

KEY PENINSULA COMMUNITY SERVICES

Just South of the Home Bridge



February 2026

Celebrate Heart Health Month at KPCS

Our February class features a nutritious microwave “Egg McMuffin” hack, an easy, no-fuss way to add quick protein and start your day right. This heart-healthy option reduces added fats while keeping flavor and convenience front and center.

The live demonstration begins at 1:00 PM on Wednesday, February 18th.



Please sign up in advance, as space is limited to 12 participants, and we want to be prepared with enough materials for everyone.



This recipe was developed through a collaboration between our Kitchen Manager, Jackie, and our Registered Dietitian, Carolyn, as a heart-healthy alternative to frying eggs.

Looking for even more ways to celebrate Heart Health Month at KPCS? We've got plenty:

- Join one of our exercise classes, offered six days a week
- Enjoy a nutritious lunch Tuesday–Friday
- Get moving with virtual bowling, tennis, or golf every Tuesday at 12:30 PM
- Or tap your feet to live music at our Valentine's Day Party on Friday the 13th



There are so many great ways to care for your heart and connect with community at KPCS this February. You are welcome to join us and be part of it.

From the Food Pantry

You may notice some digging happening in front of the building as we prepare for our new food pantry. Before we move forward, we're addressing necessary septic repairs, with the hope of submitting our building permit shortly after.

I want to take a moment to recognize our entire KPCS team and the incredible volunteers who continue to show up and support the food pantry during this in-between season. This interim period has been cold ~ there is no sugarcoating that ~ but your commitment has never wavered. Because of you, our neighbors are still being fed, cared for, and treated with dignity. Thank you for standing with our community and with one another as we work toward a meaningful improvement in 2026.

Pictured to the right is the 1,000 square foot food pantry we are working hard to bring to Lakebay.

Hope to see you soon - Robyn





The dark month of February.

The holidays are over and it gets dark so early and its cold and rainy and windy. The electricity goes out as the winds get stronger and trees fall over onto the roads. The barometric pressure changes and our older joints hurt as the arthritis kicks in. Driving at night has become a nightmare with oncoming headlights blinding you, the road is dark and rain makes it even darker and hazier. Gloom and doom. It certainly can become that for all of us in the middle of winter in the Pacific NW. That is why so many older people either snowbird down to Arizona or head out to Hawaii or Mexico for a few weeks. There is nothing wrong with that if it helps you to warm up and put a smile back on your face and reset your bodily rhythms.

For me, I love it here and get outside rain or darkness... and, I asked myself what is it that will nourish me during the dark months of winter. The first one is I sit with my coffee in the dark morning and look around the room and start to say out loud what I am grateful for. I do this for at least 5 minutes. I don't look at my phone or tablet, I just sit quietly and say what I am grateful for such as my lovely warm living room, my beautiful sweet dog, my toes, my coffee etc. It sets my day up with not only a positive start but I think it goes even deeper to reprogram my brain.

The next is I told myself that I would try different things this year and say yes more. As many of you know, that took me to a two month Swing Dance class at Tacoma Community College. It was fun, I got to meet new people and it didn't kill me. It helps me to reduce my binge watching of NETFLIX and eating those darned cookies.

There is so much out there to try that isn't too far away. Our own KPCS offers new ways for you to try different things and be with people . Look around and see what is posted and just say YES. And then say bye bye winter blues...

With love,
Bobbi



Homeless Outreach

February is often associated with love, but real care goes deeper than kind words or good intentions. At Key Peninsula Community Services, we are reminded every day that compassion means taking the time to see people as they are, not as we assume them to be. It means recognizing that everyone's story is shaped by experiences we may never fully understand.

It can be easy to judge situations we have not lived through. But when we pause and imagine ourselves in someone else's shoes, perspectives shift. Compassion invites us to listen instead of reacting, to meet people where they are instead of where we think they should be. In our Outreach, we see again and again that understanding and patience create far more progress than rigid expectations or hardened opinions.

This Valentine's season, we invite our community to practice a broader kind of love. One rooted in empathy, humility, and care for neighbors who may be struggling or overlooked. When we lead with compassion, we create a community where everyone has a chance to feel seen, valued, and supported.



Mark
YOUR
Calendar

Live Music
by Andy Burnett



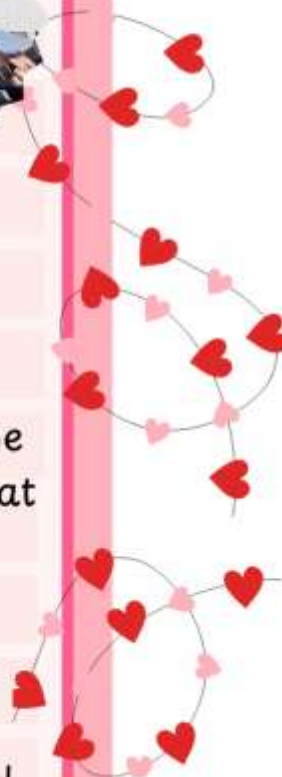
**All You Need Is Love...
and a Cheeseburger 🍔❤️
At KPCS Senior Center**

Share the love this Valentine's Day at KPCS on Friday, February 13th. Join us for cheeseburgers served at noon, followed by live music by Andy Burnett. Whether you come with a sweetheart, a friend, or on your own, there is a seat for you at our table.

