

KEY PENINSULA COMMUNITY SERVICES

17015 9th St Ct NW Lakebay, WA 98349
PO Box 392 *Just South of the Home Bridge*



April 2026
253-884-4440



Karl showed up with determination and a quiet commitment to this community. He was someone others could count on, and his presence inspired those around him. Thank you, Karl, for all you gave. You will be deeply missed.



The Best of Times or the Worst of Times?

We are living in a time of upheaval. Things seem more and more bleak. Fear is palpable, and so many people are feeling powerless.

I used to say I was a Republican and then later a Democrat. Today? If only there was a middle of the road with them both...

However, I was recently reminded that our founding fathers wanted to ensure there would be no King. So, they deliberately set up a form of government that would be contentious. A separation of powers into 3 branches of government. The President, The Congress, and the Courts.

It just seems so loud today. The power of the internet and now the most powerful "Wizard of AI."

So, what is an antidote for us as regular human beings?

In the next few months, I would like to share some ways that I have used to help me. It doesn't matter which side of the political spectrum you are on. We all need to feel safe and loved.

Last month, I spoke of how to use our breath to help calm our nervous system down. It still seems the quickest way. Belly Breathing: inhale gently through your nose for a count of 6 and exhale through your mouth for a count of 8 for a few minutes each day.

There are many breathing techniques you can try. One of the best books I have read is called *Breath, The New Science of a Lost Art* by James Nestor.

And perhaps shut the news off for 2 weeks. You may just find you feel a whole lot better.

Until next month,
With love
Bobbi

*just
breathe*



**Congratulations, Bobbi, on your Fidelity
certification in Tai Chi!**



Cooking With Jackie

Salad Dressing Seminar



Cooking with Jackie: Fresh & Simple Salad Dressings April 15th at 1:00 pm

Ready to lighten things up this spring? Step away from heavy, creamy dressings and discover how easy it is to make your own fresh, flavorful alternatives at home.

Join Jackie as she shows you how to create simple, healthy dressings using everyday ingredients from your cupboard. Most recipes are quick “jar shake” blends featuring olive oil, apple cider vinegar, and a variety of easy add-ins to customize your flavor.

Taste the difference, learn a new kitchen skill, and take home recipes you’ll actually use!

Space is limited to 12, so call and reserve your spot!



Card Making With Marla

Tuesday, April 21st
at 1:00 PM




JOIN US TO CELEBRATE WILLIE NELSON'S 93RD BIRTHDAY



WEDNESDAY, APRIL 29TH

@ 1:00 PM

**LIVE TUNES PLAYED BY
DONN ALLARD**

DISTRICT 7

COUNTY COUNCIL MEETING

Thursday, April 2, 2026

5:30 pm

Key Peninsula Civic Center

Theme - *State of the Key Peninsula*

Pierce County Departments and Community Partners share work and activities impacting the Key Peninsula.

*from 4:30 - 5:30 pm several agencies will be present with resources and information.



Set Sail with KPCS! 

Shuttle Bus Trip to

the Foss Waterway Seaport Museum

Join us for a relaxing afternoon outing to the Foss Waterway Seaport in Tacoma! This beautiful waterfront museum celebrates our region's rich maritime history, from fishing and logging to military service and the hardworking boats that shaped our South Sound communities.

Explore at your own pace in this flat, accessible museum space with seating. Enjoy hands-on exhibits, historic vessels, and fascinating local stories that connect directly to life here on the Key Peninsula. It's local history brought to life, the sights and sounds of our rich boating heritage.

Rescheduled to April 17th.

Hopefully there will be no snow!

-  Bus leaves KPCS at 12:45 PM (after lunch)
-  Departing Foss Waterway Seaport at 3:00 PM
-  Our shuttle bus is wheelchair accessible

Space is limited — Call 253-884-4440 or sign up at the front desk to reserve your seat!

