

**KPCS**

Food Bank  
Senior Center  
Senior Meals

**OCTOBER**

**2023**

17015 9th Street Ct NW

PO Box 392

Lakebay, WA 98349

253-884-4440



**HALLOWEEN  
COSTUME PARTY**

**October 20th**

**Lunch at 12:00**

**LIVE MUSIC AT 12 30**

## FREE Movie on the Big Screen

Friday, October 27th; 12:30 PM



### The Addams Family

The Addams Family steps out of Charles Addams' cartoons. They live with all of the trappings of the macabre (including a detached hand for a servant) and are quite wealthy. Added to this mix is a crooked accountant and his loan shark and a plot to slip the shark's son into the family as their long-lost Uncle Fester. Can the false Fester find his way into the vault before he is discovered?

*Anjelica Huston, Raul Julia, Christopher Lloyd, Dan Hedaya*

1991 PG-13 1h 39m



## News and Tips from Tacomaprobono Community Lawyers

Come visit us **10-noon on October 10** at KPCS to have your legal questions answered!

If you can't make it to KPCS, we'll also be at the Mustard Seed Project in the afternoon from 1-3.

### TENANT TIP FROM THE HOUSING JUSTICE PROJECT:

**Behind on rent? Did you get a 30-day or 14-day 'pay or vacate' notice from your landlord? Don't panic, here's what you need to know:**

A notice to pay or vacate is only a notice.

It is not an eviction, and it does NOT mean you need to leave in 30 days.

The notice informs you about what you owe and by when the landlord would like you to pay it.

Your landlord is no longer required to offer you a reasonable payment plan along with the notice, but you can still negotiate with your landlord.

**What to do?** Stay in your home, respond to the notice, look for sources of rental assistance and work with your landlord to make an agreement that works for you.

### So what does an eviction notice look like?

If you receive an eviction notice, it would be a Summons and Complaint for Unlawful Detainer (Eviction) and would have a Pierce County Superior Court heading with your landlord/property manager's name and your name.



Receiving the court paperwork does not mean you are evicted and have to leave your home. **YOU CANNOT BE EVICTED WITHOUT A COURT ORDER.**

**What to do?** If you receive this paperwork or a paper with a similar heading called a Motion to Show Cause with a hearing date, **stay in your home** and contact our Housing Justice Project right away through our online intake form at [www.tacomaprobono.org](http://www.tacomaprobono.org) or in person at 601 Tacoma Ave S during open hours 1-3 p.m. Monday-Thursday. If you are low-income the court is required to appoint one of our Housing Justice Project attorneys to represent you at your hearing. The attorney may also be able to help you negotiate with your landlord.

For more information about notices, evictions, and many other legal issues you might have questions about, check out [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org).



## Let's Talk Wellness

### Dem Bones

**Ah, a bone-chilling topic for October!**

A really important topic that affects a lot of older adults. There are many factors that impact bone health in seniors, like nutrition, physical activity, and hormone levels.

A diet rich in calcium and vitamin D is crucial for maintaining strong bones. Calcium helps build and maintain bone density, while vitamin D helps the body absorb calcium. Good dietary sources of calcium include dairy products like milk and yogurt, as well as dark leafy greens like kale and broccoli. Vitamin D can be obtained through exposure to sunlight, but it's also found in fortified foods like milk and some cereals, as well as in fatty fish like salmon and tuna.

Weight-bearing exercises, like walking, running, hiking, dancing, and weight training, have been shown to increase bone density and reduce the risk of fractures in older adults. Weight-bearing exercises work by putting stress on the bones, which stimulates the body to produce new bone tissue. Even low-impact exercises like swimming and cycling can be beneficial for bone health by improving muscle strength and balance.



To live in this world, you must be able to do three things: to love what is mortal; to hold it against your bones knowing your own life depends on it;



and, when the time comes to let it go, to let it go.

### WARM, COMFY FALL APPLE CRISP

First, preheat your oven to 350°F.

Peel, core, and chop about 6-8 apples and toss them with 2 tablespoons sugar and 1 teaspoon cinnamon.

Next, make the topping by combining 1 cup flour, 1 cup rolled oats, 1 cup brown sugar, 1/2 cup softened butter, and 1/2 teaspoon salt.

Mix the ingredients with your hands until they form clumps. Then, spread the apples in a 9-inch square baking dish, and sprinkle the topping over them.

Bake the apple crisp for about 45-50 minutes, until the topping is golden brown and the apples are soft.

You may want to cover the dish with foil for the first 30 minutes, then remove the foil and continue baking until the topping is crisp.

Once it's done, let it cool for at least 15 minutes before serving. And there you have it - a simple, delicious apple crisp that's sure to be a hit!

