

KPCS

Food Bank
Senior Center
Senior Meals

17015 9th Street Ct NW
PO Box 392
Lakebay, WA 98349
253-884-4440

MOON LANDING ANNIVERSARY

July 20, 1969



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N

What's Going On

CLOSED
July 4th

Veteran's Assistance
1st Wednesday, 5th 11:30AM

PCHS Mobile Clinic
1st Wednesday, 5th 1:00PM

BINGO!
1st & 3rd Thursday, 6th & 20th
12:30PM

Program Committee
1st Friday, 7th 12:30PM

Tacoma ProBono
2nd Tuesday, 11th 10:00AM

Commodities Pick Up
2nd Wednesday 12th 12:30PM

TRIP: Music in the Park
Wednesday 12th, 5:00PM

Great Courses: Sign Language
2nd & 3rd Thurs., 13th & 20th,
11:00AM

FREE TABLES
2nd/4th Friday 14th/28th 10:00AM

TALK: Safety at Home
Friday, 14th; 12:15PM

Movie: Calendar Girls
2nd Friday 14th; 12:30PM

TRIP: Allyn Knit Shop
Tuesday 18th; 12:45PM

Medicare Help
3rd Wednesday, 19th; 11:00AM

Genealogy
3rd Wednesday, 19th 12:30PM

TRIP: Music in the Park
Wednesday 19th, 5:00PM

Swimming
3rd Thursday, 20th; 8:00AM

Blood Pressure Checks
3rd Friday, 21st, 11:30AM

PCHS Medicare Help
3rd Friday, 21st 11:30AM

Birthday
3rd Friday, 21st; 12:00PM

DSHS Mobile
Tuesday, 25th; 10:00AM

Karaoke
4th Thursday, 27nd, 10:45AM

Movie: Apollo 11th
4th Friday, 28th; 12:30

TRIP: Garage Sale-ing
Friday, August 4th; 9:00

Summer

Difficulty: Medium

R E T A W Y P P A H
H E S C T P E S X H
N O O P F A N D N O
Z O T M D A H N E L
L N H A E Q M E F I
B E A C H S V I I D
B K W A V E S R L A
S A S U N N Y F Y Y
F E S W I M M I N G
Z C A N O E I N G I

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/summer>

BEACH
CAMP
CANOEING
COOL

FAMILY
FRIENDS
HAPPY
HAT

HOLIDAY
HOT
SUNNY
SWIMMING

WATER
WAVES

What are the benefits of brain games?

Major benefits are seen when you practice brain training because this allows for neuroplasticity to work its magic. Neuroplasticity is the ability of the brain to form and reorganize synaptic connections. One of the most researched benefits of mental games is the brain's working memory, the part of short-term memory that is concerned with understanding concepts and languages faster. A study had participants train by doing memory-related tasks, and the results showed increased attention inside and outside the lab.

Let's Talk Wellness; Rituals

By Bobbi

Rituals are more important than I thought. The ritual of a funeral or memorial service is mostly for the living, to be sure. But, it is a right of passage for both, I think. It has been over 5 months since Dan's death and the weather was finally right for the memorial in his honor. He had requested that his ashes be spread in Eastern Washington. Dan loved to mushroom hunt. It was the ultimate treasure hunt for him. Yup, I can still hear his chuckle when he yelled out "Bingo" when he found one of those elusive mushrooms and I would sigh with delight for him.

So, I packed Dan up in his favorite Folgers coffee can that had just enough coffee in the bottom for his morning cup. (That may sound a bit crude but he was a Folgers Guy through and through and I could hear him chuckle when I decided it was his best traveling urn.) His son and daughter drove up there with me and the dogs. The mushroom club people were waiting for us. They even left a patch of morels for us to pick. That was a huge sacrifice for them. Trust me on that. His son, Nate, put Dan in his back pack and off we went to find the perfect spot. We picked those lovely mushrooms shouting out Bingo each time. It's a ritual.

We then proceeded to spread his ashes around the area. Nate asked how I would like the last of the ashes spread. I wasn't sure, so he suggested that he make a heart of ashes. He outlined a big heart and then a smaller one touching it. It was lovely. But,

the magic for me to happen a bit later. I walked back up to the heart with a friend who wanted to leave a piece of burl wood near the ashes. I showed her the heart and in that moment my dog stepped into the big heart and just stood quietly and didn't move. She was so serene. It took my breath away! The two beings that mean the most to me in this world were there together in that big heart of his. In that moment, I knew, he too, was there smiling at me.

