

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....

Program Committee

1st Friday, 1st; 12:30PM

Garden Club

1st Tuesday, 5th; 1:00PM

Veteran's Assistance

1st Wednesday, 6th; 11:30AM

PCHS Mobile Clinic

1st Wednesday, 6th; 1:00PM

FREE TABLES

2nd Friday, 8th; 10:00AM

TALK: ARMED PARK RANGER

Olyvia Buday

Friday, 8th; 12:15PM

Movie: The Finest Hours

2nd Friday, 8th; 12:30PM

Shopping

2nd Monday, 11th; 9:00AM

Tacoma ProBono

2nd Tuesday, 12th; 10:00AM

Knit & Crochet Group

2nd Tuesday 12th; 12:45PM

Learn to Draw

2nd Wednesday, 13th; 10:45AM

Live Mariners Broadcast

Wednesday, 13th; 1:00PM

Swimming

2nd Thursday, 14th; 8:15AM

BINGO

1st/3rd Thursday 7th/ 21st; 12:30PM

Celebrate Back to School

Sock Hop Party w/ Live Music

Friday, 15th; 12:30PM

Blood Pressure Checks

3rd Friday, 15th; 11:30AM

PCHS Medicare Help

3rd Friday, 15th; 11:30AM

TRIP: Beach Luncheon

Monday, 18th; 11:00AM

Make a Scarecrow w/Teresa

Tuesday 19th; 10:00AM

TRIP: Genealogy

Wednesday, 20th; 10:30AM

Medicare Help

3rd Wednesday, 20th; 11:00AM

CLOSED ALL DAY FRIDAY 22ND

TRIP: ST VINNIE'S

Tuesday, 26th; 9:30AM

DSHS Mobile Van

Tuesday, 26th; 10:00AM

Knit & Crochet Group

4th Tuesday 26th; 12:45PM

TRIP: Red Wind Casino

Wednesday, 27th; 9:00AM

Foot Care

Wednesday, 27th; 10:30AM

Karaoke & Ice Cream

4th Thursday, 28th; 12:30PM

Shared Housing Talk

Friday, 29th; 12:15PM

COMING UP SOON....

Farm Tour

October 7th

Rags to Witches

Tea & Fashion Show

October 21st

Entertainment: Memorie Players

Comedy

October TBD

Cookie Exchange

November TBD

Gift Exchange

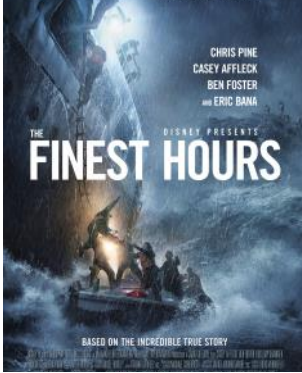
December TBD

TRIP: Spanaway Christmas Lights

December TBD

FREE Movie on the Big Screen

Friday, September 8; 12:30 PM



The Finest Hours

In February of 1952, one of the worst storms to ever hit the East Coast struck New England, damaging an oil tanker off the coast of Cape Cod and literally ripping it in half. On a small lifeboat faced with frigid temperatures and 70-foot high waves, four members of the Coast Guard set out to rescue more than 30 stranded sailors trapped aboard the rapidly-sinking vessel.

Chris Pine, Casey Affleck, Ben Foster

2016 PG-13 1h 57m



News and Tips from Tacomaprobono Community Lawyers

LANDLORD-TENANT NEWS FROM THE HOUSING JUSTICE PROJECT

LAWS ABOUT SECURITY DEPOSITS HAVE CHANGED as of JULY 23, 2023!

Landlords cannot keep security deposit money for "wear resulting from ordinary use of the premises."

- Landlords cannot keep a security deposit to repair or clean the rental unit, appliances, furniture, carpet, or wall paint if the wear, deterioration, or breakage happens because of "ordinary use of the premises."
- For example, carpet may break down or become soiled over time because people walk upon it while living in a rental unit. Landlords cannot keep deposits to replace or clean the carpet just because it has worn down over time as expected.
- Landlords may keep deposit money if the damage to the rental unit, appliances, carpet, or walls, happens because the renter (or another occupant or guest) was negligent, careless, or intentionally abused the place or the furnishings.

