

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

Thank you!

With Gratitude to Our Community Partners

A heartfelt thank-you to the **Altrusa Foundation of Gig Harbor** for their generous support through the Empty Bowls fundraiser. Their gift helps keep our food pantry shelves stocked and ensures we can continue connecting our community to nutritious food. Together, we are nourishing hope and health on the Key Peninsula.

We are also deeply grateful to the **Boeing Employees Community Fund** for their grant that allowed us to replace the engine in our KPCS Box Truck. Thanks to their support, our truck will keep running strong, delivering food, supplies, and care up and down the Key Peninsula for those who need it most. This generosity keeps us moving forward, literally and figuratively, and makes a lasting difference in our community.

Senior Meals & Senior Center

Join us on Wednesdays this September at 1:00 PM for our fun and friendly tech series we're calling **"Wi-Fi Wednesdays!"** Each week we'll explore a new topic to help you feel more confident with today's technology.



September 10 – Intro to AI: Discover what Artificial Intelligence is, how it's used every day, and try out a few fun examples. The Spaghetti Bingo Picture in this newsletter was created with AI!

September 17 – Phone Tips & Tricks: Bring your smartphone and learn settings, shortcuts, and apps that can make life easier.

September 24 – Computer Basics & Handy Tricks: From organizing files to navigating the internet, we'll share simple tips to make your computer work for you.

Homeless Outreach



Donation Requests: Help Us Prepare for Fall & Winter

As the weather turns colder and wetter, our outreach team is already preparing to help our neighbors stay safe, warm, and dry.

Clothing: Coats (adult M–3XL), hoodies, thermal layers, socks, gloves, hats, scarves, and rain gear

Supplies: Blankets, sleeping bags, tarps, tents, mylar emergency blankets, and hand/foot warmers

Hygiene Items: Travel-size soap, shampoo, deodorant, wipes, feminine hygiene products, toothbrushes, toothpaste

Food & Drink: Non-perishable snacks (protein bars, granola bars, trail mix, dried fruit), bottled water, hydration packets

Other Essentials: Ponchos, backpacks, reusable water bottles



Lesson with my visit with: Resilience

I have noticed that so many of our friends seem to be facing more challenges than usual, such as; severe health issues, debilitating accidents, death of loved ones, financial challenges, emotional breakdowns. And for some, it seems like all of the above. Is there something in the air? Is it a getting old thing? But then, I look around and see many young people experiencing many of these same things.

How do we cope and also thrive during challenging times? How do we survive broken hearts and bodies? The word resilience comes to mind. The ability to "bounce back" from difficult experiences. It does take "True Grit" to cope with the challenges life brings to all of us at some point in our lives. Love it or hate it.. It's life. It also helps us appreciate and savor the good and happy things life brings us as well. When difficult times come for me, I have learned to say "it's my time to be in the bottom of the barrel". It helps me to keep some perspective. It also reminds me that everything changes. So remember that nothing lasts forever,,,good or bad.

Developing resilience includes many things such as seeking support from family and friends, practicing self care with diet, exercise and spiritual and wellbeing practices. Learning from mistakes. Focusing on your strengths and celebrating small victories and staying hopeful. During one of my darkest times, I remember asking for "just one sliver of joy" and in the very next moment I saw a rainbow appear. It took my breath away and gave me hope that one day I would be joyful and filled with laughter once more.

With love,

Bobbi



Photo Credit: Jan Murphy

CALLING ALL ARTISTS FOR 2026 LINEUP

1. Would you like to showcase your art for a 2 or 3 month block?
2. We have wall space and can provide a display table.
3. Please reach out to Teresa for more information: 253-884-4440.

Let's support our fellow local artists!

September

FALLS PREVENTION MONTH!

Stay strong, steady, and confident.
Join one of our evidence-based balance
classes:

- SAIL (Stay Active & Independent for Life)
- Tai Ji / Tai Chi for Better Balance

Both classes are proven to reduce fall risk, improve balance, and keep you moving with confidence. Don't miss this chance to take charge of your health in a fun, supportive setting!

