

# Adult Special Interest

## Health & Nutrition

### Hypnosis for Weight Loss

You already know that losing weight can be one of life's most frustrating experiences. Now find out what you can do to lose 20 pounds within weeks. Hypnosis can help you change those old destructive mental programs that are keeping you stuck... and it can be far easier than you ever imagined.

*Location: NKCC* ★ *The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington*  
★ *PLEASE BRING A MAT OR TOWEL, AND A PILLOW*  
*Resident \$95 / Non-Resident \$114*

Wed	7-9pm	Apr 6-20	32881
Wed	7-9pm	July 6-20	32882

### Hypnosis to Quit Smoking

Even though you already know how destructive smoking can be, you've lost track of how many times you've tried to quit. You've tried different brands. You've tried the gum. You've tried the patch. You've tried willpower. Nothing seems to work. Well, leave your willpower at home. Hypnosis can help you stop smoking for good... and it can be far easier than you ever imagined.

*Location: NKCC* ★ *The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington*  
★ *PLEASE BRING A MAT OR TOWEL, AND A PILLOW*  
*Resident \$47 / Non-Resident \$56*

Wed	7-9pm	Apr 27	32883
Wed	7-9pm	July 27	32884

## Writing

### Introduction to Short Fiction **NEW**

How does writing short fiction differ from writing a novel? What makes this art form unique? In this class participants will work their way through the first draft of a short story and discuss topics such as setting, voice and scene. Through in-class practice and weekly assignments learn the tools essential for writing a piece of short fiction. Opportunities to share work with the class will also be provided. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber* ★ *Location: PKCC* ★ *5 classes*  
*Resident \$30 / Non-Resident \$36*

Thur	11am-1pm	June 30-July 28	33287
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## Arts & Crafts

### Gift Wrapping

How do you wrap that special gift to add sparkle and excitement for the recipient? Learn how to add magic to any package through basic wrapping techniques and bow tying. Angella and Jamie with Brilliantly Boxed, will teach you how to wrap a beautiful, custom package with confidence and flair. No skill required. Everyone welcome! Attendance at each class of this series is recommended but not required.

*Students need to bring scissors, ruler, or measuring tape*  
*Location: PKCC* ★ *Resident \$12 / Non-Resident \$14 per class*

Basic Gift Wrapping & Bows	Sat	10am-12:30pm	May 7	32938
Odd Shaped Gifts & Better Bows	Sat	1-3:30pm	May 7	32939



### Ikebana—The Art of Japanese Flower Arranging

Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today's economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements.

*Instructor Diane Elliott is a certified instructor with the Sogetsu School of Ikebana* ★ *Fee for floral materials \$32 paid to instructor on first day of class* ★ *Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class* ★ *Location: PKCC* ★ *4 classes*  
*No class 6/15* ★ *Resident \$64 / Non-Resident \$72*

Wed	6:30-8:30pm	June 1-29	32941
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## Language

### Introduction to Spanish

Habla Espanol? Learn to speak, read and write Spanish using basic vocabulary in the present tense.

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German. This class uses “Dos Mundos 6th Edition.” Please bring pen and paper to class.*

*Location: PKCC* ★ *5 classes* ★ *No class 5/30*  
*Resident \$38 / Non-Resident \$46*

Mon	1:30-3pm	Apr 11-May 9	32943
Mon	1:30-3pm	May 23-June 27	32944
Mon	1:30-3pm	July 11-Aug 8	32945

### Continuing Spanish

Now that you know the basics, here's the opportunity to expand your vocabulary and increase conversational skills.

*Yolanda Van Diesl is fluent in 6 foreign languages and has been teaching for over 25 years. This class uses “Dos Mundos 6th Edition.” Please bring pen and paper to class.*

*Location: PKCC* ★ *5 classes* ★ *No class 8/24 & 8/31*  
*Resident \$38 / Non-Resident \$46*

Wed	1:30-3pm	Apr 6-May 4	32951
Wed	1:30-3pm	May 18-June 15	32952
Wed	1:30-3pm	June 29-July 27	33100
Wed	1:30-3pm	Aug 3-Sept 14	32954

## Genealogy

### Online Genealogy

Learn how to research online and organize it into meaningful groups. Follow the trailblazers of genealogy who have developed time tested ways to stay organized. Download pedigree charts and family group sheets from the internet. Take a detailed tour of excellent web sites that can jumpstart your search for ancestors.