...wear resulting from ordinary use of the premises" is defined as 'deterioration that results from the intended use of a dwelling unit, including breakage or malfunction due to age or deteriorated condition. Such wear does not include deterioration that results from negligence, carelessness, accident, or abuse of the premises, fixtures, equipment, appliances, or furnishings by the tenant, immediate family member, occupant, or guest.

Tuesday, September 12th; 10:00AM



Good news -- we'll be at the Gig Harbor Pierce County Library the following day, September 13, from 2-4 p.m., and we'll be joined by the Pierce County Human Services Eviction Prevention program! If you're eligible for this program they can pay up to 3 months' back rent. If you have questions or need help with your application and can get over to Gig Harbor, don't miss this opportunity.



Gene shares a special lunch treat with Barney the Oscar

Let's Talk Wellness

To Control or Not to Control?

By Bobbi

The length of my hair was a fairly accurate gauge of the amount of control I felt I needed in my life. For many years it became shorter and shorter. There was a time when it was so short that it looked a bit like a buzz cut. It was the one thing that I had absolute control over. Me. No one else determined that! Of course it always grew out and there again, I could assert my control.

Oh, and then there were the permanents. Such a ridiculous name for curling straight hair, for that is the last thing it actually is...permanent. It should be called impermanent. I might have understood a bit quicker. Still, we learn things in our own time. The amount of damage that was done in the name of style or, in my case a sense of control, became obvious when my new hair stylist refused to give me a permanent on top of a botched perm. She finally convinced me that she would help me get through the "ugly" phase if let my hair rest and become healthy again.

Rested and healthy again.

Permanence and Impermanence.

Now my hair length is quite long and very straight. It gets cut when it becomes straggly at the ends and needs a bit of "styling". Kinda like how I live my life these days. Almost, I still exert a need for some control... as I do continue to color it every couple of months to remain that natural blonde I have been for over 30 years. Some things take a bit longer to let go of.

It's funny how you think you have it all figured out and then...



Wham!

I had another lesson in hair care this past year. I learned that I don't even control that much after all. With all of the stress with Dan's cancer and my broken knee, my hair began to actually fall out. Yes! It fell out in handfuls. I was amazed and scared at the same time. Instead of freaking out each time I touched my hair, I eventually opted to have most of it cut off and along with it, my "natural" blonde color.

Now, my hair pretty much does its own thing. No matter how much I try to style, cut, blow dry, spray, gel, etc. it won't let me exert any control for more than a few minutes. Hmm... so perhaps the real message is that I truly do not have much control over anything that happens. Except, perhaps how I deal with it.



A very wise person once said: "God Grant me the serenity to accept the things I cannot change, the Courage to change the things I can, and the wisdom to know the difference."



Listen to a
Live Broadcast
Seattle Mariners
vs
Los Angeles Angels
Wednesday, September 13th
1:00PM



Heading to the Rainiers game. Free tickets were provided by Pierce County ADR.

Please call
ahead to
reserve your
meal



60+: Suggested
\$3 EACH

60 — : Required
\$5 EACH

Tue

Wed

Thu

Fri

 <p>SEPTEMBER Sapphire loyalty</p>			<p>1 Asian Chicken Salad Green Beans Apples Fortune Cookie</p>
<p>5 Sweet & Sour Meatballs Rice Peas Peaches Chocolate Pudding</p>	<p>6 Chef's Salad Pears Roll J-Ello w/ Fruit</p>	<p>7 Kielbasa Sauerkraut Roll Peas Peaches Brownie</p>	<p>8 Tuna-Macaroni Salad Broccoli Mixed Fruit Roll Cookie</p>
<p>12 Beef Lasagna Green Salad Garlic Bread Fruit Dessert</p>	<p>13 Vegetable Beef Soup Grilled Cheese Sandwich Broccoli Fruit Cake</p>	<p>14 Sloppy Joe Pasta Salad Pears Apple Crisp</p>	<p>15 Mac & Cheese w/ Ham Peas Mixed Fruit Dessert</p>
<p>19 Chicken Noodle Soup Tuna Sandwich Broccoli Fruit Dessert</p>	<p>20 Meatloaf Mashed Potatoes w/ Gravy & Roll Green Beans Fruit Dessert</p>	<p>21 Cod Baked Potatoes Coleslaw Roll Oranges</p>	<p>22 CLOSED STAFF RETREAT</p>
<p>26 Chicken Stir Fry w/ Rice Fruit Dessert</p>	<p>27 Spaghetti w/ meat sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>28 Hot Turkey Sandwich Mashed Potato w/ Gravy Peas Fruit Cocktail Dessert</p>	<p>29 Chicken & Broccoli Casserole Mixed Veggies Fruit Dessert</p>

