

KEY PENINSULA COMMUNITY SERVICES

17015 9th St Ct NW Lakebay, WA 98349

PO Box 392 *Just South of the Home Bridge*

Stay connected—get this newsletter by email
at yourkpcs.org



May 2026

253-884-4440

Batter Up... Let's Go to the Ballpark!

Baseball season is in full swing, and if you're anything like me, it brings back a lot of good memories. I spent countless evenings at the ball fields watching my boys play starting all the way back in T-Ball.

For Mother's Day each year, I had a simple request: just get a base hit for me. Most of the time, they delivered and those moments meant everything.

One night, a team sponsor showed up with orange pop, grape pop, and candy bars at 7:00 p.m., he set them down like he was dropping a bomb while the rest of us parents looked on in shock. He just laughed. Total chaos and somehow, perfect.

🕒 Join Us at the Ballpark! 🕒

Hop on the bus at KPCS or meet us at Volunteer Park, home of Key Peninsula Little League.

Let's enjoy a spring evening together with hot dogs, fresh air, and cheering on the home team.... but really, they will both be the home team.



📅 Event Details

Game Dates:

- Thursday 5/14
- Thursday 5/21
- Thursday 5/28

🚌 Bus Departure: 4:30 PM from KPCS

📍 Meet There: Volunteer Park, Field 4 at 5:00 PM

🌭 Food: Hot dogs, popcorn, and water (for those who sign up at the front desk, while supplies last.)

🪑 Bring: A folding chair

🍔 Bonus: Volunteer Park has a snack shack if you'd rather buy dinner there



Nothing fancy, just a good game and good company. Hope you join us! Robyn



MOTHER'S DAY

ICE CREAM, TEA, &
FASHION SHOW

FRIDAY, MAY 8TH
1:30PM-2:30PM

AT KPCS
RSVP 884-4440

From the KPCS Food Pantry

We've got potatoes available outside the food pantry at KPCS, come grab some! Potato soup is one of the easiest, most comforting meals you can make. It's filling, budget-friendly, and comes together with just a few simple ingredients.

Easy Potato Soup:

Potatoes, onion (if you have it), a little butter or oil, broth or water, salt and pepper.

Simmer until soft, mash or blend, and enjoy.

Quick tips:

- Leave skins on and just scrub them well
- Add milk for a creamier soup (optional)
- Toss in extras like carrots, garlic, hamburger or a little cheese
- It reheats great and tastes even better the next day

Make a pot, and if you can, share a bowl with a neighbor.

Stop by, take what you need, and enjoy!

I tried to make a potato laugh...
...but it just gave me a starch look.



It's showtime!

FRIDAY
@
12:45



MOVIES

May 1st @ 12:45 pm - *The Treasure of the Sierra Madre*

May 22nd @ 12:45 pm - *Moonbound Artemis II Mission*



Senior Farmers Market Nutrition Program



Those who qualify can get a \$80
voucher for the season!
Registration Opens May 1st
See Teresa To Sign Up!



We take Egg Crates. Feel free
to drop them off in the Food
Pantry or front desk.



KEY PENINSULA VETERANS & FRIENDS COFFEE

COME FOR COFFEE, SNACKS AND CONVERSATION

3rd Wednesday of the Month**May 20th****1:00 PM****KEY PENINSULA COMMUNITY SERVICES (KPCS)****17015 9TH ST CT NW****LAKEBAY, WA 98349**

✳️ VA Resource Navigator here at KPCS the
1st Wednesday of Each Month at 10:00 AM ✳️



Pictured (left):
Robyn, Wendy, Cliff,
Ann, and Teresa at
our April Volunteer
Appreciation Dinner.
Photo credit: Jan
Murphy

Thank You to All KPCS Volunteers!

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, May 6th**

NEED A HAIRCUT?

**WHITNEY WILL
BE @ KPCS
MAY 6TH & 20TH**

**CALL FOR AN
APPOINTMENT!**

Open Crafting Saturday at KPCS – Bring Your Project - All Ages Welcome

Looking for a little space, time, and inspiration to work on a creative project? Join us at KPCS on Saturday, May 30th from 11:00 AM – 4:00 PM for an open crafting day in our multi-use space. Whether you'd like to contribute or drop off a Project Linus item or bring something you've already been working on, this is a relaxed, welcoming space to spread out and create. We'll provide the room, tables, and great lighting, coffee, water, and you bring your project and your creativity.

