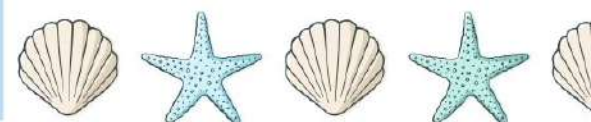


JUNE 2026



MON **TUE** **WED** **THU** **FRI** **SAT**

1 10-11am
S.A.I.L.
11am-12pm
Weight Training
11am-1pm
Brunch
1-2pm
Bingo

2 10-11am
Tai Chi

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

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

4 10-11am
Gentle Yoga

**11am
Foot Care Clinic**

5 10-11am
S.A.I.L.
11am-12pm
Weight Training
3:30-6pm
Washington Old Time
Fiddlers Assoc.

6 **5-9 PM
Roaring 20th
Celebration & Auction**


8 10-11am
S.A.I.L.

11am-12pm
Weight Training
12:15pm
Life After Loss
Support Group

9 10-11am
Tai Chi

1-3pm
Legal Aid

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

10 10-11am
S.A.I.L.
1-2pm
Chair Yoga

1:30-3:30pm
Write & Share Group

11 10-11am
Gentle Yoga

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

12 10-11am
S.A.I.L.

11am-12pm
Weight Training



15 10-11am
S.A.I.L.

11am-12pm
Weight Training

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

16 10-11am
Tai Chi

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

2-4pm
Hootenanny

17 10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group
2-4pm
Cribbage Club

18 10-11am
Gentle Yoga

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

19 
**Office Closed in
Observance of
Juneteenth**



22 10-11am
S.A.I.L.

11am-12pm
Weight Training
**1pm
Crafternoon**

23 10-11am
Tai Chi

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

24 10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group

25 10-11am
Gentle Yoga

11:15am
Key Pen Book Club
1-4pm
K.S.I.C.

26 10-11am
S.A.I.L.

11am-12pm
Weight Training



29 **9am
Mammogram Clinic**

S.A.I.L.- Canceled

**Weight Training-
Canceled**

30 10-11am
Tai Chi

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

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

**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, June 1, 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, Wednesdays, 1:30-3:30pm

This is an ongoing 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.

Mustard Seed's Roaring 20th Celebration, June 6, 5pm

Step back in time and celebrate two decades of community at the Mustard Seed Project's annual fundraiser! Online Auction: June 3 - 7. Slip into your flapper dresses, feathered headbands, suspenders, and fedoras for a night of sparkle, swing, and community – all in support of local seniors aging well. Tickets required: <https://givebutter.com/c/TMSPROaring20th>

Crafternoon, June 22, 1pm

Paint your own garden rocks OR a terracotta pot! A fun activity for adding a little whimsy to your yard, flowerbed, or anywhere! RSVP: tmspinfo@themustardseedproject.org or 253-884-9814

Foot Care Clinic, June 4, 11am

Podiatrist Dr. Mark D. Nellerroe will be at the Mustard Seed Project with a mobile foot care team. Call to reserve your appointment today. 253-884-9814. Services include a general foot exam, nail care, foot/tissue infection treatment, calluses, corns, and ingrown toenails treatment, and more. Need a ride? Call to reserve a ride on our wheelchair accessible shuttle.

Mammogram Clinic, June 29, 9am to 4pm

Call Mardi Landry of Community Health Care at 253-592-8863 or 253-722-1765 to set up an appointment. Have your insurance information handy when you call to make the appointment.

Key Pen Book Club, June 25, 11:15am

This month's book club pick is "Braiding Sweetgrass" by Robin Kimmerer.

Cribbage Club, June 3 & 17, 2-4pm

All levels from beginner to advanced. Come play or learn. Everyone is welcome, and no experience is required.

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

RESOURCES

Life After Loss- Grief Support Group, 2nd Mondays, 12:15pm

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.

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.