



JULY 2026



MON

TUE

WED

THU

FRI

SAT

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.

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

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

3

TMSP Closed for July
4th Holiday

4



6

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

7

10-11am
Tai Chi

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

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.

11am-12pm
Weight Training

11



13

10-11am
S.A.I.L.
11am-12pm
Weight Training
12:15pm
Life After Loss
Support Group

14

10-11am
Tai Chi

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

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.

17

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

11am-12pm
Weight Training

2:30pm
Paint & Sip

18



20

10-11am
S.A.I.L.
11am-12pm
Weight Training
1-4pm
K.S.I.C.

21

10-11am
Tai Chi

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

2-4pm
Hootenanny

22

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

1-2pm
Chair Yoga- **Canceled**

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

23

10-11am
Gentle Yoga

11:15am
Key Pen Book Club

3-5pm
Village Open House

24

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

25



27

10-11am
S.A.I.L.
1-4pm
K.S.I.C.

28

10-11am
Tai Chi

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

1pm
Avoiding Scams
Workshop

29

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

1-2pm
Chair Yoga

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

2-4pm
Cribbage Club

30

10-11am
Gentle Yoga

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

1pm
Decorative Wood
Painting Class

31

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

1

EVENTS & PROGRAMS

Brunch & Bingo, July 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, Wednesdays, 1:30-3:30pm

This is an ongoing group focused on creating new pieces, reading poetry, and sharing their work.

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, July 1 & 15, 2-4pm

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

Paint & Sip, July 17, 2:30pm

Unleash your creativity with a glass in hand. Adria Hanson will lead a step-by-step painting session. Each ticket includes one complimentary beverage of your choice and snacks. \$35 per person. Call or email to reserve your spot. 253-884-9814, tmbspinfo@themsutardseedproject.org

Mustard Seed Village Open House, July 23, 3-5pm

Come tour our beautiful assisted living and memory care community, meet our caring staff, and learn more about the services, activities, and support we offer to help seniors age with dignity. The Village is the first assisted living project on the Key Peninsula.

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

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

Protecting Yourself on Social Media, Fraud Protection, and How to Avoid Scams, July 28, 1pm

Free Workshop! Your guide to staying safe, secure, and private online.

Decorative Wood Painting Class, July 30, 1pm

Come paint a beautiful wood sign to display in your home, on your door, or porch. Choose your own design! All supplies and hands-on assistance provided. \$35/person. Call or email to reserve your spot.

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.

\$7/Drop In. *Pre-Registration Paperwork Required

Beginning Tai Chi, Tuesdays from 10-11am

Improve your balance and overall health. Drop-ins welcome. **\$7/class**

Gentle Yoga, Thursdays, 10-11am

Gentle Yoga focuses on range of motion, building strength, and relaxation. **\$70/11 Class Punch Card or \$7/Drop In.**

Chair Yoga, Wednesdays, 1-2pm

This is a great exercise option for those who cannot get on and off the floor. **\$70/11 Class Punch Card or \$7/Drop In.**

Weight Training for Seniors, Mondays & Fridays until July 20, 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.