

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



As we move forward with our goal to have a completely new, fully operational Food Pantry in front of existing building, we have erected "stage 2". This is a temporary, garage type structure with nearly 500 sq. ft. of floor space. It will serve as our bread closet to start and as the Food Pantry once we get all of electricity installed. This structure will allow us to be fully functional during the next phases of this project.

We are so appreciative of the volunteers who made this happen: Karl Bonn for his generosity, Pat Reagan, Howard Godbey. Ray & Evan Readwin for the hours of labor put into this project.

Senior Meals & Senior Center

Shuttle Pilot Project Coming Soon! We're excited to share that a Shuttle Pilot Project is expected to run December through Summer, with a bus stop right here at KPCS! This is our chance to bring transportation back to the KP, but it only works if we use it!

Start planning a ride on this shuttle for when it launches. Hop on and head to Uptown in Gig Harbor. Every trip helps show there's real community demand for reliable transportation.

Let's make sure this pilot becomes permanent — ride, share, and spread the word! More to come....



Homeless Outreach

Thank you!

As the weather turns colder, Delci, Judy, and Erin W. want to take a moment to thank everyone who has donated blankets and other cold-weather supplies to the KPCS Homeless Outreach Program. Your generosity has helped our neighbors facing homelessness stay warm, dry, and cared for through long, cold nights. As we ramp up our cold weather response we want you to know that every blanket, sleeping bag, and layer of warmth truly matters. See inside for what we are collecting for the winter, and thanks again.

It's a time for Thanksgiving



This month is so special for so many people and it does give us a chance to stop and reflect on what truly does matter. What I always seem to come back to is the relationships we have in our lives. This is one moment we can stop and reflect how interconnected we truly are with others, be it family, friends, and even acquaintances.

If you listen to the news it seems like we are moving farther and farther apart. Yet, if we look around we find that our community is there and we help each other in meaningful ways...big or small. Sometimes, just truly listening to someone is more important than anything else we can give.

So, maybe after that huge meal make it a twofold experience. Go for a walk with someone and enjoy sharing a story or two. That way you keep moving and maybe not put on that extra 5 pounds!

With love,
Bobbi

Finding Focus & Peace — Together ADHD/PTSD Peer Support Group at KPCS

Life with ADHD or PTSD can feel like juggling invisible weights. Time slips away, focus drifts, emotions hit hard, and sometimes it's hard to explain to others what's really going on. That's why we've created a space for understanding, connection, and growth right here at KPCS.

Join us each week in the Port Room for a **peer support group** where adults can come together to share experiences, build coping skills, and rediscover strengths like **creativity, humor, and compassion**. This is a safe, welcoming circle for conversation, not judgment.

Each session offers practical discussions on everyday challenges like **procrastination, forgetfulness, "time blindness," brain fog, and emotional overload**, along with simple tools to manage stress and reclaim calm.

Facilitator: *Jackie Furrey, MSW* retired with 30+ years of experience guides the group with care and insight.

When & Where: *Wednesdays at 3:00 PM* in the **Private Port Meeting Room at KPCS**, a comfortable, confidential setting for small-group connection.

Note: This is not therapy and does not diagnose or treat ADHD or PTSD. It's peer support designed to complement professional care and build community.

Come as you are — connect, share, and find encouragement among friends who truly understand.

WARM HEARTS, WARM BLANKETS

As temperatures drop, many of our neighbors are struggling to stay warm through the night. We're continuing to collect blankets of all sizes—king, queen, full, twin, or throw as well as sleeping bags, sleeping pads, emergency blankets, and hand warmers. Used items are welcome as long as they're clean and in good condition.

WHAT WE'RE ACCEPTING:

- Blankets of All Sizes
- Sleeping Bags
- Sleeping Pads
- Emergency Blankets
- Hand Warmers

Please make sure all items are clean and in good condition.

DROP OFF LOCATIONS:

Key Peninsula Community Services
17015 9th St CT NW, Lakebay, WA 98349
Tuesday–Friday, 8 AM–4 PM

Key Peninsula Council Office
In the KC Corral
9013 Key Peninsula Hwy NW, Suite D,
Lakebay, WA 98349
Monday–Friday, 10 AM–2 PM



Something as simple as placing a hand warmer inside an emergency blanket and lining a sleeping bag with it can help retain body heat overnight. Emergency blankets can also be used to insulate windows or vents in cars and tents, keeping warmth in and cold air out.

What is an Emergency Blanket?