Crochet, knitting, sewing, quilting, embroidery, scrapbooking, card making, painting, drawing, beading, journaling, or any other hands-on project you enjoy—there's room for all of it here. Sometimes all it takes is a little dedicated time and being around others doing the same to get something finished...or finally started. Come as you are, stay as long as you'd like, and enjoy a few hours of creativity and community.

[Learn more at projectlinus.org](https://projectlinus.org)

May Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 AM Prog Committee Mtg 10:30 AM May Day Hat Making 12:45 PM Movie & Popcorn <i>"The Treasure of The Sierra Madre"</i>	2 8:30 AM SAIL 5:30 PM Trip: PHS Theatre <i>"Legally Blonde"</i> 
4  3:00 PM SAIL 	5 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Tuesday Trivia Cinco De Mayo	6 9:30 AM Cards & Games 10:00 AM VA Help 10:00 AM Haircuts 11:30 AM SHIBA Medicare Advisor 1:00 PM Book Club 1:00 PM PCHS Mobile 3:00 PM SAIL	7 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 2:30 PM ADHD/PTSD Support Grp. 	8 11:00 AM Budget 101 with Jennifer Roberts, Sound Outreach 1:30 PM Mother's Day Fashion Show & Tea	9 8:30 AM SAIL 9:00 AM Livable Community Fair at Civic Center 10 to 3 PM
11 Mother's Day Sunday 10th 3:00 PM SAIL	12 8:30 AM SAIL 9:45 AM Tai Chi 10:00 AM Tacomaprobono 12:30 PM Tuesday Trivia	13 9:30 AM Cards & Games 1:00 PM Cooking demo with Shirley 3:00 PM SAIL	14 8:30 AM SAIL 9:45 AM Tai Chi 2:30 PM ADHD/PTSD Support Grp. 4:30 PM Cheer on KPLL T-Ball	15 12:00 PM Trip: Senior Lunch Picnic in the Park 1:00 PM Fiber Arts 	16 8:30 AM SAIL Key Peninsula Spring Clean Up 9:00 - 3:00
18 9:30 AM-12PM Trip: Safeway/Costco only - no lunch  3:00 PM SAIL	19 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Tuesday Trivia 1:00 PM Coaster Painting	20 9:30 AM Cards & Games 1:00 PM Vets & Friends Coffee 3:00 PM SAIL 10:00 AM Haircuts 	21 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 2:30 PM ADHD/PTSD Support Grp. 4:30 PM Cheer on KPLL T-Ball 	22 10:00 AM Free Table 12:45 PM Movie & Popcorn <i>"Moonbound Artemis II Mission"</i> 	23 8:30 AM SAIL
25 9:30 AM Trip: Walmart  3:00 PM SAIL	26 8:30 AM SAIL 9:45 AM Tai Ch 12:20 PM Presentation: Library 1:00 PM Tuesday Trivia 1:15 PM Greeting card fun w/ Marla	27 9:30 AM Cards & Games 1:00 PM KP Healthy Community 3:00 PM SAIL	28 8:30 AM SAIL 9:45 AM Tai Chi 12:00 PM Birthday & Potluck 2:30 PM ADHD/PTSD Support Grp. 4:30 PM Cheer on KPLL T-Ball	29 1:00 PM Aging well Community Summit at Key Center Library 1:00 PM Fiber Arts	30 8:30 AM SAIL KPCS Fundraising Yard Sale - Time TBD 11:00 AM - 4:00 PM Open Crafters Space

