

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



253-884-4440

KPGO!

KEY PENINSULA ELECTRIC CARSHARE

The KPGO Electric Car Is Available for You!

FREE to use through June 2027!



Learn more & register at KPGO.org



KP Go Eligibility:

- Live on the Key Peninsula
- 21+ years old
- Valid Driver's License
- Acceptable Driving Record

Electric Vehicle Features:

- 300 mile range
- 5 passenger seats
- 3 car seat anchors
- 26–57 cubic feet of cargo capacity



Visit KPGO.ORG for
more information!

Free Membership – Free Car Rentals Saturdays & Sundays for up to 6 hours

1. Download **MONDOFI** mobile app to your phone
2. Select **Non-Resident Carshare App**
3. Select **KP Go**
4. Follow instructions to register

A Community-Driven Project



Questions? Email: info@KPGO.org



Growing Together: A Great Partnership with LIC

The Longbranch Improvement Club Community Garden had quite a growing season! This year, their gardeners produced hundreds of pounds of fresh produce that was shared with the KPCS Food Pantry and used in our Senior Meals.

Their generosity was especially appreciated during a summer when concerns about *Cyclospora* affected some of the salad greens available through the food supply. Having beautiful, locally grown produce that had been carefully tended right here on the Key Peninsula was wonderful for our programs.

But what LIC grows goes beyond vegetables.

The LIC Community Garden is a pretty magical place, filled with kind and knowledgeable gardeners who are eager to share what they know with others. Have you wanted to learn how to garden but aren't quite sure where to start? Would you enjoy having an experienced gardener alongside you to teach you as you go?

That mentoring happens right in the LIC Community Garden, where you can get your hands in the dirt, learn from experienced gardeners, and help grow food for our community at the same time. It is an easy volunteer experience that can be just a few hours a week. If you'd like to learn, volunteer, and have a gardening mentor, let us help connect you with the LIC Community Garden! And we're already thinking about next year!

Our KPCS team recently had a great meeting with the LIC gardeners to talk about the 2027 growing season. What produce could they grow that would be especially useful to the Food Pantry and Senior Meals? What are we planning to grow in the KPCS Community Garden? By planning together, we can grow a greater variety of foods instead of duplicating one another's efforts.

That is what a great community partnership looks like, sharing resources, sharing knowledge, and growing good food together.

We are incredibly grateful to the Longbranch Improvement Club Community Garden and all of the volunteers who put in the time, knowledge, and care that made this year's harvest possible.





SHIBA

Statewide Health
Insurance Benefits
Advisors

HELPING WASHINGTONIANS
MAKE INFORMED HEALTH CARE CHOICES

**Free, unbiased
Medicare help**

OCTOBER is Open Enrollment Month

SHIBA advisors will be offering multiple dates to help you with your Medicare questions.



Get the latest updates on what is new



Get answers to your questions



Understand your options



**Keep an eye out at the front desk
for more information to come.**

You Are Not Alone:
AA Meetings at KPCS
All Meeting Times 7:00 PM – 8:00 PM:
Wednesday Night
Friday Night
Sunday Night

Key Peninsula Lutheran Church offers
AA Tuesday 5:30 PM
AA Thursday 5:30 PM
Narcotics Anonymous
Wednesday Night 7:00 - 8:00 PM



TACOMAPROBONO IS ALWAYS AT KPCS
THE 2ND TUES OF THE MONTH
10:00 AM - NOON
TUESDAY, OCTOBER 13TH

VOLUNTEER SPOTLIGHT

A Spirit of Adventure: Meet Maria

By Teresa Conness

Our October Volunteer Spotlight shines on Maria, whose energy, kindness, and adventurous spirit make her such a wonderful part of our community.

Maria volunteers in our food pantry and then lends a hand with Senior Lunch service. After we've served everyone, we usually sit down together to enjoy a meal and catch up. I've really enjoyed getting to know Maria and hearing about her fascinating life and travels.

Before becoming a dedicated volunteer, Maria was a trained dancer. At just 19, she auditioned for and was chosen to perform in a Las Vegas-style production. She wore gorgeous costumes and performed as a trained dancer, bringing her talent and grace to the stage. And while Maria certainly had the legs of a dancer, there is so much more to her than that!

Maria has a deep love for animals, especially wildlife and elephants. She traveled to Chiang Mai, Thailand, where she had the opportunity to work with these magnificent animals. She has also been on several safaris in Africa, experiencing wildlife and nature up close.

Her adventurous spirit continues today. Maria is planning a boat trip down the Amazon with her two children, another exciting adventure to look forward to!

Maria is also a snowbird, enjoying our beautiful area when the weather is at its best and heading south when the rain arrives. It's been a pleasure getting to know Maria, and we're grateful for all the time and energy she gives to our community.

Thank you, Maria, for being such a wonderful volunteer and for sharing your adventurous spirit with us!

By the way, Maria is an excellent Ping Pong player! Join us at Community Nights if you'd like to take on the challenge.



Toes?

