

FEBRUARY 2025

MON

TUE

WED

THU

FRI

SAT

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!



30 10-11am
Gentle Yoga
1pm
Decorative Wood
Painting Class
1-4pm
K.S.I.C.

31 10-11am
S.A.I.L.

1



3 10-11am
S.A.I.L.
11am-1pm
Knitting Class
11:30am-12:30pm
Brunch
1-2pm
Bingo

4 10-11am
Tai Chi
10am-12pm
Free Digital Literacy
Class
3-4pm
Tools for Aging Well

5 10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group
2-4pm
Cribbage Club

6 10-11am
Gentle Yoga
1-4pm
K.S.I.C.

7 10-11am
S.A.I.L.
3:30-6pm
Washington Old Time
Fiddlers Assoc.

8

10 10-11am
S.A.I.L.
11am-1pm
Knitting Class

11 10-11am
Tai Chi
10am-12pm
Free Digital Literacy Class
1-3pm
Legal Aid
2-4pm
Crafternoon

12 10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group

13 10-11am
Gentle Yoga
1-4pm
K.S.I.C.

14 10-11am
S.A.I.L.
Valentine's
Day

15



17 **Office closed for**
President's Day!



18 10-11am
Tai Chi
10am-12pm
Free Digital Literacy
Class
2-4pm
Hootenanny

19 10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group
2-4pm
Cribbage Club

20 10-11am
Gentle Yoga
1-4pm
K.S.I.C.

21 10-11am
S.A.I.L.

22

24 10-11am
S.A.I.L.
11am-1pm
Knitting Class
2-3pm
Caregiver Support

25 10-11am
Tai Chi
10am-12pm
Free Digital Literacy
Class

26 10-11am
S.A.I.L.
1-2pm
Chair Yoga
1:30-3:30pm
Write & Share Group

27 10-11am
Gentle Yoga
11:15am
Key Pen Book Club
1-4pm
K.S.I.C.

28 10-11am
S.A.I.L.

1



EVENTS & PROGRAMS

Brunch & Bingo, January 6, 11:30am-2pm

Join us for brunch (\$5) from 11:30am-12:30pm and stick around for a few rounds of bingo! You could win a cool prize.

Knitting Classes, Mondays, 11am-1pm

Join the Two Waters Arts Alliance for knitting classes! 4 classes for \$25, drop-ins \$8 a class. All experience levels are welcome. Bring your own projects or learn to make a hat or scarf!

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.

Cribbage Club, Wednesday, January 15, 2-4pm

There will be prizes for the winners! Call to reserve your spot. All levels are welcome! This is a free event.

Life After Loss- Grief Support Group, February 10 at 12pm

This supportive group offers a safe and compassionate space for individuals grieving the loss of a loved one. Share your feelings openly and honestly in a confidential setting. Call or email for more information.

Crafternoon- Oyster Shell Trinket Dishes, February 11, 2-4pm

We will spend the afternoon making oyster shell trinket dishes (Valentine's Day edition). This craft can be used as a jewelry dish, catch-all, or décor. This is a FREE event, call or email to reserve your spot. 253-884-9814, tmspinfo@themustardseedproject.org.

Key Pen Book Club, February 27, 11:15am

This month's pick is poetry! All attendees will bring one or two pieces of poetry to share. Everyone is welcome.

Hootenanny, Every 3rd Tuesday, 2-4pm

Two hours of live music!

Aging Well: Tools for Thriving at Every Stage, February 4, 3-4pm

Join us for a free workshop where we will explore strategies for creating an age-friendly living space, including home safety tips and community resources.

Digital Literacy Class, Tuesdays, 10am-12pm

Free digital literacy classes in partnership with the Metropolitan Development Council and Connect WA Coalition. Bring your own laptop, or use one provided by the coalition. The classes will begin February 4th and will go through the end of March. Each week will cover a different subject. You can take all the classes or attend only those of interest to you.

Decorative Wood Painting Class, January 30, 1pm

Come paint a Valentine's Day themed wood sign to display in your home! \$15/person. Call or email to reserve your spot.

RESOURCES

TacomaProBono Legal Aid, Every 2nd Tuesday, 1-3pm

Drop-in information and legal assistance from experts at TacomaProBono. 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 exchange practical information.

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, focus and overall health. Instructor: Angela Roggenhofer. 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. The moves will leave you feeling refreshed. **\$70/15 Class Punch Card or \$5/Drop In.**