

**KPCS**  
Food Bank  
Senior Center  
Senior Meals

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



**What's Going On....**

**Garden Club**

1st Tuesday, 1st; 1:00AM

**Veteran's Assistance**

1st Wednesday, 2nd; 11:30AM

**PCHS Mobile Clinic**

1st Wednesday, 2nd; 1:00PM

**TRIP: Garage Sale-ing!**

Friday; 4th; 9:00AM

**Program Committee**

1st Friday, 4th; 12:30PM

**Tacoma ProBono**

2nd Tuesday, 8th; 10:00AM

**TRIP: Tac. Rainiers BB Game**

Tuesday, 8th; 10:30AM

**Cards & Games**

Wednesdays, 9:30AM

**Commodities Pick Up**

2nd Wednesday, 9th; 12:30PM

**FREE TABLES CANCELLED**

2nd Friday, 11th

**Movie: Grease**

2nd Friday, 11th; 12:30PM

**Knit & Crochet Group**

3rd Tuesday, 15th; 12:45PM

**Medicare Help**

3rd Wednesday, 16th; 11:00AM

**Sign Language: Great Courses**

Thursday, 17th; 11:00AM

**BINGO**

1st/3rd Thursday, 3rd/ 17th; 12:30PM

**Blood Pressure Checks**

3rd Friday, 18th; 11:30AM

**PCHS Medicare Help**

3rd Friday, 18th; 11:30AM

**Birthday: LUAU Party**

**LIVE Music!**

3rd Friday, 18th; 12:00PM

**Swimming**

Wednesday, 23rd; 8:30AM

**TRIP: Flashback Cinema**

**The Notebook**

Wednesday, 23rd; 10:30AM

**Karaoke & Ice Cream**

4th Thursday, 24th; 12:30PM

**FREE TABLE OPEN**

4th Friday, 25th; 10:00AM

**Home & Garden Plant Swap**

Friday, 25th; 10:00AM

**Movie: Galapagos Affair**

4th Friday, 28th; 12:30PM

**TRIP: Little Creek Casino**

Tuesday, 29th; 10:00AM

**Foot Care**

Wednesday, 30th; 10:00AM

**COMING UP SOON....**

**Armed Park Ranger: Olyvia Buday  
Talk**

Friday, Sept 8th; 12:15PM

**Tea & Fashion Show**

September TBD

**Entertainment: Memorie Players**

**Comedy**

October TBD

**Farm Tour**

October 7th, 10:00AM-4:00PM

**Cookie Exchange**

November TBD

**Gift Exchange**

December TBD

**TRIP: Spanaway Christmas Lights**

December TBD

# GROCERY SHOPPING MADE EASY



## MAKE A SHOPPING LIST

Before going to the store, make a plan of what you are going to buy. Create a list of ingredients, meals, or recipes that you want to make for the week and stick to it! Menu planning ahead of time helps save money and avoids impulse purchasing.



## SHOP THE PERIMETER

The perimeter, or outside aisles, of a store are where the healthy foods like fruits, vegetables, dairy, meat, and fish are usually located. Center aisles are where the "junk" foods lurk. Can't reach something? Don't be afraid to ask for help!



## CHOOSE "REAL" FOODS

Fruits and vegetables are a must-have for every shopping trip. Spend most of your time in this section, and be sure to choose a rainbow of colors to reflect the different vitamins and minerals of each low-calorie item.



## DON'T SHOP HUNGRY

Going to the grocery store with an empty belly often results in impulse purchases that may not always be the healthiest. Enjoy a light snack before heading to the store so that you can choose healthy options for your weekly menu.



## USE COUPONS

In order to save some money in the checkout line, start collecting and using coupons and grocery sale ads. You can also download grocery apps on your smartphone to make the trip more efficient. Not only are these budget-friendly but they also aid in meal planning.



## READ THE NUTRITION LABEL

Nutrition labels provide useful information to help you choose appropriate foods for your lifestyle. Search for items that contain low amounts of calories, added sugars, saturated and trans fat, and sodium. Items high in protein and fiber are typically smart choices.



## Let's Talk Wellness

### The Gift We All Need Yet Seldom Receive

By Bobbi

When Dan and I were new into our relationship we had some challenges. We are complete opposites and that led to many laughs and a few hiccups as well. We had agreed early on that we would talk things out, especially in the areas that were the most uncomfortable. It went something like this.. "I would like to discuss this topic with you. Would that be okay now or would you prefer to put it on the table until you are ready?" And if it was going to be a difficult discussion I would preface it by saying " I may be a bit clumsy in how I say this" And in that moment, we both gave each other space knowing that we did not intend to hurt each others feelings. It worked very well for us. We also checked in periodically when the other was acting differently. One day I even learned a new Dan term... We were in the car and he was too quiet, so I asked him, did I hurt your feelings? He looked over at me and said "Yeah I'm a little butt hurt" Butt hurt? After I quit laughing, I asked him what I did and he chuckled and told me. I apologized and he forgave me. The rest of the day was filled with ease and joy with each other.