Do you remember that little nursery rhyme that our grandparents did on each of our toes as babies?

*"This little piggy went to market, this little piggy stayed home,
this little piggy had roast beef, this little piggy had none,
this little piggy went wee wee wee all the way home"*

So what do each of our toes actually do for us while standing and walking?

Pinky Toe: is for stability and balance. It's the weakest of all of the toes, but if you break it, your balance is wobbly at best, and tipping is easier. How do I know this? Recently, I stubbed it badly and later fell because of that lack of sideways balance.

Fourth Toe: it helps the pinky toe to balance and maintain stability while walking on uneven ground.

Third Toe: it plays a big role in weight distribution.

Second Toe: it's a great shock absorber!

Big Toe. Is the powerhouse of the toes and bares most of the weight walking and running. It's also the toe we push off from to propel us forward.

The toes are a major player in our ability to stay mobile. Proper care of our feet and toes is even more vital as we age. That means pedicures are not a luxury but a way to ensure our toenails stay healthy and help prevent calluses on our feet. And, of course, exercises that let our toes spread and move naturally are a must.

And,

Notice if you are landing on your heels, moving thru your feet, and then pushing off from your big toes.

I am so grateful for the gift of this miracle called my body. I am hoping to keep it healthy from the tip my toes to the top of my head !

With love,

Bobbi

KPCS

2026

yourkpcs.org



The KPCS Shuttle Is Moving!

Beep
Beep!



Need a ride to lunch?
Ready to get out and about?
Climb aboard!

Beep
Beep!



Shuttle to Lunch

Tuesday - Friday

Ride with Cliff!

He'll pick you up, bring you to KPCS for lunch, and take you home!



Need a ride?
Call KPCS to arrange
your pickup.

253-884-4440

OCTOBER SHUTTLE TRIPS

Get out, explore and enjoy
your community!

Oct 5

**Trip: Meet the Candidates
Forum @ KP Civic Center**

Oct 19

Walmart Shopping

Oct 23

Trip: Red Wind Casino

Oct 27

**Trip to LIC Garden
Pumpkin Patch**



**Sign up at the KPCS
Front Counter.**

Space is limited, so don't wait too long!



FRESH, NUTRITIOUS DELIVERED MEALS



GROCERIES

All available for delivery, or in person shopping at the Family Pantry in Key Center.



HOME DELIVERY

Prepared meals delivered with care right to your door.



PREPARED MEALS

Delicious, nutritious meals ready for delivery or shopping.



Family Pantry in Key Center:

9127 154TH AVE CT NW, LAKEBAY



Call for Delivery:

Food 4 All 253-857-7401

KPCS

Food Pantry
Senior Meals
Senior Center
Homeless Outreach



NEED MEALS?

Call KPCS Today: 253-884-4440

Choose home delivery by caring neighbors
or pick up at KPCS:
17015 9th St Ct NW, Lakebay



.....
*Thanks to volunteers from Fox Island United Church of Christ
for helping KPCS cook and package meals!*



Virginia Mason
Franciscan Health™
A member of CommonSpirit



Thank You!



This program is generously supported
by a grant from
Virginia Mason Franciscan Healthcare.

Key Pen South Book Club



NEXT MEETING
October 7th
1230p

BOOK DISCUSSION

“The Gown”

By
Jennifer Robson

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



If you would like to join us
253 884 4440

November’s Book:
We will choose the next book together.

VETS & FRIENDS COFFEE

Come for coffee, snacks, and conversation



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!



Why did the scarecrow win an award in October?
Because he was outstanding in his field!



PCHS Mobile Program
We are driven to serve you!