What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
				1 12:30 Program Comm.	2 8:30 S.A.I.L
4 4:00 S.A.I.L	5 8:30 S.A.I.L 9:45 Tai Chi 1:00 Garden Club	6 9:30 Cards/Games 11:30 Vets Assistance 1:00 PCHS Mobile 4:00 S.A.I.L	7 8:30 S.A.I.L 9:45 Tai Chi 10:00 Pierce Co. Human Services 12:30 BINGO	8 FREE TABLES 12:15 Armed Park Ranger Talk 12:30 Movie: The Finest Hours	9 8:30 S.A.I.L
11 9:00AM Shopping 4:00 S.A.I.L	12 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:45 Knit & Crochet	13 9:30 Cards/Games 10:45 Drawing 12:30 Commodities Pickup 1:00 Listen to Mariners 4:00 S.A.I.L	14 8:15 Swimming 8:30 S.A.I.L 9:45 Tai Chi	15 11:30 PCHS Insurance Help 11:30 Blood Pressure 12:00 Birthday 12:30 LIVE MUSIC Back to School Sock Hop Party!	16 8:30 S.A.I.L
18 TRIP: Beach Luncheon 4:00 S.A.I.L	19 8:30 S.A.I.L 9:45 Tai Chi 10:00 Let's make Scarecrows!	20 9:30 Cards/Games 10:00 TRIP: Tac. Family Search Ctr; Genealogy 11:00 Medicare Help 4:00 S.A.I.L	21 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	22 CLOSED: STAFF RETREAT	23 8:30 S.A.I.L
25 4:00 S.A.I.L	26 8:30 S.A.I.L TRIP: St Vinnies 9:45 Tai Chi 10:00 DSHS MOBILE 12:45 Knit & Crochet	27 9:30 Cards/Games TRIP: Casino 10:30 Foot Care 4:00 S.A.I.L	28 8:30 S.A.I.L 9:45 Tai Chi 12:30 Karaoke & Ice Cream	29 12:15 Shared Housing Talk	30 8:30 S.A.I.L
Oct 1 4:00 S.A.I.L	Oct 2 8:30 S.A.I.L 9:45 Tai Chi	Oct 3 9:30 Cards/Games 11:30 Veteran's Assistance 1:00 PCHS Mobile Clinic 4:00 S.A.I.L	Oct 4 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	Oct 5	Oct 6 8:30 S.A.I.L

Weekly Wednesday Cards and Games at 9:30AM!

We are beginning Fall and may sleep a little later, get up slower, eat a little later... Don't forget to come in for your favorite drink and goodie. Coffee, Cocoa, or tea to start and get warmed up.

I need someone to play Cribbage with me. Lost my partner.

We are looking to start another table for cards or games.
Come on in and join us!





Beach Luncheon with Natalie & Paul

Monday, September 18th

This is a very special opportunity to enjoy a lovely meal, prepared by a skilled chef, in the beautiful setting of the beach.

Wonderium: How To Draw

Experience the joy of drawing—a skill anyone can learn—in this brilliantly designed course that teaches you how to draw landscapes, portraits, still lifes, and more.

36 Total Lessons. Join anytime
2nd Wednesday, 13th; 10:45AM



Knitting and Crochet Club

Now 2 TIMES A MONTH!!

Tuesdays - September 12th and 26th, 2023

@ 12:45PM in the “PORT” Room

This Crochet Seedling Blanket is SO EASY to make! Now that the weather is turning cooler, wouldn't you like to make this and snuggle under the blanket?

Pattern & yarn to make this Crochet Seedling Blanket will be made available. So, come on by to start this project or bring your current one for show and tell.

