

KPCS

Food Pantry
Senior Meals
Senior Center
Homeless Outreach

Key Peninsula Community Services
17015 9th Street Ct NW
PO Box 392
Lakebay, WA 98349
253-884-4440
yourkpcs.org

Connecting People to Build Community



Food Pantry

The Puyallup Tribe of Indians Charity Trust Board has generously awarded Key Peninsula Community Services a grant to support our Food Pantry. This meaningful gift will allow us to provide essential, high-quality nourishment to individuals and families experiencing food insecurity in our rural community.

Thanks to this support, we'll be able to offer more consistent access to nutritious food, helping our neighbors stay healthy, supported, and resilient.

We are deeply grateful to the Puyallup Tribe of Indians Charity Trust Board for recognizing the importance of food equity and for investing in the well-being of those we serve.



Senior Meals & Senior Center

New 24-Week Tai Ji Class Starts July 1st

We are excited to announce a new round of Tai Ji Quan: Moving for Better Balance® (TJQMBB). This *evidence-based* program is specifically designed for older adults at risk of falling, as well as individuals with balance disorders.

Rooted in traditional Tai Chi, TJQMBB is a research-based balance training regimen that helps improve strength, stability, and confidence. The gentle, low-impact movements are both restorative and empowering, making it an ideal option for those looking to maintain their independence and prevent falls.



**You are warmly invited to join us
for a Ribbon Cutting Ceremony
Wednesday, July 30, 2025, at 12:45 PM
as we celebrate the official opening of our
Homeless Outreach Office!**

This new space, affectionately known as "What's that little shed in the parking lot?" represents a big step forward in our mission to connect our unhoused neighbors with critical resources, support, and dignity. Come see the space, meet the team, and help us mark this meaningful milestone for our community.

Homeless Outreach



The Dark Side of Gravity or... Falling Sucks!

Do you remember when you were running, jumping, skipping, playing sports, and now wonder what happened? Do you wonder why so many of our friends and family members seem to be falling lately? I wish I could say it was from one thing and if you fix "it" you will never fall again. We all know that isn't true. There are multiple factors. After age 65, our chances increase so much so, falls and accidents have actually become the number 3 cause of death in older people. Everything from medications to vision and hearing impairments to slippery floors and throw rugs to the wrong kind of shoes or not being able to feel your feet are all factors.

However, I would like to talk about the "fear of falling" that happens to people after one or two falls. When that happens, people tend to reduce their activity levels. First, from having to recover from the fall, to the muscles weakening and then even more instability. Unfortunately, I do have first hand experience. I had my knee broken a couple of years ago. I had to wait until the bone healed and then go through physical therapy to hopefully get the full function of my knee back. My doctor also informed me that muscle atrophy would set in very quickly. That really terrified me and I vowed to somehow keep moving. I was lucky because Willow allowed me keep leading the SAIL class from a wheelchair. My students were so supportive of me trying to figure out how to do just that. We ended up having quite a few laughs. I received cheers from everyone on the first day I could stand and teach. I was lucky. Others are not so lucky, and it takes true courage to get up and keep moving when everything in you says to stay put, be careful, and not risk falling again. What I can say is, that if you find the courage, motivation, and the help to keep moving it will pay off. I have had many of my students return after illness and injuries to struggle the first weeks! They just kept coming and participating! They got strong and stable again.

My classes are set up for people to exercise at "their ability" level. They do get stronger and we all cheer each other on. So, please consider joining the SAIL or Tai Chi class and see if it's right for you. If not, then find a way that you can continue to move throughout the day. Remember, "Motion is Lotion" and keep on moving! Or as the old song went "Keep on Truckin"! The stronger and more balanced you become, the less you will fear falling.

With love,

Bobbi



” Why did the sun go
to school?