In a particularly stressful time early on. He even asked me if we were breaking up. I said No, I'm just trying to help us get through this issue. In a bit of frustration, I finally asked him " If there was one thing you could change about me, what would that be? I might even make that change for you" He wisely asked if he could think about that. About a week later he said, "Okay, I thought about your question and have an answer" I, of course, got a bit tense, but took a deep breath and said okay let's hear it. Dan somberly said, "I thought about this a lot

and realized that if I change one thing about you it would change everything about you. So no, I wouldn't change even one thing about you." In that moment I felt unconditional acceptance and love. My heart lit up and expanded in awe. In that moment, I too felt unconditional love for him.



It wasn't until much later that I realized that I had waited all of my life to be unconditionally loved by another human being. That is what changed me! Dan's gift opened my heart and allowed me to be vulnerable with him. And Dan realized it was safe to be vulnerable with me too. We never worried about breaking up again or that we couldn't work things out with each other.

His death broke my heart. But here is the thing, his unconditional acceptance and love sustains me and I have it safely inside of me. It is my most treasured gift.



### Our First Harvest!

28 pounds of fresh vegetables from our raised-bed gardens to share in the Food Bank.

*Made possible by funding from Tacoma Pierce County Heath Department, and managed by KPCS staff.*

Please call  
ahead to  
reserve your  
meal



# August

60+: Suggested  
\$3 EACH

60 - : Required  
\$5 EACH

Tue	Wed	Thu	Fri
<p>1</p> <p>Chicken Caesar Salad Carrots Roll Fruit Dessert</p>	<p>2</p> <p>Club Sandwich Potato Salad Fresh Veggies Fruit Pudding</p>	<p>3</p> <p>Mac &amp; Cheese w/ Ham Peas Mixed Fruit Dessert</p>	<p>4</p> <p>Bacon Cheeseburger Broccoli Salad Fruit Dessert</p>
<p>8</p> <p>Kielbasa Sauerkraut Roll 3 Bean Salad Fruit Dessert</p>	<p>9</p> <p>Chef's Salad Broccoli Roll Fruit Dessert</p>	<p>10</p> <p>Spaghetti w/ meat sauce Caesar Salad Mandarins Garlic Bread Dessert</p>	<p>11</p> <p>Loaded Baked - Potato Broccoli Fruit Dessert</p>
<p>15</p> <p>Chicken Noodle Soup 1/2 Tuna Sandwich Salad Fruit Dessert</p>	<p>16</p> <p>French Dip Fruit Salad w/ Yogurt Mixed Veggies Peach Cobbler</p>	<p>17</p> <p>B-L-T Green Salad Grapes Fruit Jell-O</p>	<p>18</p>  <p>Sweet &amp; Sour Meatballs Rice Mixed Veggies Fruit Dessert</p>
<p>22</p> <p>Beef Taco Salad Spanish Rice Tortilla Chips Fruit Dessert</p>	<p>23</p> <p>BBQ Chicken Baked Beans Corn on the Cob Fruit Dessert</p>	<p>24</p> <p>Ham &amp; Cheese Sand- wich Pea Salad Fruit Dessert</p>	<p>25</p> <p>Sloppy Joe Italian Pasta Salad Fruit Dessert</p>
<p>29</p> <p>Meat &amp; Veggie Pizzas Salad Fruit Dessert</p>	<p>30</p> <p>Roast Beef Sandwich Potato Salad Fresh Fruit Dessert</p>	<p>31</p> <p>Beef Enchilada Green Salad Spanish Rice Fruit Dessert</p>	<p>August</p>  <p>Peridot</p> <p>Personality traits: Intelligent, calm and easy going.</p>





## FREE Movie on the Big Screen

Friday, August 11; 12:30 PM



### Grease

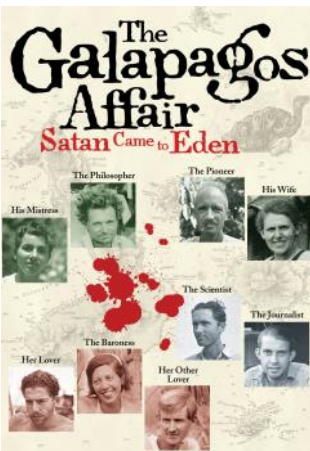
Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

*John Travolta, Olyvia Newton-John, Stockard Channing*

1978 PG 1h 50m



Friday, August 25; 12:30PM



### The Galapagos Affair: Satan Came to Eden

#### Historical Documentary

Darwin meets Hitchcock in this true-crime tale of paradise found and lost. A fascinating documentary portrait of a 1930s murder mystery as strange and alluring as the famous archipelago itself. Fleeing conventional society, a Berlin doctor and his mistress start a new life on uninhabited Floreana Island. But after the press sensationalizes the exploits of Galapagos' "Adam and Eve", others flock there.