Emergency Mylar Thermal Blankets are lightweight, compact, and incredibly effective at retaining warmth. For just \$19.99, we can purchase a 25-pack of these durable, waterproof, and windproof silver blankets—each measuring 52" x 82" and **capable of retaining up to 90% of body heat.**

Made from military-grade, 12-micron aluminized mylar, these blankets are designed to prevent hypothermia and protect against rain, snow, and wind. They can also be used to insulate cars overnight, line sleeping areas, or be paired with handwarmers for extra comfort.

Your support goes a long way. Whether you contribute \$20 to cover a full pack or donate individual items, every bit helps us bring warmth and dignity to those who need it most.

NOVEMBER

Tue	Wed	Thu	Fri
4 Fish Tacos Tortilla Soup Coleslaw Fruit	5 Lasagna Mixed Veggies Garlic Bread Melon	6 Chicken Pot Pie Sliced Apples	7 Pulled Pork Sandwich Tater Tots Coleslaw, Fruit
11 Beef Chili Corn Bread Fruit	12 Fried Chicken Mashed Potatoes & Gravy Corn on the Cob	13 Fried Pork Chops Sweet Potatoes Peas, Applesauce	14 Shrimp Alfredo Mixed Veggies Fruit
18 BBQ Chicken Pork-n-Beans Roasted Potatoes	19 Mac & Cheese w/ Ham Mixed Veggies Mixed Fruit Cake	20 Baked Cod Coleslaw Rice Pilaf Steamed Carrots Fruit, Lemon Bars	21 Beef Taco Salad Spanish Rice Tortilla Chips Fruit
25 Roasted Pork Roasted Veggies Applesauce Roll	26 Thanksgiving Turkey Dinner	~ closed ~ <i>Happy Thanksgiving</i>	
Call 253-884-4440 by 10:00 am to reserve your plate!		Age 60+: \$3 suggested donation Age 59 or less: \$29.34 each	



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



JOIN US THIS MONTH!

Mon	Tue	Wed	Thu	Fri	Sat
 Be sure to set your clocks back one hour before you go to bed on Saturday night, November 1 so you'll be right on time Sunday morning, November 2. Enjoy that extra hour of sleep and a little more morning sunshine as we head into the cozy season!  <i>These services are supported by funding from Pierce County through its Human Services Department.</i>					1 8:30AM: SAIL
3 4:00PM: SAIL	4 8:30AM: SAIL 9:45AM: Tai Chi 1:00PM: Book Club 1:00PM Tea Party Election Day	5 9:30AM: Red Wind Casino Trip 9:30AM-11:30AM: Cards & Games 10AM: Tacomapro-bono Legal Help 11:30AM SHIBA Advisor 1:00 PM PCHS Mobile Clinic 3:00PM PTSD/ADHD Support Group	6 8:30AM: SAIL 9:45AM: Tai Chi 11:00AM: Pierce Co. Social Services 1:00PM Bingo	7 10:00AM: Program/Volunteer Committee Meeting 1:00PM: Fiber Arts Club 5:00PM Turkey Bingo Dinner	8 8:30AM: SAIL
10 4:00PM: SAIL	11 8:30AM: SAIL 9:45AM: Tai Chi 10:30AM Veteran's Coffee Veteran's Day—OPEN	12 9:30AM-11:30AM: Cards & Games 3:00PM PTSD/ADHD Support Group	13 8:30AM: SAIL 9:45AM: Tai Chi 11:00AM PC Social Services/ADR	14 1:00PM: KARAOKE 12:00PM: Blood Pressure Checks 12:45PM: Movie: Jack Frost	15 8:30AM: SAIL
17 9:30AM: Walmart Trip 4:00PM: SAIL	18 8:30AM: SAIL 9:45AM: Tai Chi	19 9:30AM-11:30AM: Cards & Games 10:00AM Haircuts 3:00PM PTSD/ADHD Support Group	20 8:30AM: SAIL 9:45AM: Tai Chi Birthday Lunch 	21 KPCS Feast or Famine Fundraiser	22 8:30AM: SAIL
24 4:00PM: SAIL	25 8:30AM: SAIL 9:45AM: Tai Chi	26 9:30 AM-11:30AM: Cards & Games KPCS Thanksgiving Turkey Day	27 Closed 		29 8:30AM: SAIL



Tacomaprobono Community Lawyers

Please Note Different Date in NOVEMBER

**We'll be on the Key Peninsula
WEDNESDAY, NOVEMBER 5th**

- KPCS 10-noon,
- Mustard Seed from 1-3 p.m.
- Gig Harbor City Hall from 5-7 p.m.