The next magic moment happened when our mushroom clan of friends sat around the fire telling their wonderful Dan Stories. His kids never knew this side of Dan's life. They were overwhelmed by the stories of love and laughter they heard for their Dad. It was another important part of the ritual of celebrating the many different sides of our loved one. He is and was beloved by so many people and... Me. Nate never left my side during this whole time and I am so proud of the man he has become at the ripe old age of 28. Afterwards, both he and Delci made sure that I was well celebrated with the ritual of Mother's Day.

They say life goes on. Memorial rituals seem to help provide a way to celebrate and say goodbye in a way that allow us to still feel the depth of love for our beloved and begin to learn to detach some of the grief too. I still feel his hand on my heart after that day and know that he truly will be with me forever... only different.



News from our Program/ Volunteer Coordinator

* Tickets to the **Tacoma Rainier's** game on August 8th are still available. Our van is full, but there are drivers willing to carpool.

* **Thank you** to our Vendors, The Rock Shop, and Volunteers for your support during our Rummage Sale on June 17th. We made over \$3,000 to support KPCS programs!

We have more fun programs for you in July. If you have requests for trips, movies, classes, or activities please let us know. We have a Program Committee meeting the first Friday every month. We love your feedback!

Please call ahead to reserve your meal

JULY

60+: Suggested \$3 EACH

60 - : Required \$5 EACH

Tue	Wed	Thu	Fri
<p>4</p> 	<p>5</p> <p>Chef's Salad Roll Fruit Dessert</p>	<p>6</p> <p>Tuna Macaroni Salad Mixed Veggies Fruit Dessert</p>	<p>7</p> <p>Kielbasa Sauerkraut Roll Carrots Fruit Dessert</p>
<p>11</p> <p>Meatball Hoagy w/ Red Sauce Potato Wedges Peas Fruit Dessert</p>	<p>12</p> <p>Cod Baked Potatoes Coleslaw Roll Fruit Dessert</p>	<p>13</p> <p>Chicken Pot Pie Broccoli Fruit Dessert</p>	<p>14</p> <p>B-L-T Broccoli Salad Fruit Dessert</p>
<p>18</p> <p>Pork Stir Fry w/ Rice Fruit Dessert</p>	<p>19</p> <p>Bacon & Ham Quiche Salad Fruit Dessert</p>	<p>20</p> <p>Cheeseburger Bake Broccoli Fruit Salad Dessert</p>	<p>21</p> <p>Chicken Salad Potato Salad Roll Fruit Dessert</p>
<p>25</p> <p>Mac & Cheese w/ Ham Green Beans Fruit Dessert</p>	<p>26</p> <p>French Dip Salad Fruit Dessert</p>	<p>27</p> <p>Beef Taco Salad Spanish Rice Tortilla Chips Fruit Dessert</p>	<p>28</p> <p>Grilled Cheese Sand- wich Tomato Soup Peas Fruit Dessert</p>


JULY
BIRTH FLOWER:
LARKSPUR

The larkspur has long symbolized positivity, loving bonds, dedication, and sincerity.



THE OLD FARMER'S ALMANAC

July
RUBY



Love, passion and nobility

The name Ruby comes from the Latin Rubeus, meaning red.

In medieval times, wearing rubies was thought to offer protection from the plague.

All rubies are actually red sapphires, and they're rarer than diamonds!


Stroking rubies across your skin was once believed to restore youthful beauty.

THE OLD FARMER'S ALMANAC
JULY BIRTH FLOWER:
WATER LILY

The water lily represents purity and innocence.



What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
NO FOOT CARE IN JULY					1 8:30 S.A.I.L
3 4:00 S.A.I.L	4  8:30 S.A.I.L	5 9:30 Cards/Games 11:30 Veteran's Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	6 8:30 S.A.I.L 9:45 TaiChi 12:30 BINGO	7 12:30 Program Comm.	8 8:30 S.A.I.L
10 8:00AM Shopping 4:00 S.A.I.L	11 8:30 S.A.I.L 9:45 TaiChi 10:00 Tacoma Probono	12 12:30 Commodities Pickup 9:30 Cards/Games 4:00 S.A.I.L 5:00 TRIP: Music in the Park	13 8:30 S.A.I.L 9:45 TaiChi 11:00 Great Courses: Sign Language	14 FREE TABLES 12:15 Home Safety Talk w/Anne Nesbit 12:30 Movie: Calendar Girls	15 8:30 S.A.I.L
17 4:00 S.A.I.L	18 8:30 S.A.I.L 9:45 TaiChi 12:45 TRIP: Allyn Knit Shop	19 9:30 Cards/Games 11:00 Medicare Help 12:30 Genealogy 4:00 S.A.I.L 5:00 TRIP: Music in the Park	20 8:15 Swimming 8:30 S.A.I.L 9:45 TaiChi 11:00 Great Courses: Sign Language 1:00 BINGO	21 11:30 PCHS Insurance Help 11:30 Blood Pressure 12:00 Birthday	22 8:30 S.A.I.L
24 4:00 S.A.I.L	25 8:30 S.A.I.L 9:45 TaiChi 9:00 TRIP: Collelo's Farm Stand 10:00 DSHS Mobile	26 9:30 Cards/Games 4:00 S.A.I.L	27 8:30 S.A.I.L 9:45 TaiChi 10:45 Karaoke	28 FREE TABLES 12:30 Movie: Apollo 11	29 8:30 S.A.I.L
31 4:00 S.A.I.L	1 8:30 S.A.I.L 9:45 TaiChi	2 9:30 Cards/Games 11:30 Veteran's Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	3 8:30 S.A.I.L 9:45 TaiChi 12:30 BINGO	4 8:00 TRIP: Garage Sale-ing	5 8:30 S.A.I.L