Not Rated

2h 1m

## News From the Navigation Room

From the Navigation Room: It is hard to believe we are already winding down the summer. Canning season is here, gardening activities, while they never go away, have lessened and you are enjoying the fruits of your labors. Mosquitos have announced themselves! The other day I was on my deck and saw a sea otter, a deer, a Peregrine Falcon, and a racoon all within ½ hour and all on my property. Falcon was overhead. These are the lazy days of summer.

On the days you are going on a Field Trip or leaving the center, but leaving your car here, we ask that you please park your car in the back of the Center in the double parking areas or the lower side singles area. Please make sure to pull your car all the way forward. It is our hope that the people who are on the Field Trip park

double stacked. We need to keep the main parking area clear for the lunch and/or the events crowd.

Don't forget we have Free Table on the 2nd and 4th Fridays. We have a NEW garden out behind KPCS where, if you want to throw in some vegetable plants and do a little above ground weeding, we have a spot for you. We do have some picnic tables if you want to have your meal outside. Lots of events going on at the Center and check out our Field Trips this month! Want to go? Call Teresa or Peggy and get scheduled. Check us out! Hope your Summer is going well, and you are active and well.

Take care,

Peggy





Peninsula Community  
Health Services

*Need a check up?*

**Mobile Medical Clinic**  
Wed., Aug. 2nd | 1pm - 3pm



Their mobile team offers a wide range of primary care services including:

- o Basic office visits
- o Diagnostic studies (labs, etc.)
- o Referrals when appropriate

## PCHS IS DRIVEN TO SERVE YOU.

Peninsula Community Health Services (PCHS) is a patient-centered medical home that has been serving the broader peninsula for nearly 35 years!

They recently opened a new KP clinic with primary care Medical, dental, and pharmacy services @ 11901 137th Ave Ct NW.

PCHS Office

3 6 0 . 3 7 7 . 3 7 7 6

SHIBA Line

3 6 0 . 4 7 5 . 3 0 9 5

Website

p c h s w e b . o r g

Scan for more info!



*Have insurance questions?*

PCHS has free & confidential sessions with certified Navigators.

Their team can help with:

- o Medicare (SHIBA)
- o Medicaid (HealthplanFinder)
- o Sliding-scale system for those paying out-of-pocket.



**Insurance Navigators**

Fri., Aug. 18th | 11:30am - 1:30pm

### Kim's Hair Designs

Mobile Services Available

**(360) 790-6942**

MEN, WOMEN, AND CHILDREN  
Haircuts, styles, perms, roller sets  
Specializing in Senior Services  
In Business since 1986  
For appointment call or email  
kimsmobilehaircare@gmail.com



Kim's Hair Design will meet you at KPCS for your new do.

Discount rates for seniors.

Contact Kim directly for an appointment.

**360-790-6942**

### 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.**

August we are focusing on Peanut Butter and Ramen. These items are staples here and we are in great need to restock.

Please help by donating these items to our food bank anytime we're open, or donate via PayPal on our website, [www.keypeninsulacommunityservices.org](http://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.*



*In a World full of Roses*

*be a*

*Sunflower*



## Upcoming Trips

### Shopping: 2nd Mondays; Leave the Center 9:00AM

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

### 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.

### Flashback Cinema

#### **The Notebook**

Touching romance based on the best-selling novel by Nicholas Sparks. Framed as a story told by a man (James Garner) to a woman (Gena Rowlands) about young lovers living in the 1940's. Ryan Gosling and Rachel McAdams won critical acclaim for their break-out performances as the couple whose relationship is tested by war and class distinctions.

**Depart Center: 10:30AM**

**Return approx.: 3:30PM**

**Requested donation: \$2.00**

**Movie cost: \$5.00**

**Lunch is on your own.**

You do not have to donate to join us.

### Little Creek Casino

Feeling Lucky? Take a risk at the Little Creek Casino! Play a few games. Have a delectable lunch. And enjoy the day. Leave the driving to us.

### Tuesday, 29th

**Depart Center: 10:00AM**

**Return approx.: 2:30PM**

**Requested donation: \$2.00**

You do not have to donate to join us.



## Knitting and Crochet Club

**Tuesday - August 15th, 2023 @ 12:45PM**

**Location: KPCS "Port" Room**

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**Interested in crocheting this Alpenhaus Ripple Moss Stitch Blanket? We will have the pattern/yarn for you to begin this project. Come to knit/crochet and see what projects others are making!**

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