**Frightfully Fun Festivities**

**OCTOBER 4TH 12 30PM**  
Decorate the Center for Halloween

**OCTOBER 13TH 12 30PM**  
Paint, stencil, sticker pumpkins

**OCTOBER 20TH 12 30PM**  
Live Music to Get Your Spook On!

Please call ahead to reserve your meal

# October

60+: Suggested \$3 EACH  
60- : Required \$5 EACH

Tue	Wed	Thu	Fri
3 Chili w/ Beef Green Beans Cornbread Fruit Dessert	4 Sweet & Sour Meatballs Rice Peas Dessert	5 Sloppy Joe Pasta Salad Fruit Dessert	6 Beef Lasagna Green Salad Garlic Bread Fruit Dessert
10 Kielbasa Sauerkraut Roll Peas Fruit Dessert	11 Beef Stroganoff w/ Noodles Broccoli Roll Fruit Dessert	12 Mac & Cheese w/ Ham Peas Peaches Brownie	13 Veggie Beef Soup Grilled Cheese Sandwich Broccoli Fruit Dessert
17 Pizza: Meat & Veggie Salad Fruit Dessert	18 Meatloaf Baked Potatoes Roll Green Beans Fruit Dessert	19  <b>Potluck LUNCHEON</b>	20 <b>Birthday Meal</b> Eyeballs on Hoagie (meatballs) Bowtie Pasta Fruit Dessert
24 Pork Stir Fry w/ Rice Peas Fruit Dessert	25 Hearty Beef Stew Veggies Biscuit Fruit Dessert	26 Scalloped Potatoes w/ Ham Green Beans Fruit & Roll Dessert	27 Swiss Steak w/ Noodles Green Beans Fruit Dessert
31 Chicken Noodle Soup Tuna Sandwich Mixed Veggies Fruit Dessert	 OCTOBER Tourmaline strength ©GIA	 STRONG DECISIVE KIND ADVENTUROUS ©GIA Marigold & Opals OCTOBER	 OCTOBER Opal hope ©GIA





# What's Happening This Month?

Mon	Tue	Wed	Thu	Fri	Sat
2 4:00 S.A.I.L	3 8:30 S.A.I.L 9:45 Tai Chi 1:00 Garden Club	4 9:30 Cards/Games 11:30 Vets Assistance 12:30 Decorate for Halloween 1:00 PCHS Mobile 4:00 S.A.I.L	5 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	6 12:30 Program Comm.	7 <b>10am Farm Tour</b>
9 9:00AM Shopping 4:00 S.A.I.L	10 8:30 S.A.I.L 9:45 Tai Chi 10:00 Tacoma ProBono 12:45 Knit & Crochet	11 9:30 Cards/Games <b>12:15 Wildfire Particulate Management Talk</b> 12:30 Commodities Pickup 4:00 S.A.I.L	12 8:30 S.A.I.L 9:45 Tai Chi 10:00 TRIP: Pumpkin Patch	13 12:30 Pumpkin Decorating	14 8:30 S.A.I.L
16 4:00 S.A.I.L	17 8:30 S.A.I.L 9:45 Tai Chi	18 9:30 Cards/Games 11:00 Medicare Help 12:30 Genealogy 4:00 S.A.I.L	19 8:30 S.A.I.L 9:45 Tai Chi 12:30 BINGO	20 11:30 PCHS Insurance Help 11:30 Blood Pressure <b>12:00 Birthday</b> <b>12:30 LIVE MUSIC</b> <b>Halloween Costume Party!</b>	21 8:30 S.A.I.L
23 4:00 S.A.I.L	24 8:30 S.A.I.L 9:45 Tai Chi <b>12:30 Documentary: MORE THAN BEES</b> 12:45 Knit & Crochet	25 9:30 Cards/Games 10:30 Foot Care 1:00 Karaoke 4:00 S.A.I.L	26 8:30 S.A.I.L 9:45 Tai Chi <b>10:00 TRIP: Holiday @ Tacoma Dome</b>	27 12:30 Movie: Addams Family	28 8:30 S.A.I.L
30 4:00 S.A.I.L	31 8:30 S.A.I.L 9:45 Tai Chi <b>9:30 TRIP: Emerald Queen Casino</b>	Nov 1 9:30 Cards/Games 4:00 S.A.I.L	Nov 2 8:30 S.A.I.L 9:45 Tai Chi	Nov 3	Nov 4 8:30 S.A.I.L



