chi

11:15am
Dementia Education

29

10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group

30

10-11am
Gentle Yoga

1-4pm
K.S.I.C.

3pm
Belly Dancing Workshop

**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

Brunch & Bingo, April 6 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 Egg Hunt at The Village! April 4, 11am

This outdoor event is open to all ages.

Community Dementia Classes, Tuesdays, April 7-May 12, 11:15am- 12:15pm

Pierce County Aging and Disability Resources is hosting a "Oh My Gosh – Now What?" seminar. The 6-part series is designed for individuals with Alzheimer's disease or another dementia, families, & caregivers.

Paint & Sip, April 10, 2:30pm

Adria Hanson will lead a step-by-step painting session. Included: One complimentary glass of beverage of your choice and snacks. \$25 per person. Call to reserve your spot.

Crafternoon, April 16, 2pm

We'll make pressed flower vases. Bring your own vase/jar or choose one when you arrive. This is a free event. Call or email to reserve your spot, space is limited.

Community Garden Day, April 25, 10am-12pm

Help weed, plant, and get all the garden beds ready for spring. Enjoy light refreshments. This event is in partnership with the Key Peninsula Beautification Project.

Key Pen Book Club, April 23, 11:15am

The book selection is "The Frozen River" by Ariel Lawhon. Maureen Reilly will be the discussion facilitator.

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Beginning Belly Dancing Workshop, April 23-May 21, 3pm

Belly dance is a folk dance: all folks do it. \$50 for the workshop, or \$10 per class. Call or email to sign up!

Cribbage Club, Wednesday, April 1 & 15, 2-4pm

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, Monday, Wednesday & Thursday 1-4pm Tuesdays by appointment

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

Foot Care Clinic, April 2, 11am

Call to reserve your appointment with Podiatrist Dr. Mark D. Nellermoe. 253-884-9814. 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.**

Weight Training for Seniors, Mondays & Fridays, 11am

BoneFit is a weight- and resistance-training program for seniors. Bring a yoga mat, yoga block, a hand towel, weights, and resistance bands. Registration is required. \$5 per class.

*Participants must be able to get up and down from the floor.