You can get an appointment to attend a clinic by filling out our online intake form. 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

Movie Matinee Fridays at the Senior Center!

Join us on **Friday, November 14 at 12:45 p.m.** for our **Movie Matinee** featuring **Jack Frost!**

We've moved the movie to the **Library**, where you can relax in **comfy chairs** and enjoy a warm, cozy atmosphere.

Bring a friend and settle in for an afternoon of entertainment, laughter, and community. We'll have **free popcorn** and plenty of smiles waiting for you!



When: Friday, November 14, 12:45 p.m.

Where: The Senior Center Library

Cost: Free!

Come for the movie, stay for the friendship.

See you there!

S.A.I.L.

STAY ACTIVE AND INDEPENDENT FOR LIFE



KEY PENINSULA COMMUNITY SERVICES

S.A.I.L. Classe Times

Mon @ 4:00 PM

Tues @ 8:30 AM

Thurs @ 8:30 AM

Saturday @ 8:30 AM

Join us, we will make room
for you!

**CALL FOR A
RIDE ON THE
SHUTTLE BUS
253-884-4440**

Where is the Shuttle Bus Going in November?

Give us a call to learn more about our services and to reserve your spot! Ask any questions you may have.

Tues-Fri – Get a ride to a nutritious lunch with great friends at KPCS.

Monday, Nov 17th – Shopping trip to Walmart. Meet at KPCS at 9:30 am.



Peninsula Community Health Services

Mobile Clinic will be at KPCS

Wednesday, November 5th, 1-3pm

Need health care but can't make it to the clinic? PCHS is bringing care to you with their **Mobile Health Care Bus**.

- Primary medical care
- Preventive checkups & screenings
- Help managing ongoing health needs
- Support connecting with additional services

This is a great opportunity to get quality care close to home. The mobile clinic is open to everyone, and they work with most insurances (including Medicaid/Medicare) — no one is turned away for inability to pay.

Take care of yourself without leaving the neighborhood!



KPCS

Food Pantry
Senior Meals
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Proudly Presents

FEAST OR FAMINE

NOVEMBER

FRIDAY

21

6 - 8 PM

AT THE GIG HARBOR EAGLES

4425 Burnham Dr, Gig Harbor, WA 98332

A casual, inspiring evening dedicated to ending hunger in our community. Your support fuels our New Food Pantry, Senior Center, and Homeless Outreach programs. Enjoy food and good company as we turn the famine of food insecurity into a feast of hope and compassion.

 Tickets: \$50 each

 Dress: Friday-night casual (jeans welcome!)

 Live music by Luke Walstead

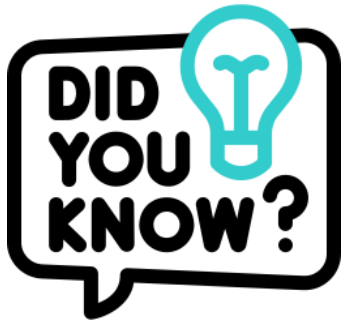
Come hungry and ready to make a difference.

It's more than a meal— it's a movement.

www.yourkpcs.org

 You are welcome to bring a bag of food!





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

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!

TAI CHI FOR BETTER BALANCE

KEY PENINSULA COMMUNITY SERVICES

TUESDAYS AND THURSDAYS

9:45 AM

18th Annual KPCC Winter Warm-Up
Holiday Crafts Fair
Key Peninsula Civic Center
17010 S Vaughn Rd NW Vaughn WA 98394
**55+ Vendors Offering Handmade & One-of-a-Kind
Local Art and Creations**
Santa Pictures • Family Fun • Youth Musicians • Concessions
Saturday, November 8, 2025
10am to 3pm

FREE
ADMISSION

Key Peninsula
Civic Center



Thanksgiving Basket Sign-Ups Are Open!

Stop by the KPCS Food Pantry and
see Brett to sign up for a Basket
from the Gig Harbor/Greater Gig
Harbor Foundation's Thanksgiving
Basket Brigade!

These baskets are filled with holiday
favorites to help make your Thanks-
giving meal special. Supplies are
limited, so be sure to sign up soon!

A heartfelt thank-you to the Greater
Gig Harbor Foundation for including
KPCS and helping bring joy (and full
plates!) to families across the Key
Peninsula.