

KEY PENINSULA COMMUNITY SERVICES

Just South of the Home Bridge

March 2026

What It Really Takes to Run a Food Pantry

When you walk into a food pantry, you see shelves of food and friendly faces. What you don't see is the coordination behind it all, managing space, safety, inventory, volunteers, funding, and dignity at the same time.

Every delivery is inspected, sorted, dated, and stored. Refrigerators and freezers are monitored daily. Staple items like milk, protein, and produce must stay consistent so families can rely on them.

Food arrives through food banks, grocery partners, farms, grants, and community donations. Inventory must balance shelf-stable goods with fresh and frozen items. When something runs short, it directly impacts a household's week.

Behind the scenes are temperature logs, compliance reports, sanitation standards, and documentation, especially when state or federally supported food is involved.

On busy days, staff and volunteers move quickly between intake, stocking, questions, and problem-solving, all while maintaining a calm, respectful environment. For many neighbors, this is not an ordinary errand. It may follow job loss, medical bills, fixed income strain, or housing instability. Providing food with dignity means pairing compassion with clear systems that keep things safe and fair.

Like most community programs, the pantry operates on tight funding. Utilities, refrigeration, fuel, insurance, and purchased food are ongoing costs that never pause.

At its core, a food pantry provides more than a meal. It provides stability. It helps families stretch their budgets, reduces stress, and ensures children and seniors do not go hungry. It takes organization. It takes teamwork. It takes heart. And most of all, it takes a community willing to show up for one another.

Thank you for being part of our community.
— Brett Higgins, Food Pantry Manager





The Breath in the Body in the Present Moment.

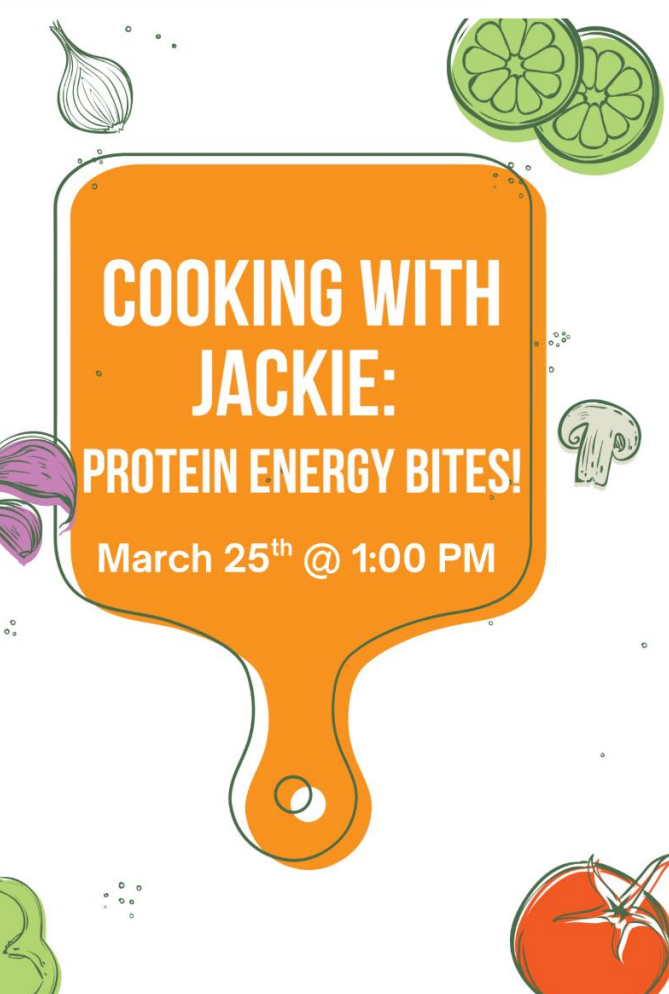
It's a simple technique, yet it can be one of the most challenging things you can do. Why would that be? It seems like you should be able to just breathe in. Feel it go in, and then, breathe out again. Yet, it doesn't seem to work that way. It becomes another failed meditation practice that can make you crazy. So why bother?

Well, for example, we all can literally feel our blood pressure rise every time we turn on the news or read the latest headline. I suspect your breathing just became a bit more shallow with that thought and perhaps your jaw tightened too. And the longer you read or listen to the news, your stress begins to build, and your breath becomes faster and shallower. Essentially, you are inviting in potential health issues that believe it or not; by slowing your breathing down and exhaling longer you can slow your heart rate and lower your blood pressure. I have actually done that in the doctor's office. If either were higher than my normal, I would take a few slow breaths and ask the technician to take the measurements again and they were ALWAYS lower. It still amazes me when that happens. And it gives me confidence that breath work does work!!