Neighbor Feeding Neighbor Meals

Do you have a homebound neighbor who could use a little extra support with meals? Our Neighbor Feeding Neighbor program provides ready-to-heat meals.

If you have a neighbor, friend, or family member who can pick up a bag of meals for you, give us a call to get everything set up.

Made here at KPCS with easy breakfast options are available, too!
Call to sign up: 253-884-4440

Help Us Grow It Again



We've grown 150 lb pumpkins and 1,600 lbs of fresh food for our pantry. Let's do it again. Whether you've got a green thumb or just want to help, there's a place for you here. Stop by and check it out with Teresa, she will get you digging!



ADD Support Group Thursday @ 3:00 PM in the Port Room @ KPCS

Attention

deficit

disorder



Welcoming, judgement free zone with peer support

Fiber Arts Club

Come work on your project,
brainstorm, ask questions, get
feedback, or just chat.

THURSDAY, APRIL 2nd

1:00 walk on in

EVERYONE is WELCOME!

KEY PENINSULA VETERANS & FRIENDS COFFEE
COME FOR COFFEE, SNACKS AND CONVERSATION

Wednesday, April 15th
1:00 PM

KEY PENINSULA COMMUNITY SERVICES (KPCS)
17015 9TH ST CT NW
LAKEBAY, WA 98349

Trivia Question:

What is the name of Willie Nelson's famous, well-worn guitar?



Answer: Trigger



**Peninsula Community
Health Services**

Mobile Clinic will be onsite at KPCS

April 1st from 1:00 - 3:30 pm

Stop by to access care and resources close
to home.

YOU CAN PRE SCHEDULE FOR April 1st
360-377-3776 or scan to book online.



What is SHIBA?

Statewide Health Insurance Benefits Advisors

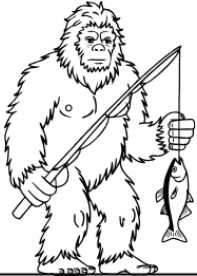
- A free program of the Office of the Insurance Commissioner
- We provide unbiased and confidential information about Medicare and other health insurance
- We are an educational service
- We don't sell anything!

Available in the KPCS dining room
before lunch 11:30 on Wed, April 1st



HAIRCUTS
WITH WHITNEY APRIL 8 & 22

April Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 AM Cards & Games 11:30 AM SHIBA Medicare Advisor 1:00 PM Book Club 1:00 PM PCHS Mobile 3:00 PM SAIL	2 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 1:00 PM Fiber Arts 3:00 PM ADHD/PTSD Support Grp. 	3 10:00 AM Prog Committee Mtg 12:45 PM Movie & Popcorn <i>Oh, God!</i> 	4 8:30 AM SAIL
6 3:00 PM SAIL 	7 8:00 AM AARP Tax help trip 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea	8 9:30 AM Cards & Games 10:00 Haircuts 3:00 PM SAIL 	9 8:30 AM SAIL 9:45 AM Tai Chi 12:45 PM Trip: Little Creek Casino 3:00 PM ADHD/PTSD Support Grp. 	10 12:20 PM Estate plan presentation with Tessa Roberts	11 8:30 AM SAIL 
13 3:00 PM SAIL	14 8:30 AM SAIL 9:45 AM Tai Chi 10:00 AM Tacomaprobono 10:00 AM DSHS 12:30 PM Wii & Tea	15 8:15 AM Coffee & Lefse 9:30 AM Cards & Games 1:00 PM Cooking demo with Jackie 1:00 PM Vets & Friends Coffee 3:00 PM SAIL	16 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 3:00 PM ADHD/PTSD Support Grp. 	17 12:45 PM Trip: Foss Waterway Seaport Museum <i>Rescheduled from Snow Day!</i> 	18 8:30 AM SAIL
20 3:00 PM SAIL	21 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea 1:00 PM Greeting card fun w/ Marla 	22 9:30 AM Cards & Games 10:00 AM Haircuts 10:00 DOL2GO 1:00 PM KP Healthy Community 3:00 PM SAIL	23 8:30 AM SAIL 9:45 AM Tai Chi 12:00 PM Birthday & Potluck 3:00 PM ADHD/PTSD Support Grp. 5:30 PM Volunteer Appreciation Dinner	24 12:45 PM Movie & Popcorn <i>The Life of Chuck</i> 	25 8:30 AM SAIL
27 9:30 AM Trip: Walmart  3:00 PM SAIL	28 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea 	29 9:30 AM Cards & Games 1:00 PM Willie Nelson's Birthday Party 3:00 PM SAIL	30 8:30 AM SAIL 9:45 AM Tai Chi 3:00 PM ADHD/PTSD Support Grp.	May 1 	May 2 8:30 AM SAIL