May

Tuesday	Wednesday	Thursday	Friday
HAPPY Mother's DAY			1 Supreme & Veggie Pizzas Caesar Salad Roasted Carrots Fruit
5 Albacore Tuna Sandwich Cucumber & Tomato Salad Potato Soup Fruit	6 Baked Chicken Steamed Green Beans Mashed Potatoes & Gravy Roll, Fruit	7 Beef & Bean Chili Cornbread Apple Slaw w/ Walnuts	8 Roasted Pork Herb Roasted Veggies Roll, Applesauce
12 Spaghetti w/ Red Sauce & Mozzarella Caesar Salad Garlic Bread Pears	13 Sole Florentine Garden Salad Rice Pilaf Fruit	14 Chicken & Dumplings Peas & Carrots Baked Apples Roll	15 Cheese or Veggie Burgers Chips & Salsa Potato Salad Cucumber Slices Melon
19 Grilled Ham & Cheese Sandwich Tomato Soup Carrot Coins Fruit	20 Seasoned Black Bean Quesadillas Roasted Veggies Fruit	21 Salmon Smashed Red Potatoes Steamed Asparagus Roll, Fruit	22 Chicken Salad Sandwich Cucumber Slices Grapes
26 Beef Stroganoff Steamed Green Beans Applesauce	27 Chili Dogs Potato Salad Coleslaw Fruit, Brownie	28 Extra Cheesy Lasagna Salad Melon	29 Lemon & Garlic Crab Pasta Spinach Salad Roll, Fruit

Pot Luck &

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.

FREE ENTRY

22ND ANNUAL

LIVABLE COMMUNITY FAIR

MAY 9, 2026 **10:00 AM to 3:00 PM**

KEY PENINSULA CIVIC CENTER
17010 S VAUGHN RD NW, VAUGHN, WA, 98394

Family Friendly - Concessions -
Community Services Info - Music -
Kids' Activities and Games -
Lakebay Fuchsia Society Plant Sale

FREE Dental Resource Day



at Key Peninsula Lutheran Church
SPONSORED BY THE PIERCE COUNTY LOCAL IMPACT NETWORK

May 13
from 9am to 3pm

Adult Dental Appointments Scan Code
or call Charlotte: (253) 400-7072



WHAT

Free on-site dental care for adults

May provide extractions, fillings and xrays.

WHERE

Key Peninsula Lutheran Church
4213 Lackey Rd NW



Key Pen It Clean Presents

2026 Spring Cleanup & Drop-Off

A FREE KP COMMUNITY EVENT!

Saturday, May 16th, 2026

9:00 AM to 3:00 PM
OR UNTIL DUMPSTERS ARE FULL

3 DROP-OFF LOCATIONS

Lake Kathryn Village | 14220 92nd Ave NW, Gig Harbor
64th ST NW & KP HWY NW | 1.75 miles South of Key Center, Lakebay
Longbranch Improvement Club | 4312 KP Hwy SW, Longbranch

ACCEPTING

- ✓ Roadside litter
- ✓ Household Garbage
- ✓ Mattresses
- ✓ Small furniture--no larger than a small recliner

Scrap metal - at least 75% metal; fluids drained; propane tanks with valves removed

✓ Car & Small Truck Tires **without rims; accepted only at 64th St NW location; limit 4 per household**

NOT ACCEPTING

- ✗ Paint (latex & oil)
- ✗ Solvents
- ✗ Cleaning Agents
- ✗ Hazardous Waste
- ✗ Yard Waste
- ✗ Commercial Loads
- ✗ Construction & Roofing Material
- ✗ Electronics
- ✗ Batteries

Educational Series: Budget 101
By Jennifer Roberts from Sound Outreach

Friday, May 8th from 11:00 AM - NOON
at Key Peninsula Community Services
Just South of the Home Bridge
17015 9th St Ct NW, Lakebay

This is a great opportunity to ask questions.

Coffee and snacks will be out!

KPCS
Food Pantry
Senior Meals
Senior Center
Homeless Outreach
Your Community Connection

SOUND outreach
providing guidance. improving lives.

COASTER PAINTING

STEP BY STEP FOREST ANIMAL FACES
WITH TERESA TUESDAY 5/19/26
10:00 am - 12:00 pm

Peninsula Community Health Services

PCHS Mobile Medical Clinic

To provide healthcare for all in our communities.

MOBILE LOCATIONS

The PCHS Mobile Clinic Pulls Up to KPCS
The First Wednesday of Each Month -
Schedule your Appointment today

Pre-Scheduling Encouraged
Walk-Ins Welcome!

PCHS Mobile Program
We are driven to serve you!

(360) 377- 3776
<https://www.pchswb.org>

Thank you... Thank you... Thank you...