News From the Navigation Room

September is the beginning of my favorite months. I love the beautiful sunshine yet not too hot and the cooler nights. The beginning of the change of colors and the winter tides.

Just a reminder, 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. If you are unable to do that, at least park on the far side of the lot away from the building. Please make sure to pull your car all the way forward.

We are looking for someone who might be able to give our Singer Serger a service, and then possibly some lessons on how to use. If you have that knowledge or at least some knowledge on a Serger, please let Peggy know. We hope to have a sewing machine soon for people to use. Do you have some material that you

won't be using, and you would like to donate? Please contact Peggy.

We have had several people just walk into the center recently who have not called for a lunch registration. Imagine trying to feed 4 extra people who you have not planned for at your house. We know mistakes happen, but please do your best to call ahead so we can better plan and not waste food or worse, be short of food.

Don't forget to tell us if you have a food allergy. Our Chef takes that into consideration when she is preparing the meal. Don't like barbeque sauce, ask us to put it on the side or leave it off completely.

Take care and Ahoy mate!

Peggy





PCHS IS DRIVEN TO SERVE YOU.

Need a check up?

Mobile Medical Clinic
Wed., Sept. 6th | 1pm - 3pm



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

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

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

360.377.3776

SHIBA Line

360.475.3095

Website

pchsweb.org

Scan for more info!



Have insurance questions?

PCHS has free & confidential sessions with certified Navigators.

Their team can help with:

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



Insurance Navigators

Fri., Sept. 15th | 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




Wednesday, September 13th

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.

During September we continue to focus on Peanut Butter and Ramen. These items are staples here and we are in great need to re-stock.

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;

September 11th; 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.

Beach Luncheon at Natalie & Paul's

Join us for a relaxing and delicious beachfront luncheon at the home of our Food Bank Assistant, Natalie and her partner, Paul. Enjoy a breathtaking view, the soothing sounds of the ocean, and a meal prepared by a talented chef. Space is limited. Reserve your spot today.

Monday, September 18th

Depart Center: 11:00AM

Tacoma FamilySearch Center

Are you interested in your history? Join us as we venture down a fascinating road of discovery. The Center give free access to premium Family History software and websites. They have 11 computers, but also welcome laptops. Start your search now.

Wednesday, September 20th

Depart Center: 10:30AM

Return approx.: 3:30PM

Requested donation: \$3.00

Lunch is on your own.

You do not have to donate to join us.

Bremerton St Vincent DePaul

As our Rags to Witches Tea & Fashion Show gets closer, it's time for our models to pick out their outfits. If you haven't signed up as a model, but think you might like to talk to Teresa.

You do not have to be a model to join the trip. A love of thrifting is a plus.

Tuesday, September 26th

Depart Center: 9:30AM

Return approx.: 12:30PM

Requested donation: \$2.00

You do not have to donate to join us.

Nisqually Red Wind Casino

The Nisqually Red Wind Casino has become the South Sound's go-to spot for dining and gaming entertainment. Boasting an expansive a 46,000 square foot gaming floor, the casino offers more than 1,670 slot machines, keno games, a plethora of table games including Blackjack, Emperor's Challenge, Roulette, High Card Flush, Heads-Up Hold'em, Player's Edge 21 and Craps with 10x odds. There are also multiple dining venues from fast casual to fine dining, including Medicine Creek Deli, Pealo's Bar, and the River Water Bar & Grille.

The casino offers more than just exciting and state-of-the-industry gaming and dining – it offers community. The casino's design, accents, and hospitality all seek to incorporate the local tribal presence. Built to resemble a traditional native longhouse, the Nisqually Red Wind Casino itself pays homage to its namesake.

Tuesday, September 27th

Depart Center: 9:00AM

Return approx.: 2:00PM

Requested donation: \$3.00

You do not have to donate to join us

We ask that you only reserve a spot if you are certain you can attend. This ensures that no seats go to waste and that as many people as possible can enjoy these fun opportunities. Should you need to cancel, please do so in advance so that we can fill your spot. We want to make these trips special event for everyone.



KPCS is CLOSED
Friday, September 22nd
For our Staff Retreat