Get on the Bus, Gus! Join us Thursday, Sept. 18 for a trip to the Washington State History Museum. The bus leaves after Bingo, with free admission at 3 pm. Fully accessible! Call now to reserve your seat!

Smiles of Summer *"One must maintain a little bit of summer, even in the middle of winter."*
– Henry David Thoreau



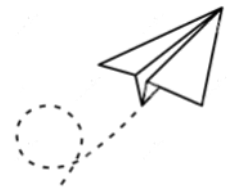
Please call by
10AM to reserve
your meal
253-884-4440

September

60+: Suggested
\$3 EACH

Under 60:
Required \$ 29.34

Tue	Wed	Thu	Fri
2 Fish Sandwich Broccoli Salad Melon	3 Lasagna Rolls Garlic Bread Green Salad Fruit	4 Meatloaf Baked Potato Brussels Sprouts Roll, Fruit	5 Chicken Salad Pea Salad Roll, Fruit Salad
9 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Fruit	10 Clam Chowder Cornbread Green Salad Fruit	11 Black Bean Burgers French Fries Fruit	12 Beef Taco Salad Spanish Rice Tortilla Chips Fruit
16 Chicken Broccoli Casserole Carrots Fruit	17 Scalloped Ham & Potatoes Green Beans Roll, Fruit	18 Shrimp Alfredo Brussels Sprouts Fruit	19 Veggie Pizza 3 Bean Salad Fruit
23 Sloppy Joes French Fries Green Salad Fruit	24 Fried Chicken Mashed Potatoes & Gravy, Corn Fruit	25 Pot Luck	26 BLT Macaroni Salad Green Salad Fruit
30 Fish Rice Pilaf Coleslaw Fruit	 These services are supported by funding from Pierce County through its Human Services Department.		



Mon	Tue	Wed	Thu	Fri	Sat
1 KPCS Closed for Labor Day	2 8:30AM: SAIL 9:45AM: Tai Chi 1:00 PM: Book Club	3 9:30AM-11:30AM Cards & Games 10:00AM: Haircuts 11:30AM SHIBA Advisor 1:00PM PCHS Mobile	4 8:30AM: SAIL 9:45AM: Tai Chi 1:00PM BINGO	5 10:00AM: Program Committee Meeting 1:00PM: Fiber Arts Club	6 8:30AM: SAIL
8 4:00PM: SAIL	9 8:30AM: SAIL 9:45AM: Tai Chi 10 AM: Tacomaprobono Legal Help	10 9:30 AM-11:30 Cards & Games 1:00PM: Tech Class	11 8:30AM: SAIL 9:45AM: Tai Chi 11:00AM: Pierce Co. Social Services	12 10AM: Free Tables (weather permitting) 12:45 PM: Movie: Grease 2	13 8:30AM: SAIL
15 4:00PM: SAIL	16 8:30AM: SAIL 9:45AM: Tai Chi 5:00 PM Spaghetti Bingo Night	17 9:30 AM Emerald Queen Casino Trip 9:30 AM-11:30 Cards & Games 1:00PM: Tech Class	18 8:30AM: SAIL 9:45AM: Tai Chi Birthday Lunch 1:00 PM BINGO 2:00 PM Museum Trip	19 1:00PM: KARAOKE & Farm Tour Prep Scarecrow Building	20 8:30AM: SAIL
22 4:00PM: SAIL	23 8:30AM: SAIL 9:30AM: Walmart Trip 9:45AM: Tai Chi	24 9:30 AM-11:30 Cards & Games 10:00AM: Haircuts 1:00PM: Tech Class	25 8:30AM: SAIL 9:45AM: Tai Chi 10:00AM-Noon Vaccine Clinic Pot Luck	26 10AM: Free Tables (weather permitting) 12:45 PM: Movie: Harper Valley P.T.A	27 8:30AM: SAIL Farm Tour 10AM-4PM
29 4:00PM: SAIL	30 8:30AM: SAIL 9:30AM: Belfair Trip 9:45AM: Tai Chi	1 9:30 AM-11:30 Cards & Games	2 8:30AM: SAIL 9:45AM: Tai Chi	3 1:00PM: Fiber Arts Club	4 8:30AM: SAIL



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



Tacomaprobono Community Lawyers

We'll be on the Key Peninsula in September 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

BOOK CLUB

FREE
ENTRY

SEPT 2
1:00 PM

**IN THE SENIOR
CENTER LIBRARY**

We'll pick our first book together. Come for the books, stay for the friends.
Free and open to all!