April

Tuesday

Wednesday

Thursday

Friday

**Happy
Easter!**

	1	2	3
	Chicken & Dumplings Green Salad Fruit Berry Cobbler	Salmon Burgers Veggie Cup Wild Rice Diced Pears	Spiral Cut Ham Scalloped Potatoes Green Bean Casserole Roll, Fruit
7	8	9	10
Beef Stroganoff Peas & Carrots Caesar Salad Roll, Fruit	Baked Chicken Rice Pilaf Spinach Salad Cheesy Bread, Fruit	Smothered Pork Chops Roasted Red Potatoes, Carrots Green Salad, Fruit	Marry Me Shrimp Pasta Green Salad Garlic Bread Broccoli, Fruit
14	15	16	17
Meatball Sub Zucchini Parmesan French Fries Fruit	Chicken Pot Pie Green Salad Roll, Fruit	Smoked Sausage Penne Pasta Mixed Veggies Green Salad Roll, Fruit	Shrimp Tacos w/ Lime Crema Slaw, Green Salad Tater Tots Fruit
21	22	23	24
Spaghetti Caesar Salad Green Beans Garlic Bread Fruit	Chicken & Waffles Green Salad Mashed Potatoes & Gravy Peaches	Pot Luck & Tater Tot Casserole Green Salad Peas, Roll, Fruit	Salmon Spinach Salad Rice Pilaf Broccoli Fruit Salad
28	29	30	
Sloppy Joes Sweet Potato Fries Mixed Veggies Fruit	Chicken Alfredo Brussels Sprouts Green Salad Fruit	Fried Pork Chops Mashed Potatoes & Gravy Green Salad Broccoli, Applesauce	

Lemonade, Milk, Coffee & Tea available with each meal

CALL 253-884-4440 BY 10 AM TO RESERVE YOUR PLATE

Age 60+: \$3 suggested donation – no one is turned away!

Age 59 or less: \$29.34 each required

Kitchen Volunteers always eat free!



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

Key Pen South Book Club

MEETING April 1st 1:00 PM

BOOK TO DISCUSS

Ask Again, Yes

Kean, Mary Beth, Author

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NEXT BOOK

The Bride Test

By Helen Hoang

BOOKS ARE PROVIDED!



ALWAYS THE 2ND TUES OF THE MONTH

10:00 AM - NOON
TUESDAY, APRIL 14TH

It's showtime!

FRIDAY @ 12:45

MOVIE

April 3rd @ 12:45 pm - George Burns in Oh, God!

April 24th @ 12:45 pm - The Life of Chuck, a moving story of an accountant who loves dance



🎉 Let's Start Celebrating! 🎉

We have some BIG retirements coming this June at KPCS!

After a combined 32 years of incredible service, we are beyond excited to celebrate:

- ★ Jackie – Kitchen Manager
- ★ Brett – Food Pantry Manager
- ★ Judy – Outreach Specialist

These three have poured their hearts into this community—feeding neighbors, creating connection, and showing up day after day with care, compassion, and dedication. KPCS is what it is because of people like them. Please join us in thanking them, celebrating them, and wishing them the absolute best in this next chapter. We are so grateful—and so happy for them! 🧡 More celebration details to come! 🎉