**NOV 1<sup>ST</sup>**  
**TACOMA DOME**

COLLABORATION FOR A CAUSE

PRESENTED BY   

Pierce County's

# LARGEST JOB & RESOURCE FAIR

POWERED BY WORKFORCE CENTRAL

happy halloween



**KPCS is an official stop for the shuttle to this event**

**Watch for times on our reader board**

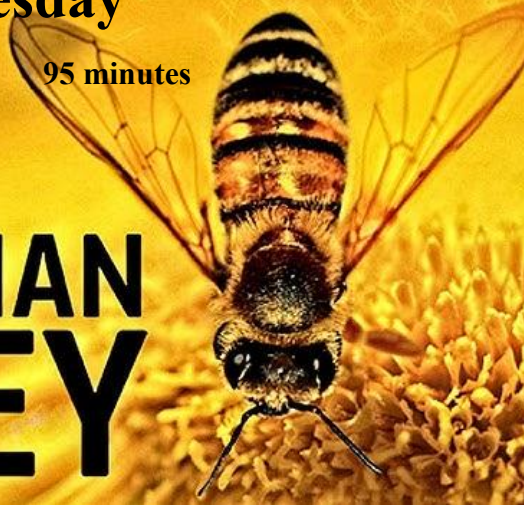
# Documentary Tuesday

October 24th

12:30PM

95 minutes

# MORE THAN HONEY



*One in three mouthfuls of the food we eat is dependent on pollination....*

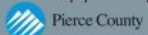
Oscar-nominated director Markus Imhoof tackles the vexing issue of why bees, worldwide, are facing extinction. With the tenacity of a man out to solve a world-class mystery, he investigates this global phenomenon.

## 2023 Key Peninsula Farm Tour & Harvest Festival



"Kaukiki Pond" Anne Moore Knapp annemooreknapp.com

**Oct 7th & 8th**  
Fiber Arts Show 7th  
Apple Squeeze 8th



**FREE Fall Family Friendly FUN**

KPCS is an official stop on the tour of KP Farms. Park here and catch the shuttle to the Farms.

We will be serving gourmet harvest soups with vegetarian options, crusty bread, dessert, spiced cider, coffee and water.

We will also have choice items, featuring collectible blue glass, for sale. All proceeds go directly to support the programs of KPCS.

### KPCS is open for Farm Tour

### Serving homemade soups, bread, and dessert

### Saturday

### October 7th

### 10:00AM - 4:00PM



## Knitting and Crochet Club

Tuesday - October 10th &

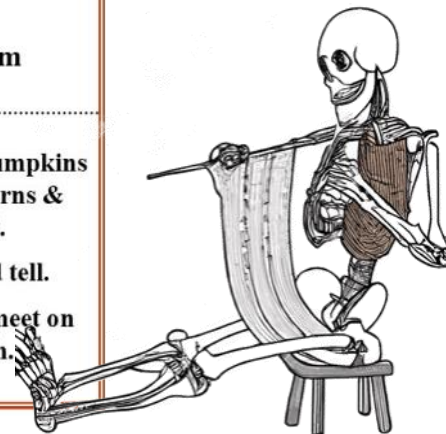
Tuesday - October 24th

@ 12:45PM in the "PORT" Room

Let's make these cute little rustic crochet pumpkins for Halloween. We have some yarn, patterns & supplies for you to begin this project.

Or, bring your current one for show and tell.

Put a reminder on your calendar that we meet on the 2nd and 4th Tuesdays each month.





**PCHS IS DRIVEN TO SERVE YOU.**

**Need a check up?**

**Mobile Medical Clinic  
Wed., Oct. 4th | 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., Oct. 20th | 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.**



October we are focusing on Canned Soups. 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](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."***



## Upcoming Trips

### Shopping: 2nd Monday;

**October 9; 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.



### Pumpkin Patch

Pick out your pumpkin to paint, carve, stencil or stick the next day. Sip a warm cider, have lunch, and enjoy a day out with friends.

Pumpkin Patch TBD



**Thursday, October 12th**

**Depart Center: 10:00AM**

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

### Tacoma Holiday Food & Gift Festival

It's a Happy Holiday in October as you SEE, HEAR, & FEEL the coming of the holidays at the annual Tacoma Holiday Food & Gift Festival. It's a perfect way to get ready for the holidays and a great fun day!



**Thursday, October 26**

**Depart Center: 10:00AM**

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

**Entrance Fee to Event: \$15.00**

**Lunch is on your own.**

**Requested donation for gas & bridge \$3.00**

You do not have to donate to join us.

### Emerald Queen Casino (the new one)

EQC Tacoma features traditional and contemporary Coast Salish artwork and architectural elements designed by Puyallup tribal members.

**Tuesday, October 31**

**Depart Center: 9:30AM**

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

**Lunch is on your own.**

**Requested donation for gas & bridge \$3.00**

You do not have to donate to join us.



Did you know: Cabbage was once thought to have supernatural powers when consumed. Only on Halloween, though.