The students in my SAIL and Tai Chi classes get to practice the breath in the body in the present moment. A very simple technique we use is take your arms out to your sides and then lift them up over your head and then bring them down the center of your body. Inhale gently through your nose as the arms rise up and slowly exhale through your mouth as your arms come down in front of you. Repeat 5 to 7 times concentrating on letting the breath raise and lower the arms gently and without resistance. Do it a few times a day for a month and notice what happens.

With Love,
Bobbi





Need an easy, healthy snack you can grab and go?

Join Jackie as she teaches you how to make protein energy bites. Little bursts of fuel that are perfect for breakfast, after exercise, or an afternoon pick-me-up.

You'll learn how to:

- Mix simple, affordable ingredients
- Boost your daily protein intake
- Make a large batch to portion and freeze for the week

Best part? You'll help make a big batch and take some home so you're stocked with nutritious snacks all week!

These no-bake bites are quick, budget-friendly, and packed with energy.

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

ST. PATRICK'S DAY SING A LONG



**TUESDAY, MARCH 17 @
12:30 PM**

St. Patrick's Day is a wonderful time to celebrate Irish culture, friendship, and music and we're doing just that at the Senior Center!

Come enjoy a lively sing-along featuring beloved Irish folk songs like Danny Boy, The Wild Rover, and Whiskey in the Jar. These timeless tunes have been shared for generations and are filled with stories of love, history, and the beauty of Ireland. You don't have to know all the words; we'll have printed lyric sheets available so everyone can follow along with ease. Just bring your smile and your singing voice! We'll be clapping along, tapping our toes, and enjoying the joyful spirit that music brings to our community.

Wear a touch of green, invite a friend, and come ready for an afternoon of laughter, connection, and good old-fashioned fun.

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.

All Aboard Friday, March 13th

-  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 for March

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.

March Menu

March 3–6

- Baked Chicken
- Chicken Alfredo
- Spaghetti

March 10–13

- Burritos with Spanish Rice
- Apple Chicken Sausage with Rice & Chicken Gravy
- Lentil Stew with Chicken Sausage

March 17–20

- Baked Cod
- Fish Chowder
- Ham Dinner

March 24–27

- Mac & Cheese with Diced Ham
- Ground Turkey Taco Bowl
- Ground Turkey Thanksgiving Tray

Easy breakfast options are available, too!
253-884-4440

VOLUNTEERS NEEDED

Wed & Fri In the Food Pantry

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)



Peninsula Community Health Services

Mobile Clinic will be onsite at KPCS

→ **Wed, March 4 | 1:00 PM**

Stop by to access care and resources close to home.

YOU CAN PRE SCHEDULE FOR MARCH 4th!

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, March 4

Educational Series: Credit 101

By Jennifer Roberts from Sound Outreach

Thursday, March 5th at 3:30 pm

at Key Peninsula Community Services



This is a great opportunity to ask questions.

Coffee & Cookies will be out!

SOUND
outreach
providing guidance. improving lives.

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

Wednesday
March 18, 2026

1:00 PM

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

Fiber Arts Club

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

THURSDAY, March 5th

1:00 walk on in

EVERYONE is WELCOME!



**"DESPITE THE FORECAST, LIVE LIKE IT'S
SPRING." – LILY PULITZER**

KPCS

Luck of the Irish Poll: If you found a pot of gold, you would:

- Fix something in your house
- Travel somewhere warm
- Hide it from your kids



2026

yourkpcs.org

March Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 3:00 PM SAIL	3 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Photos & Travel Q&A w/ Brett 12:45 PM Wii & Tea	4 9:30 AM Cards & Games 11:30 AM SHIBA Medicare Advisor 12:30 PM Book Club 1:00 PM PCHS Mobile 3:00 PM SAIL	5 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 3:00 PM ADHD/ PTSD Support Grp. 3:30 PM Credit 101 Education Forum 1:00 PM Fiber Arts	6 10:00 AM Prog Committee Mtg 12:45 PM Movie & Popcorn "Frequency" Pajama Party! Wear your pajamas to lunch	7 8:30 AM SAIL
9 3:00 PM SAIL	10 8:30 AM SAIL 9:45 AM Tai Chi 10:00 AM Tacomaprobono 12:30 PM Wii & Tea	11 9:30 AM Cards & Games 10:00 Haircuts  3:00 PM SAIL 	12 8:30 AM SAIL 9:45 AM Tai Chi 11:00 AM PCSS/ADR 1:00 PM Greeting Card Fun w/ Marla 3:00 PM ADHD/ PTSD Support Grp.	13 12:45 PM Trip: Foss Waterway Seaport Museum Free & Accessible! 	14 8:30 AM SAIL 
16 3:00 PM SAIL	17 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM St. Pat's Sing-a-long! St. Patrick's Day- Wear green! 	18 8:15 AM Sr Breakfast & Coffee 9:30 AM Cards & Games 1:00 PM Take Pierce Transit to Dollar Tree 1:00 PM Vets & Friends Coffee 3:00 PM SAIL	19 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 3:00 PM ADHD/ PTSD Support Grp. 	13 1:00 PM Trip: Emerald Queen Casino 	21 8:30 AM SAIL
23 3:00 PM SAIL	24 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea	25 9:30 AM Cards & Games 10:00 AM Haircuts 1:00 PM Resource Help w/ Charlotte 1:00 PM Cooking demo w/ Jackie 3:00 PM SAIL	26 8:30 AM SAIL 9:45 AM Tai Chi 12:00 PM Birthday & Potluck 3:00 PM ADHD/ PTSD Support Grp. 	27 12:45 PM Movie & Popcorn "Catch Me if You Can" 	28 8:30 AM SAIL
30 9:30 AM Trip: Walmart  3:00 PM SAIL	31 8:30 AM SAIL 9:45 AM Tai Chi 12:30 PM Wii & Tea	April 1 9:30 AM Cards & Games 11:30 AM SHIBA Medicare Advisor 12:30 PM Book Club 1:00 PM PCHS Mobile 3:00 PM SAIL	April 2 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 3:00 PM ADHD/ PTSD Support Grp. 	April 3	April 4 8:30 AM SAIL

March

Tuesday	Wednesday	Thursday	Friday
3 Beef Taco Salad Refried Beans Spanish Rice Fruit	4 Fried Chicken Mashed Potatoes & Gravy Green Beans, Green Salad, Roll, Fruit	5 Pork Roast Sweet Potatoes Herb Roasted Veg Rolls, Fruit	6 Shrimp Tacos Coleslaw Black Beans Spanish Rice
10 Chicken Pot Pie Peas Spinach Salad Fruit	11 Pork Burritos Black Beans Green Salad Spanish Rice, Fruit	12 Salmon Rice Pilaf Broccoli Green Salad Fruit	13 Beef Stroganoff Peas & Carrots Caesar Salad Fruit
 17 Reuben Sandwich Carrots, French Fries, Fruit Leprechaun Float	18 Clam Chowder Coleslaw, Crackers Bean Medley Cornbread Fruit	19 Lasagna Broccoli Green Salad Garlic Bread, Fruit	20 Chicken & Spinach Enchiladas w/ Green Sauce Green Beans, Avocado Salad, Fruit & Jello Cup
24 Shrimp Alfredo Mixed Veggies Caesar Salad Fruit	25 Meatball Soup Brussels Sprouts Green Salad Rolls, Fruit	26 <i>Pot Luck &</i> Baked Chicken Mashed Potatoes & Gravy Green Salad, Fruit	27 Pork Chops Rice Pilaf Green Beans Fruit, Roll
31 Chili w/ Beef Broccoli Baked Potato Cornbread Fruit	Happy St. Patrick's Day 		

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 March 4th 12:30 PM

BOOK to Discuss
The Turn of the Key
 Ruth Ware, Author

KEY PENINSULA COMMUNITY SERVICES
 17015 9TH ST CT NW
 Lakebay, WA 98349

NEXT BOOK: Ask Again, Yes
 Keane, Mary Beth, Author
 Books are provided!

narrows music society + harbor winds

present

SACRIFICE



sunday · march 08 2026
 3pm · gig harbor high school

Join The Harbor Winds under Conductor Mel Brazley for our third of four concerts this season as we meditate on the theme of sacrifice – featuring music from Julie Giroux, Travis Cross, Jennifer Holly, Cedric Adderly and more.

FREE KP BUS

• RSVP ONLINE •



FREE
CONCERT

WWW.NARROWSMUSICSOCIETY.ORG



It's showtime!



March 6th @12:45 pm - *Frequency*
 with Dennis Quaid - 2000 science fiction thriller

March 27th @ 12:45 pm - *Catch Me if You Can*
 2002 crime comedy-drama



HAIRCUTS

WITH WHITNEY MARCH 11 & 25



ALWAYS THE 2ND TUESDAY OF THE MONTH
 10:00 AM - 12:00 PM
 TUESDAY, MARCH 10TH