To get a little
brighter! ”



*Could your neighbor
use a nutritious
meal delivered?*



*We'll cook but we need your help with delivery.
Meal pickup is available every day but if that
doesn't work, we are fortunate to have a
volunteer for delivery driver on Friday's.
Lots of options!*

KPCS Senior Summer Camp

Music - Games - Fun - Cool Down Corner

8-10
July

Paint & Sip "Mocktails"

Join us for a relaxing and creative three-day art session as we paint a beautiful jellyfish scene together! Each afternoon, participants will enjoy guided instruction while sipping fun, non-alcoholic "mocktails." No experience needed—just bring your imagination!

Tuesday–Thursday, 1:00–2:00 PM

15-17
July

Jam Sesh Evening Camp

Bring your instrument—or just your love of music—and join us for a fun, laid-back jam session with your neighbors!

- Tuesday & Thursday: 5:00–6:00 PM at KPCS
- Wednesday: Hop on the KPCS bus to enjoy live music by The Locals at Sehmel Homestead Park.

All skill levels welcome. Let's make some music and memories together!

22-24
July

Woodstock Rewind: Peace, Love & Tie-Dye Camp

Take a groovy trip back to '69! Join us for three afternoons of music, memories, and tie-dye fun. Bring your favorite records to share and get ready to spread some peace, love, and creativity.

Tuesday–Thursday, 1:00–2:00 PM

All supplies provided—just bring your good vibes!

29-31
July

Cooking & Food Traditions Camp

Stir up stories and flavors from the past and present! In this hands-on camp, we'll explore simple, nostalgic recipes while sharing personal food memories and traditions. Come ready to mix, taste, and connect.

Tuesday–Thursday, 1:00–2:00 PM

All ingredients and supplies provided—just bring your appetite and stories to share!

Sign up at the front desk or call and we can get you on the list
253- 884-4440



Please call by
10:00 am
to reserve
your meal

253-884-4440

July

60+: \$3/ea.
suggested
donation

Under 60: \$5/ea
required

Tue	Wed	Thur	Fri
1 Veggie Soup Apple Slaw Garlic Bread	2 Sloppy Joes Baked Beans Coleslaw Fruit Root Beer Float	3 Chinese Chicken Salad Mandarin Oranges Roll Sherbet	4  CLOSED
8 BLT Kitchen Sink Salad, Blueberries & Froyo	9 Chickpea Curry w/ Brown Rice, Naan, Roasted Carrots Fruit Banana Pudding	10 Shrimp Tacos Mango Salsa Corn Brown Rice Fruit & Cream	11 Cheeseburgers French Fries Baked Beans Fruit Hot Fudge Froyo
15 Chicken Tortilla Casserole Rice, Refried Beans Caesar Salad Fruit	16 Pulled Pork Sweet Potato Wedges Mixed Veggies Fruit Vanilla Cake	17 Baked Cod Quinoa, Broccoli Fruit Oatmeal Cookies	18 Veggie Chili Corn Bread Fruit Salad
22 French Dip Baked Potato Green Beans Fruit Apple Cobbler	23 Chicken Alfredo Sauteed Green Beans w/ Garlic Bread Stick Chocolate Dirt Cake	24 	25 Pan Roasted Pork Tenderloin Roasted Veggies Roll Fruit
29 Tuna Salad Broccoli Salad Fruit, Roll Lemon Cookies & Froyo	30 **Guest Server** Veggie Lasagna Garlic Bread, Caesar Salad, Fruit Berry Crisp & Froyo	31 Beef Stroganoff Roasted Zucchini Fruit Rice Krispy Treats	8/1 BBQ Chicken Sandwich Pork & Beans Coleslaw, Fruit



These services are supported by funding from Pierce County
through its Human Services Department.