*Instructor: Doris Ford* ★ *Location: PKCC*  
*Sr Resident \$15 / Sr Non-Resident \$18*  
*Non-Sr Resident \$30 / Non-Sr Non-Resident \$36*

Wed	8:45-10:45am	July 6	32960
Thur	6-8pm	Aug 11	32961

## Computers

### NEW EVENING COMPUTER CLASSES!



### PowerPoint with Music **NEW**

Create a presentation or a slideshow of family and relatives and add music. Each slide tells a story with text, bulleted lists, and photos. Take home a completed slideshow and music developed in class.

*Instructor: Doris Ford* ★ *Location: PKCC* ★ *4 classes*  
*Sr-Resident \$44 / Sr Non-Resident \$53*  
*Non-Sr Resident \$63 / Non-Sr Non-Resident \$76*

Thur	6-8pm	Apr 21-May 12	33112
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### Word II

Review basic commands, print envelopes and labels, use columns, create tables adding names and addresses, then sort names, and resize graphics and pictures.

*Prerequisite: Intro to Computers and Windows or equivalent experience* ★ *Location: PKCC*  
*Instructor: Doris Ford* ★ *4 classes*  
*Sr Resident \$44 / Sr Non-Resident \$53*  
*Non-Sr Resident \$63 / Non-Sr Non-Resident \$76*

Thur	6-8pm	May 19-June 9	32957
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### Intro to Excel

Learn what's new in Excel. Discover the ability to handle massive spreadsheets up to 1 million rows long and 16,000 columns wide, create formulas, use autofill, and review move, copy, print, and spell check commands. See actual thumbnail images of open documents on the taskbar.

*Instructor: Doris Ford* ★ *Location: PKCC* ★ *4 classes*  
*Sr-Resident \$44 / Sr Non-Resident \$53*  
*Non-Sr Resident \$63 / Non-Sr Non-Resident \$76*

Thur	6-8pm	June 16-July 7	32958
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### Adobe Photoshop **NEW**

Learn the power of layers; remove wrinkles, dust, and scratches, use filters and masks. Fix contrast, color, and exposure, work with the magic wand, clone stamp, healing brush, and rectangular marquee. You must bring your laptop to class with Adobe Photoshop installed.

*Instructor: Doris Ford* ★ *Location: PKCC* ★ *4 classes*  
*Sr-Resident \$44 / Sr Non-Resident \$53*  
*Non-Sr Resident \$63 / Non-Sr Non-Resident \$76*

Thurs	6-8pm	July 14-Aug 4	33086
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### Organize Folders and Files

Remove unwanted cookies, delete old files, create new file folders, organize your photos in folders and burn valuable files to CD's.

*Instructor: Doris Ford* ★ *Location: PKCC* ★ *Min 3 / Max 8*  
*Sr-Resident \$15 / Sr Non-Resident \$18*  
*Non-Sr Resident \$30 / Non-Sr Non-Resident \$36*

Thur	6-8pm	Aug 18	32959
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## Job Search

### Re-Tooling Your Resume

Make a great first impression with an eye-catching resume and increase the odds of landing an interview and getting hired. Instructor will provide assistance in class writing an effective resume. Special focus on job-hunters who are re-entering the workforce or changing careers. For those that are interested, instructor will review student's resume and provide written input, prior to class.

*Call 425.587.3360 for instructor contact info* ★ *Bring laptop to class or call 425.587.3360 to reserve one* ★ *Location: PKCC*  
★ *Instructor: Shelly Haverkamp, is a professional, published writer with 20 years experience and owner of Pacific Northwest Resumes* ★ *Resident \$42 / Non-Resident \$50*

Tue	6:30-9pm	Apr 19	33332
Tue	6:30-9pm	May 17	33333

**Optional:** *Students can schedule a one on one resume consultation with the instructor* ★ *Call 425.587.3360 for available dates and times* ★ *Resident \$18 / Non-Res. \$22*

## Gardening



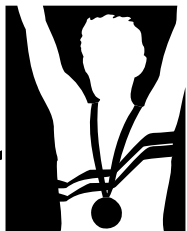
### Landscape Design **NEW**

Have you ever wanted to design your own landscape? This is a hands-on series to show you how to be your own landscape designer. In six weeks we will learn how to: develop a site analysis, measure, site a house on a plan, draw to scale, design workable hardscaping, consider color and texture, choose plants that are suitable for your soil, microclimate and home, consider safety both for plants and hardscaping. This is an intensive session for those who want to do this project themselves. Each class will include a lecture and time to work in-class. First class is lecture only; we will discuss supplies at this class.