(360) 377- 3776



<https://www.pchswb.org>

October Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 2:30 PM ADHD/ ADD Support Grp. 5:30 PM KPCS Community Nights	2 10:00 AM Prog. Committee Mtg. 12:45 PM Movie & Popcorn “A Fistful of Dollars” 	3 8:30 AM SAIL 12:30 PM ABATE Motorcycle Run
5 5:15 PM Trip: Meet the Candidates Forum @ KP Civic Center  3:00 PM SAIL	6 8:30 AM SAIL 9:45 AM Tai Chi 5:30 PM KPCS Community Nights	7 9:30 AM Cards & Games 10:00 AM Life Talks 12:30 PM Book Club 11:30 AM SHIBA 1:00 PM PCHS Mobile 3:00 PM SAIL  Birthday Celebration	8 8:30 AM SAIL 9:45 AM Tai Chi 2:30 PM ADHD/ ADD Support Grp. 5:30 PM KPCS Community Nights	9 Octoberfest Lunch & Cider Tasting 1:00 PM Card Making with Marla  International Day	10 8:30 AM SAIL
12 3:00 PM SAIL	13 8:30 AM SAIL 9:45 AM Tai Chi 10:00 AM Tacomaprobono 5:30 PM KPCS Community Nights	14 9:30 AM Cards & Games 10:00 AM Life Talks 3:00 PM SAIL 	15 8:30 AM SAIL 9:45 AM Tai Chi 1:00 PM Bingo 2:30 PM ADHD/ ADD Support Grp. 5:30 PM KPCS Community Nights	16 12:45 PM Movie & Popcorn “The Terminal” 	17 8:30 AM SAIL 10:00 AM Creative Open Space 
19 9:30 AM Trip: Walmart Shopping  3:00 PM SAIL	20 8:30 AM SAIL 9:45 AM Tai Chi 5:30 PM KPCS Community Nights	21 9:30 AM Cards & Games 10:00 AM Life Talks 1:00 PM Vets & Friends Coffee 3:00 PM SAIL	22 8:30 AM SAIL 9:45 AM Tai Chi 2:30 PM ADHD/ ADD Support Grp. 5:30 PM KPCS Community Nights	23 12:45 PM Trip: Red Wind Casino 	24 8:30 AM SAIL
26 3:00 PM SAIL	27 8:30 AM SAIL 9:45 AM Tai Chi 10:00 AM Trip: LIC Pumpkin Patch 1:00 PM Pumpkin Painting 5:30 PM KPCS Community Nights 	28 9:30 AM Cards & Games 3:00 PM SAIL 	29 8:30 AM SAIL 9:45 AM Tai Chi 2:30 PM ADHD/ ADD Support Grp. 5:30 PM KPCS Community Nights Pot Luck	30 12:45 PM Chilling Ice Cream Social Wear your Halloween costume!	31 8:30 AM SAIL 



KPCS

Food Pantry
Senior Meals
Senior Center
Homeless Outreach

Presents

FEAST OR FAMINE NOVEMBER

SATURDAY

7

5 - 7 PM

AT KEY PENINSULA COMMUNITY SERVICES

17015 9th Street Ct NW, Lakebay, WA 98349

25,926 NEIGHBORS

That's how many people KPCS helped stay fed from
January through August 2026 alone.

HELP US KEEP THE TRUCK ROLLING AND OUR PANTRY
SHELVES STOCKED 4 DAYS A WEEK.

Join us for an evening supporting the
KPCS Food Pantry Operations



TICKETS ARE LIMITED SCAN TO
RESERVE YOURS OR DONATE TODAY!



**HALLOWEEN
PARTY WITH CHILLING
ICE CREAM SOCIAL**

OCT 30 @ LUNCH AND FOLLOWING

Have You Tried Jamie's Cookin' Yet?

Jamie is settling in and whipping up some delicious meals! She is often chopping away in the kitchen, incorporating fresh veggies into her dishes.

She loves to make spaghetti, and now we're going to be introduced to some of her favorite soups. Our lunch bunch loved her Sage and Garlic Beans, and another favorite she is excited for you to try is her hearty lentil soup.

Our volunteer cook, Shirley, is also excited to start sprinkling some international dishes onto the menu. You may have tried her Chicken Piccata in September, and this month we're celebrating Oktoberfest with grilled bratwurst and all the spectacular sides.

And as you can see, guests are encouraged to bring a Tupperware container to take some home. The plates often overflow!

Come join our lunch bunch and see what Jamie and Shirley are cookin'!



October



Tuesday

Wednesday

Thursday

Friday

		1 Shrimp & Grits Sauteed Squash & Mushrooms Grapes Garlic Bread	2 Egg & Sausage Soufflé Roasted Potatoes & Carrots Fruit
6 Grilled Turkey & Havarti Sandwich Vegetable Soup Spinach & Mandarin Salad	7 Hearty Lentil Soup Cheese & Fruit Plate Biscuits	8 Baked Salmon with Lemon Sauteed Veggies Rice Pilaf Fruit Salad	9 Grilled Bratwurst German Potato Salad Warm Cabbage Salad Hoagie Roll <i>International Day</i>
13 Clam Chowder Creamed Spinach Sunshine Fruit Salad Dinner Roll	14 Pulled Pork Sandwich Potato Salad Mixed Veggies Fruit Salad	15 Meatloaf Garlic Mashed Potatoes Steamed Broccoli Baked Winter Squash	16 Beef & Barley Soup Sauteed Squash Buttermilk Biscuits Yogurt Parfait
20 White Bean & Chicken Chili Fresh Tomato Slices Melon Salad Cornbread	21 Spaghetti with Meat Sauce Garden Salad Carrot Sticks Tropical Fruit Salad	22 Beef Stew Beet Salad Melon Medley Breadsticks	23 Fish Veracruz Yellow Rice Fiesta Coleslaw Tropical Salad
27 Southern Pork Chops Mashed Potatoes Collard Greens Mixed Fruit Salad Dinner Roll	28 Turkey Wraps Vegetable Soup Carrot Sticks Grapes Dinner Roll	Pot Luck & 29 Chicken Noodle Soup Wilted Spinach Salad Dinner Roll	30 Burger Dips with Au Jus Potato Salad Brussels Sprouts Grapes

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: \$12.55 each required

Kitchen Volunteers always eat free!



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