We will be welcoming friends from The Mustard Seed Project and The Gig Harbor Senior Center this day!

Lunch, music, and a chance to dance.

Call 253-884-4440 to reserve your cheeseburger today!



Flirtatious Old Gal

I have become a little older since I saw you last, and a few changes have come into my life since then. Frankly, I have become a flirtatious old gal! I am seeing five gentlemen every day. As soon as I wake up, Will Power helps me get out of bed. Then I go to see John. Then Charlie Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint. After such a busy day, I'm really tired and glad to go to bed with Ben Gay. What a life! Oh yes, I'm also flirting with Al Zymer.

P.S. The preacher came to call the other day. He said at my age I should be thinking of the hereafter. I told him "Oh! I do it all the time! No matter where I am, in the parlor, kitchen, or in the garage, I ask myself, "Now, what am I here after?"

-From Cindy Taylor

Neighbor Feeding Neighbor is GROWING in 2026

Neighbor Feeding Neighbor is expanding in 2026, and we couldn't be more excited. Thanks to additional funding, this little community program will continue to grow thoughtfully throughout the year reaching more neighbors while staying rooted in care and connection.

NFN exists because of our incredible volunteers who pick up and deliver meals to homebound neighbors across the Key Peninsula. Your consistency and kindness make this program possible, and we are deeply grateful.

So, what is Neighbor Feeding Neighbor?

Think Meals on Wheels with a local twist. All meals are prepared right here at KPCS, packaged in microwave-ready containers, and delivered ready to heat and enjoy. Menus include comforting favorites like meatloaf, cod, chicken, casseroles, and veggie options, along with a variety of nutritious breakfasts.

What's new in 2026?

As the program grows, you may notice new menu items and even a name refresh as we continue to evolve and improve the program.

Want to get involved or need support?

Yes! We are always looking for volunteers to help cook on Mondays or deliver meals. And if you or someone you know is homebound and could benefit from nutritious meals delivered with care, please reach out to us - 253-884-4440.

SUPPORT GROUP FOR ADHD

Attention-Deficit/Hyperactivity Disorder

WHAT TO EXPECT:

A welcoming judge-free space with peer support and helpful strategies for managing ADHD.

MEETS EVERY THURSDAY 3PM-4:30PM



KEY PENINSULA COMMUNITY SERVICES (KPCS)
17015 9TH ST CT NW
LAKEBAY WA. 98249
(253) 884-4440

Educational Series: Credit 101

By Jennifer Roberts from Sound Outreach



**Thursday, February 5th at 3:30 pm
at Key Peninsula Community Services**

This is a great
opportunity to ask
questions.

SOUND
outreach
providing guidance. improving lives.

Coffee and snacks will out!



Peninsula Community Health Services

Mobile Clinic will be onsite at KPCS
Wednesday, February 4 at 1:00 PM.
Stop by to access care and resources
close to home.

17 Wed, Feb 4 | 1:00 PM

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, Feb 4

**KEY PENINSULA VETERANS
AND FRIENDS COFFEE**
Come for coffee, snacks, and
conversation
February 25, 2026 at 1:00 PM
**Key Peninsula Community
Services Multipurpose Room**

Fiber Arts Club

Come work on your project,
brainstorm, ask questions, get
feedback, or just chat.
WEDNESDAY, FEBRUARY 4
1:00 walk on in - EVERYONE is
WELCOME!



*"Aging is mandatory.
Acting your age is optional."*

Ridiculous Poll: Best Nap Location

- Recliner
- Couch
- I wasn't napping, I was resting my eyes!