Movies at the Senior Center

Last month we sang along with *Grease*, and now it's time for the sequel! Join us on **Thursday, September 12** as we watch *Grease 2*.

Then on **Thursday, September 26**, we'll enjoy *Harper Valley PTA*, the movie inspired by the song we love to belt out at Karaoke. Popcorn will be ready and the comfy chairs will be waiting. Come relax, laugh, and enjoy a movie with friends!



Feel free to sneak in your own candy! 12:45 Start



What is SHIBA?

Statewide Health Insurance Benefits Advisors

- A free program of the Office of the Insurance Commissioner
- We provide unbiased and confidential information about Medicare and other health insurance
- We are an educational service
- We don't sell anything!

A SHIBA Advisor from Peninsula Community Health Services will be at KPCS Wednesday, September 3rd at 11:30 am. Stop by with questions.



**Peninsula Community
Health Services**

**Mobile Clinic will be at KPCS
Wednesday, September 3rd, 1-3pm**



Spaghetti - BINGO!

Mark your calendars for
Tuesday, September 16 at 5:00 PM.

We're bringing back **Evening Bingo** with a tasty twist! Join us for a delicious spaghetti dinner followed by a lively night of Bingo, laughter, and fun.

There will be **wonderful prizes** up for grabs, and of course plenty of good company to share the evening with. Whether you're a Bingo regular or just coming for the spaghetti and smiles, we'd love to see you there!

Bring your friends, bring your luck, and come hungry, we'll take care of the rest.



"What do you call fake spaghetti?" *An impasta!*



Flu and COVID-19 Vaccine Clinic

@ KPCS for Adults 18+

9/25 from 10AM-Noon

Bring your healthcare card and ID



Please Help Stock the Food Pantry with:

Canned vegetables

Canned soups and stews

Canned fruit

Pasta Sauce



Calling all vendors! KPCS has spots along the KP HWY for you to rent for Saturday 10-4. \$25 each spot.

Call 253-884-4440 to reserve your spot today.

KPCS Fundraiser Spot on the Farm Tour

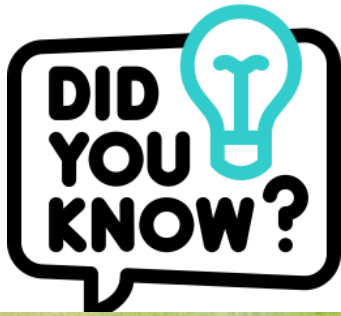
Saturday Only, 9/27, 10 AM-4:00 PM

Stop by for your choice of Farm Fresh Corn Chowder or Hearty Beef Stew!

Rummage Sale and Fall Fun for All Ages – including Face Painting

Check out our Fun Addams Family Themed Scarecrows.





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

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!

Overdose Awareness Day

Driven by hope, come
together as one big family
to act on overdose.

Thursday
Sept. 4, 2025
4-7 p.m.

Owen Beach Pavilion
5605 Owen Beach Rd.
Tacoma



- Get free naloxone (Narcan) and other resources.
- Help create a community art project.
- Build awareness and solidarity.
- Learn how to reduce stigma.
- Walk along the waterfront.

Questions? Email ShyAnn at skeenan@tpchd.org.



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

Cash Preferred!

Homewatch CareGivers[®] The Mustard Seed Project

Rotary Club of Gig Harbor

CAREGIVER ACADEMY

Certified Home Care Aide Program

Sept. 16th - Oct. 23

Tuesday, Wednesday, Thursday
10am - 2pm

This training program will put you on the path to a career in Health Care

\$75 fee for materials (scholarships available)

To register email
programs@themustardseedproject.org or 253-884-9814