*Instructor: Nancy Tom* ★ *Location: PKCC* ★ *6 classes*  
*Resident \$165 / Non-Resident \$198*

Thur	7-9pm	May 5-June 9	32966
Sat	10am-12pm	May 7-June 11	32967

### Northwest



### SENIOR GAMES

### The Northwest Senior Games

gives adults age 50+ the opportunity to participate in social, competitive and recreational athletic events.

The goal is to promote an interest in lifetime sports, offer opportunities for social engagement, and physical activity that helps maintain and improve health.

**Track & Field**  
**Ice Hockey**  
**Swimming**  
**Badminton**  
**Table Tennis**  
**Tennis**  
**Pickleball**  
**Shuffleboard**  
**Horseshoes**  
**Half-Marathon Walk**  
**10K Walk**  
**Line Dance**  
**Ballroom Dance**

Volunteers welcome! Call Ginny Scantlebury at 206.755.3588  
or email [ginny@northwestseniorgames.org](mailto:ginny@northwestseniorgames.org)

# Adult Special Interest

## Junk in Your Trunk



## Community Garage Sale

**DATES:** Last Saturday of the month

(May 28, June 25, July 30, Aug. 27 and Sept. 24)

**LOCATION:** Juanita Beach Park

**TIME:** (Set up) 7 - 9 am · (Sale) 9 am - 2 pm

Pre-registration fee: \$30 · Day of registration: \$45

**CONTACT:** [mmetteer@ci.kirkland.wa.us](mailto:mmetteer@ci.kirkland.wa.us) for more info.

9703 NE Juanita Drive ~ Kirkland, WA 98034

## Life Skills Coaching

### Life Skills Coaching for More Effective Living

Do you want to make a good life great? This is the seminar for you! Life coaching helps you learn how to make choices that create an effective, balanced and fulfilling life. Learn to work smarter not harder to be more effective and reduce stress. You will walk away with a clearer sense of how to minimize your stumbling blocks to success, identify your truly important goals, and create a mind map for implementing those goals.

Location: PKCC ★ Instructor: Cynthia Seager ★ Resident \$40 / Non Resident \$48

Sat	9am-12pm	Apr 9	33293
Sat	9am-12pm	June 4	33294

## Life Safety / CPR

### Adult CPR

12 years and older

Cardio-Pulmonary Resuscitation classes are offered FREE of charge to citizens who want to learn how to save lives using CPR and the Automated External Defibrillator (AED.)

Upon satisfactory completion of this class, an American Heart Association Heart Saver card will be issued. The card is good for two years.

This course will satisfy the certified Basic Life Support training requirement, but it is not a Healthcare Provider (HCP) course for medical professionals and medical students. Those who need this should contact the American Heart Association, the American Red Cross, local hospitals or technical colleges.

*Pre Registration is required*

*Classes held at Fire Station No. 22, 6601 108th Ave NE*

Tue	7-9:30pm	Apr 5	33217
Wed	7-9:30pm	May 11	33218
Mon	7-9:30pm	June 6	33219
Tue	7-9:30pm	Aug 9	33220
Tue	7-9:30pm	Sept 6	33221



### Infant / Child CPR

12 years and older

Cardiopulmonary Resuscitation classes will be offered FREE of charge to aid in saving lives in our community.

**A NON-Certified card will be issued at the end of this class**

*Pre Registration is required*

*Classes held at Fire Station No. 22, 6601 108th Ave NE*

Sat	9-11am	Apr 2	33222
Thur	6-8pm	May 12	33223
Tue	6-8pm	June 7	33224
Wed	6-8pm	Aug 10	33225
Sat	9-11am	Sept 10	33226

## Real Estate

### Washington State Finance Commission Homebuyer Education Seminar **NEW**

How do I become a homeowner? Commission-sponsored homebuyer education seminars are the first step in purchasing a home by utilizing and qualifying for House Key State Bond and other WSHFC programs. The Commission helps homebuyers learn how to purchase and maintain a home. Sponsored by the WASHINGTON STATE HOUSING FINANCE COMMISSION. These programs assist homebuyers to qualify for more home at below-market interest rates, and possibly the only zero down loan programs available today.