July Activities



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Mon	Tue	Wed	Thu	Fri	Sat
	1 8:30 S.A.I.L 9:45 Tai Chi	2 9:30 TRIP: Little Creek Casino 9:30 Cards/Games 1:00 PCHS Mobile Clinic & Medicare Assistance 4:00 S.A.I.L	3 8:30 SAIL 9:45 Tai Chi Ice Cream Social and 1:00 Loteria & Bingo	4 Home Parade at 10 am CLOSED 	5 8:30 SAIL
7 4:00 SAIL	8 8:30 SAIL 9:45 Tai Chi 10:00 Tacoma ProBono 12:30 KP Partnership Presentation	9 9:30 Cards/Games 10:00 Hair Cuts 4:00 SAIL 5:00 Trip to Concert in the Park: Joel Astley	10 8:30 SAIL 9:45 Tai Chi 11:00 Pierce County Social Services 1:00 Camp	11 10:00 FREE TABLES!! 12:45 MOVIE: Ghost	12 8:30 SAIL
	Paint and Sip "Mocktails Camp"				
14 4:00 SAIL	15 8:30 SAIL 9:45 Tai Chi	16 9:30 Cards/Games 4:00 SAIL 5:00 Trip to Concert in the Park: The Locals	17 8:30 SAIL 9:45 Tai Chi 12:30 Greater Gig Harbor Foundation Presentation 1:00 Loteria & Bingo	18 Birthday Lunch 11:30 Blood Pressure 11:30 PCHS Medicare Assistance 1:00 Karaoke	19 8:30 SAIL
	Jam Sesh Evening Camp				
21 4:00 SAIL	22 8:30 SAIL 9:45 Tai Chi	23 9:30 Cards/Games 10:00 Hair Cuts 4:00 SAIL 5:00 Trip to Concert in the Park: The Profits	24 8:30 SAIL 9:45 Tai Chi	25 10:00 FREE TABLE 12:45 MOVIE: Indiana Jones and the Last Crusade	26 8:30 SAIL
	Woodstock Rewind Camp				
28 4:00 SAIL	29 8:30 SAIL 9:45 Tai Chi 1:00 Cooking	30 9:30 Cards/Games 12:45 HHP Ribbon Cutting 4:00 SAIL 5:00 Trip to Concert in the Park: Sounds Like Delores	31 8:30 SAIL 9:45 Tai Chi	1 1:00 Fiber Group	2 8:30 SAIL
	Cooking and Food Traditions Camp				



Tacomaprobono Community Lawyers

We'll be on Key Peninsula July for our regular 2nd Tuesday pop-ups -- KPCS 10-noon, Mustard Seed from 1-3 p.m. and Gig Harbor City Hall from 4-6 p.m.

You can get an appointment to attend a clinic by filling out our online intake form, visiting our main office for an in-person intake Monday-Thursday 1-3 p.m., or you can also walk in to a clinic that's convenient for you. If you do walk in without an appointment that's OK, but do plan to arrive as early as possible and bring any notices or other documents related to your issue. If you walk in and haven't already done an intake, an HJP paralegal will screen you for income eligibility at the clinic but you do not need to bring proof of income or ID.

COMPLETE YOUR ONLINE INTAKE NOW!



scan to go directly to our online intake form

KPCS



FOOD BANK DONATION NEEDED

- Boxed side dishes
- Tuna
- Canned chili, stew, spaghetti o's
- Can soup

THANK YOU

Change a-comin'! 🌟

Change is an attitude. You can love it or hate it and anything in between. I embrace change when I am warned and understand why it is coming. I then put it into perspective and figure out how I am going to fit this change into my life. Is it a change that challenges me or something I can control? Am I a participant or am I being told what is going to happen and I have no say-so. How you are informed of a change makes all the difference in how it is accepted. And finally, you have to give yourself the time and permission to adjust to the change.

Change is part of the KPCS culture. Things change. We have been a Senior Center and a Food Pantry for many years. There was a need in the Key community for Outreach, and we were in a great location and had the opportunity to put out our hand and fill that gap. We are starting into the 2nd year and still evolving. Soon Delci, Judy, and Erin W will be moving across the parking lot to their new digs. They are working on getting a 2nd building to be used for the HHP Program.

Once they are out, you will be seeing more changes as we reclaim that office for some new plans that Robyn has been thinking about. Make sure to read all the Newsletter so you don't miss out on the plans.

There have been changes in the Food Pantry with the new temporary shelter housing the breadbasket area. You will begin to see more changes in that area.