February 2026 Activities Calendar

Mon	Tues	Wed	Thurs	Fri	Sat
2 3:00 PM SAIL	3 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea  Blood pressure check	4 9:30 AM Cards & Games 11:30 SHIBA Medicare advisor in Dining Room 12:30 PM Book Club 1:00 PM PCHS Mobile Health 1:00 Fiber Arts Walk-In Club 3:00 PM SAIL Blood pressure check	5 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 3:00PM ADHD/PTSD Support Group 3:30 PM Credit 101 with Sound Outreach  Blood pressure check	6 National Wear Red Day for Healthy Heart 12:20PM Heart healthy Trivia Contest all month Presentation  Blood pressure check	7 8:30 AM SAIL
9 3:00 PM SAIL	10 8:30AM SAIL 9:45 AM Tai Chi 10:00AM Tacoma Probono 10:00 AM DSHS 12:30PM Wii & Tea 3-Day Acrylic Painting Class 1:00 PM Day 1  B/P check 17	11 9:30 AM Cards & Games 10:00 AM Haircuts 1:00 PM NFN Surveys 3-Day Acrylic Painting Class 1:00 PM Day 2 B/P check	12 8:30AM SAIL 9:45 AM Tai Chi 11:00 AM Pierce County Social Services/ Aging/Disabilities Resources/Presentation 3-Day Acrylic Painting Class 1:00 PM Day 3 3:00PM ADHD/PTSD Support Group B/P check	13 10:30 AM Lipsology readings 12:30 PM Valentine's Day Party w/ Live Music Welcome new friends from the Gig Harbor Senior Center and The Mustard Seed Project for our Valentine's Day Party  B/P check	14 8:30 AM SAIL
16 3:00 PM SAIL 9:30 AM Walmart Shopping Trip	8:30AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea B/P check	18 9:30 AM Cards & Games 1:00 PM Cooking demonstration w/Jackie 3:00 PM SAIL B/P check	19 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 3:00 PM ADHD/PTSD Support Group B/P check	20 B/P Check	21 8:30 AM SAIL
23 3:00 PM SAIL 9:30 AM-Casino Trip, The Point 	24 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea  B/P check	25 9:30 AM Cards & Games 10:00 AM Haircuts 1:00 PM Veterans & Friends Coffee 3:00 PM SAIL  B/P check	26 8:30 AM SAIL 9:45 AM Tai Chi 12:00 PM Birthday & Potluck 3:00 PM ADHD/PTSD Support Group B/P check	27 12:45 PM Movie & Popcorn <i>Dirty Dancing</i>  B/P Check	28 8:30 AM SAIL

February

Tuesday	Wednesday	Thursday	Friday
3 Beef & Barley Soup Egg Salad Sandwich Green Salad Fruit	4 Fried Chicken Mashed Potatoes & Gravy Peas, Roll Green Salad, Fruit	5 Ham & Scalloped Potatoes, Roll Brussels Sprouts Green Salad, Fruit	6 Salmon Rice Pilaf, Roll Green Beans Caesar Salad, Fruit
10 Baked Chicken Waffles Fruit Slaw Sliced Strawberries	11 Fried Pork Chops & Gravy, Mashed Potatoes, Roll Green Salad, Broccoli, Applesauce	12 Shrimp Alfredo Green Beans Green Salad French Bread, Fruit	13 Cheeseburgers Tater Tots Carrots, Coleslaw Fruit, Strawberry Ice Cream
17 Ham & Bean Soup Grilled Cheese Green Salad Fruit	18 Baked Cod Rice Pilaf Peas, Green Salad Fruit	19 Beef Rib Roast Mashed Potatoes Brussels Sprouts Roll, Fruit	20 Chicken & Biscuit Casserole Green Beans Cran-Applesauce
24 Seafood Alfredo Garden Salad Roll, Fruit	25 Lasagna Green Beans Green Salad Garlic Bread, Fruit	Potluck & 26 Baked Chicken Mac & Cheese Green Salad, Peas Roll, Fruit	27 Chili Dogs Potato Salad Veggie Sticks & Dip Applesauce
 H A P P Y <i>Valentine's Day</i>			

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.

**VOLUNTEERS
NEEDED**

We have volunteer opportunities, so please think about helping out:

- Bus Driver
- Website/Newsletter
- Food Pantry Greeter

Fill out a volunteer application, we couldn't do this without all of you!

**3-Day Acrylic Painting Class
with Teresa**

Monday Feb 10th - Thursday Feb 12th

@ 1:00 PM

Hummingbird Painting

Wii & Tea

Play or watch and cheer!

Practice Games Every Tuesday At 12:30!

In The Multipurpose Room

Next Meeting is February 4 @ 12:30 PM

In the KPCS Library

Book: SO LUCKY

Author: Griffith, Nicola

Facebook Personal Message

Sharon Keefer with questions!

February Movie:
Dirty Dancing

Dirty Dancing (1987) is a timeless favorite filled with iconic music, unforgettable dance scenes, and a love story that still makes hearts flutter. A perfect feel-good classic that just might inspire a little dancing of your own.

Friday 2/27 in the KPCS
Library



**DSHS Mobile Office
Oficina Móvil is Coming!**

@ Key Peninsula Community Services
Tuesday, Feb 10 from 10:00 am - 2:00 pm
in the Parking Lot



@ Key Peninsula Community Services
Tuesday, Feb 10 from 10:00 am - 12:00 pm
in the Port Room