Welcome Vivian Blanchard



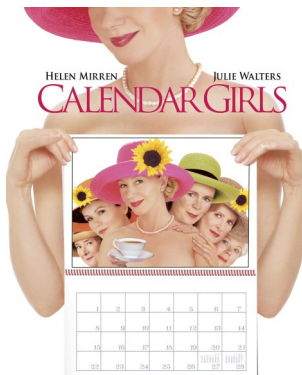
Vivian is joining the Meal staff while Jackie is on partial leave to support her family.

Vivian may look familiar to many of you. She moved to the Key Peninsula in 1980 with her husband and two children. She also worked at the Home Port Restaurant for over six years. Vivian and her husband were owners of Lakebay Roofing for more than 25 years.

When Vivian isn't working at KPCS she enjoys retirement, spending her time with her dogs and friends. You can find her in our kitchen on Wednesdays and Thursdays making delicious meals for your enjoyment.

FREE Movie on the Big Screen

Friday, July 14; 12:30 PM



Calendar Girls

In the small town of Knapely, Yorkshire, England, Annie Clarke (Dame Julie Walters) has just lost her husband, who was ill with leukemia. Inspired in his speech to the local Women's Institute, where he said that "the flowers of Yorkshire are like the women of Yorkshire", and "the last phase of the women of Yorkshire is always the most glorious", her best friend Chris Harper decides to make a calendar with twelve local middle-age women nude to raise funds for the wing of leukemia treatment in the local hospital. The calendar becomes well succeeded, making them famous and affecting their lives.

2003 PG-13 1h 48min
Helen Mirren, Julie Walters, Penelope Wilton

Friday, July 28; 12:30PM



Apollo 11 Historical Documentary

The events surrounding the actual Apollo 11 space mission are presented solely using archival footage and still photographs of or associated with the mission. The events span from the eleventh hour preparations for the launch to shortly after the safe touchdown of the capsule with its three astronauts back on Earth. The mission is historic as the first time humans had stepped on the surface of the Earth's moon. It arguably made household names of Neil Armstrong and Buzz Aldrin as the first and second to walk on the moon, and slightly less so for the third astronaut, Mike Collins, who remained inside the capsule at the time. It was arguably the most dangerous space mission at the time in part to the astronauts leaving the safety of the capsule.

2019 Not Rated 1h 33mins

News From the Navigation Room

Are you someone who enjoys crafting? Do you like to make decorations, cards, work with beads, other ideas? We have the room for you. We have all kinds of supplies for you to use. Bring a friend with you and craft here for the day. Want to teach a class or share a project? Let us know. There may be others who would like to learn what you teach.

Do you have a friend who would like to come to lunch? Ask them! Just let me know you're bringing a guest. We would love to meet your friends.

Have you noticed all the beautiful flowers that are in our lobby each week? Those are brought in each week by our own Jan Murphy! She also supplies our library with numerous magazines. Thank you Jan! We really appreciate your thoughtfulness.

Be safe on the weekend of the 4th and enjoy the summer!

Peggy



Weekly Wednesday Cards and Games at 9:30AM!

Coffee, Cocoa, or tea to start and get warmed up

Maybe a little goodie to get the winning juices flowing.

Karl Bonn was the Phase 10 leader this month and won the prize!

We are looking for a Cribbage player.

We meet after 9:30 AM until Noon on Wednesdays.

What are your favorites games or cards??? Just come in on Wednesdays. You do not need to register. There is always someone here to play.