Recently I changed offices again. I am sharing the Helm office with Brandon and Teresa. It is like having college roommates. I cleaned it thoroughly as I moved in and got my nest settled. Brandon is setting up this week. We will get Teresa moved in as soon as we can catch her. She is like a FireFly. So many place to be, but happy with wherever she lands. She is a shining light in KPCS and we all love her.

Come on in and watch the changes as they evolve. Thank you for being a part of our family.

Peggy



IT'S TIME TO CELEBRATE



WE'RE HAPPY TO SHARE THAT OUR HOMELESS OUTREACH PROGRAM HAS BEEN FUNDED FOR ANOTHER YEAR. THANKS TO CONTINUED SUPPORT FROM OUR PARTNERS AND FUNDERS, OUR SERVICES REMAIN STABLE AND FULLY OPERATIONAL. WHILE FUNDING CAN ALWAYS SHIFT, WE'RE IN A SECURE PLACE FOR NOW—AND WE'RE GRATEFUL TO BE ABLE TO KEEP SHOWING UP FOR OUR COMMUNITY.



We are always looking for volunteers here at KPCS! Right now the Food Pantry could use your help, especially on Wednesdays.

VOLUNTEER SPOTLIGHT



MEET WHITNEY! SHE HAS BEEN CUTTING HAIR AT KPCS SINCE OCTOBER 2024. SHE OFFERS HER SERVICES 2 TIMES A MONTH FROM **10:00 AM TO 1:00 PM**. SIGN UP AT THE FRONT DESK. SHE ACCEPTS TIPS THAT SHE GENEROUSLY DONATES TO KPCS. THANK YOU WHITNEY!!!

WEDNESDAY, JULY 9
WEDNESDAY, JULY 23



OUR FRIENDS AND NEIGHBORS
HAVE SOME GREAT INFO
TO SHARE...

ALL THINGS MEDICARE -

A HEALTH AND WELLNESS PROGRAM
WEDNESDAY, JULY 09: 3:00PM - 5:00PM
KEY CENTER LIBRARY- MEETING ROOM
AGE GROUP: OLDER ADULTS, ADULTS (18+)
EVENT TYPE: HEALTH AND WELLNESS EDUCATION
JOIN US AND LEARN MORE ABOUT MEDICARE RIGHTS AND
OPTIONS, INCLUDING MEDIGAP, MEDICARE ADVANTAGE,
MEDICAID, LONG-TERM CARE, AND FRAUD PREVENTION.



Family Fun Fest

FREE EVENT!

July 12
3PM - 7PM
Gateway Park

Shiver me timbers, Matey!
Yo ho ho and a barrel of FUN!
Avast, ye landlubbers!

LIVE MUSIC **TREASURE HUNT** **SPLASH PAD**
FOOD TRUCKS **GAMES & CRAFTS** **INFLATABLES**
POPCORN **TREATS & PRIZES** **COTTON CANDY**

SAVE THE DATE

**Your District, Your Voice:
Mid-Year Update**

Townhall Meeting with Pierce County Councilmember Robyn Denson

Wednesday, July 30, 2025
Key Center Library
5 pm - 6:30 pm

FOOD BACKPACKS 4 Kids KIDS. FAMILY. COMMUNITY.

FARM STAND

PROCEEDS BENEFIT OUR PROGRAMS

EVERY SATURDAY
June 21st through Harvest Season
10am to 2pm

9127 154th AVE Ct NW
Lakebay, WA 98349

Want to volunteer or participate as a grower?
info@foodbackpacks4kids.org
or call 253.857.7401

KP Lutheran Church Monthly Community Gatherings:

- Men's Breakfast – 1st Saturday of each month at 8:00 AM
- Women's Brunch – 2nd Saturday of each month at 11:00 AM

Whether you're new to the area or just looking to connect, these are wonderful opportunities to share a meal, visit, and make new friends. All are welcome!

Adult Summer Reading 2025

Book Bingo Cards available in KPCS lobby or pick one up at the Key Center Library

SUMMER READING
**Summer
OF Stories**