Last month I said I would share some of the daily practices I use to help me through dark times or to just maintain a good outlook on life. One of the best ways for me is a simple daily gratitude practice. I sit down in the early morning when it is still dark outside with my cup of coffee and begin to name things that I am grateful for out loud. For me the "out loud" part is important. I can get easily distracted if I just say it in my head. I think it's about using more than one sense. And hearing my own voice keeps my attention on the practice. I get the sensation of my hot coffee mug in my hands, I look around my living room and begin to notice what I am grateful for right now. My yummy coffee, quiet music playing, my warm and safe living room, my toes, no pain, my sweet dog sitting on the couch with me, my friends, my teachers, etc. It doesn't matter how big or small. It is about acknowledging and setting the tone for the day. I find I can deal with whatever comes up with more ease and with a sense of humor about myself and perhaps be less judgmental about myself and others as well.

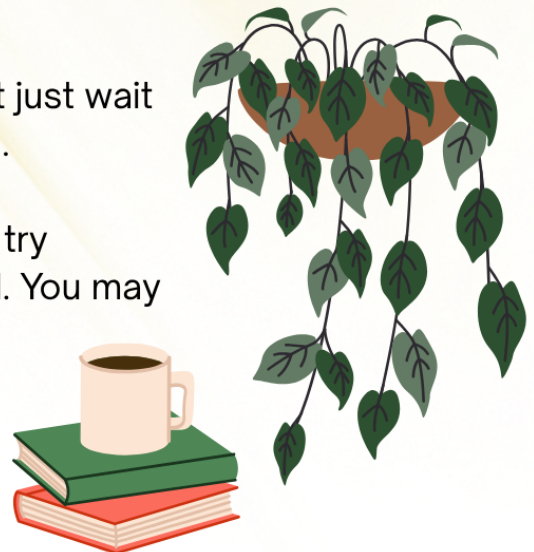
A daily gratitude journal is another great way to write down as many things as you can think of for about 5 minutes every day. The key is that you make gratitude practice a regular routine. Also, that you try to come up with different things each time. I did a gratitude journal for a whole year every day while in the bathroom. Yeah, TMI. But heck, we read in the bathroom anyway, so writing in a journal in there isn't that big of a leap.

And if I stop for some reason, I can feel the difference in my body and mind. So, I looked up the benefits of gratitude practices and found that it can improve sleep, lower blood pressure, improve our immune system, lowers depression, anxiety, and reduces envy and social loneliness.

As one person said, "actively practice gratitude and not just wait around to feel grateful" I found that to be very profound.

It may seem trivial and too simple. But why not give it a try consistently for 30 days and let me know what you find. You may end up saying thank you, thank you, thank you. I did.

With Love,
Bobbi



Key Pen South Book Club

MEETING MAY 6th at 1:00 PM

BOOK TO DISCUSS ***THE BRIDE TEST***

KEY PENINSULA COMMUNITY SERVICES

17015 9TH ST CT NW
Lakebay, WA 98349

NEXT BOOK
Of Women and Salt
BOOKS ARE PROVIDED!

KPCS FUNDRAISING

Yard Sale

SAVE THE DATE!
SATURDAY, MAY 30TH
KPCS YARD SALE - SATURDAY ONLY
MORE DETAILS COMING SOON!
QUESTIONS? CHECK WITH TERESA.

The yard sale will have a variety of mattresses, tools, kids items. Many items are brand new!



You Are Not Alone: AA Meetings at KPCS

Key Peninsula Community Services is a meeting site for Alcoholics Anonymous (AA), providing a safe, confidential, and welcoming space for individuals seeking support in their recovery journey.

The Home Group Lakebay meets regularly at KPCS. AA is a peer-led group where people come together to share experiences, strength, and hope. Whether you are new to recovery, returning after time away, or simply curious about what AA is, you are welcome. There is no pressure to speak, just showing up is enough.

We are excited to share that the group is expanding its schedule in JUNE with a new Wednesday evening meeting, in addition to Friday night and Sunday evening gatherings.

Meetings are free, confidential, and open to anyone who wants help with a drinking problem. No registration is required.

All Meeting Times 7:00 PM – 8:00 PM:
Wednesday Night (*NEW IN JUNE*)
Friday Night
Sunday Night



TACOMA PROBONO IS ALWAYS AT KPCS
THE 2ND TUES OF THE MONTH
10:00 AM - NOON
TUESDAY, MAY 12TH