TENANT TIP FROM THE HOUSING JUSTICE PROJECT:

Tuesday, July 11th

10:00AM

Are you involved in a family law case, or thinking about divorce? There are a lot of misconceptions about what's involved and how to proceed, and it isn't necessarily a good idea to take the word of your spouse, family or friends concerning your rights in the process. Here are some 'know your rights' tips from our Family Safety Project attorneys:

- ◇ You have the right to end your marriage by divorce.
- ◇ You DO NOT need your spouse's permission to get a divorce.
- ◇ You DO NOT need to prove fault to get a divorce.
- ◇ You DO NOT need a lawyer to get a divorce.
- ◇ You have the right to a JUST AND EQUITABLE division of property acquired during your marriage.
- ◇ You have the right to a fair trial in your family law case.



If you are low-income and need legal advice about a family law case, Tacomaprobono Community Lawyers may be able to help you through our volunteer family law clinics. You can also talk to us about your case at any of our pop-ups, including our 2nd Tuesday presence on Key Peninsula at KPCS and The Mustard Seed Project.

NOTE OUR SUMMER HOURS!

For family law help, you can call during our open phone time 10-noon Monday-Thursday, walk into our offices for an intake at 621 Tacoma Ave S 1-3 p.m. Monday-Thursday, or use our always available online intake form at www.tacomaprobono.org. If you have a housing issue, walk-in intake is also available at our Housing Justice Project Office at 601 Tacoma Ave S Monday-Thursday 1:30-3:30 p.m.

OTHER FAMILY LAW RESOURCES:

Forms: www.courts.wa.gov, www.washingtonlawhelp.org
Resources on our website: www.tacomaprobono.org/fsp

News from the Food Bank

By Brett Higgins, Food Bank Manager

Our Food Bank is focusing in on 1 or 2 items per month to help keep our shelves stocked.

In July, our food bank is focused on collecting canned soup and breakfast cereal. These items are quick and easy meals that can help feed hungry children during the summer when they're out of school.

Canned soup and breakfast cereal are great options for people who may not be able to visit the food bank regularly. These items are shelf-stable, which means they can be stored for a long time without going bad. This makes them ideal for people who may need to stretch their food supply over a longer period of time



Please help by donating these items to our food bank anytime we're open, or donate via PayPal on our website, www.keypeninsulacommunityservices.org.

Our Bread Closet is a vital resource for our community and open to all. We are committed to keeping it stocked with at least three food groups at all times. Please register with us and sign in when you visit, so we can better serve you and our community. "Every registration counts, as it helps us secure food and funding for our food bank. We are grateful for your support in making our community a better place.

Upcoming Trips

Shopping: 2nd Mondays; Leave the Center **8:00AM**

Shop with friends and leave the driving to us. Shopping destinations are determined on the day of the trip depending on rider request.

Summer Concerts at Sehmel Homestead Park **Music in Harmony with Nature**

July 12: Gina Belliveau; acoustic singer/song writer
July 19: Victims of Love; Eagles tribute band

We'll provide the drinks and snacks. Bring your own folding lawn chair.

Depart Center: 5:00PM
Return approx.: 8:45PM
Requested donation: \$2.00

You do not have to donate to join us.

Allyn Knit Shop & Ice Cream

Your one stop shop for all your yarn & fiber needs. We're warm and cozy and we'd love to hold your hand when you have knitting, crocheting or fiber issues you need help with. We carry Malabrigo, Plymouth Yarn, Universal Yarn, Jamieson's, Jacquard Acid Dyes, Roving, Tatting Supplies, Local Yarn, Ashford Products, Spinning Wheels and so much more. After shopping, we're stopping for ice cream!

Tuesday, 18th
Depart Center: 12:45PM
Return approx.: 4:00PM

Collello's Farm Stand

Join us on a trip to some of the finest fresh fruits and vegetables at this lovely Farm Stand. Collello's will accept the Farmer's Market Vouchers many of you received from Pierce County. Lunch will be on your own. Destination TBD.

Tuesday, 25th
Depart Center: 9:00AM
Return approx.: 2:00PM
Requested donation: \$2.00

Lets Go Garage Sale-ing!!

It's that time of year to hunt for the best bargains of those hard-to-find items you didn't know you needed. Join Teresa, Garage Sale Extraordinaire, on this exciting trip of tracking down bargains.

Friday, August 4th
Depart Center: 9:00AM
We may return in time for lunch or have lunch out, we'll decide while we're out and about.



Knitting and Crochet Club

Tuesday - July 18th, 2023 @ 12:45PM

Location: Allyn Knit Shop

Let's go on a Field Trip!

We'll be leaving the Center at 12:45pm. You can shop for that special yarn you've been searching for at the Knit Shop & Spinning Supply in Allyn.

Remember to put on your calendar that we meet on the 3rd Tuesdays each month.