**Instructor:** Kim Prater ★ **Location:** PKCC  
2 classes ★ **Handouts included** ★ **Free**

Wed & Thurs	2:30–5pm	Apr 20 & 21	33207
Wed & Thurs	2:30–5pm	May 18 & 19	33208
Wed & Thurs	2:30–5pm	June 15 & 16	33209

### Investment Property Seminar **NEW**

Are you thinking about investing in real estate? Learn how to determine cash flow. Learn how to avoid the 10 biggest mistakes investors have made in the last boom, and see how YOU can take advantage of the crash. Learn terms, formulas, and evaluation tools such as Gross Rent Multiplier, Price per square foot, Cash on Cash return, Float and Desire, and Cap Rate used to evaluate multi-family, commercial, and investment properties. Bring your calculator!

**Instructor:** Kim Prater ★ **Location:** PKCC  
**Residents \$10 / Non Residents \$12**

Sat	9:30–11:30am	Apr 9	33210
Thurs	7–9pm	June 23	33211

### Upside Down? **NEW**

In's and out's of short sales, loan modifications, and foreclosure

Do you need to sell your home but owe more than what the home is worth? Is loan modification an option? Let us help you understand your options and what programs are available.

**Instructor:** Kim Prater ★ **Location:** PKCC  
**Residents \$10 / Non Residents \$12**

Thurs	7–9pm	Apr 7	33212
Thurs	7–9pm	May 5	33213
Thurs	7–9pm	June 2	33214

### Home Buyers Workshop

Can you afford it? Do you qualify for financing? Learn about zero-down programs, FHA loans, seller carry back programs, government gift programs and private gift programs.

**Instructor:** Kim Prater ★ **Location:** PKCC  
**Residents \$10 / Non Residents \$12**

Sat	9:30–11am	Apr 2	33201
Thurs	7–8:30pm	Apr 28	33202
Thurs	7–8:30am	July 14	33203



### Home Sellers Workshop

Learn how to get top dollar for your home. Topics include:

- ★ Pricing ★ Marketing
- ★ For sale by Owner (Pros and Cons)
- ★ Cost involved: Marketing, Commissions, Taxes, Title, and Escrow etc.

**Instructor:** Kim Prater ★ **Location:** PKCC  
**Hand outs included** ★ **Resident \$10 / Non Resident \$12**

Wed	7–9pm	May 25	33205
Thur	7–9pm	July 28	33206



### Get Your House Ready to Sell

Well-prepared homes are still selling quickly and for top dollar, even in today's slow market! In this workshop you'll learn which essential, cost-effective home preparation strategies result in a swift, successful sale. Learn how to effectively prepare your home for market: how to identify your home's competition and your target buyers, which home improvement projects yield the most return at sale (and which don't!). Identify and highlight your home's best-selling features to set you apart from the competition. Instructor will discuss key staging principles that entice buyers, as well as pricing considerations and Do-It-Yourself (DIY) staging suggestions.

**Instructor:** Cynthia Seager ★ **Location:** PKCC  
**Resident \$30 / Non-Resident \$36**

Thur	6:30–8:30pm	Apr 7	33325
Thur	6:30–8:30pm	June 30	33326



# Adult Special Interest

## Dog Training

The Diamond Plate Dog Company is excited to offer puppy and dog training for owners with a busy lifestyle.

### Puppy 101 **NEW**

The first 20 weeks of your puppy's life will build their foundation into adulthood. Owners will learn the essential skills to provide basic obedience, socialization, tools to turn sharp teeth into gentle jaws and help to curb chewing, barking and jumping.

Location: PKCC ★ Instructor: Amy Riekstins, CCS ★ 4 classes  
Residents \$99 / Non Residents \$119

Mon	6:15-7:15pm	Apr 4-25	33123
Sat	1:15-2:15pm	Apr 9-30	33125
Mon	6:15-7:15pm	May 2-23	33124
Sat	1:15-2:15pm	May 7-28	33126

### Grown-Up Pup **NEW**

This is an opportunity for dog owners that missed their infant puppies to get a second chance to build a foundation. Owners will learn simple commands, polite greetings and no-pull leash walking techniques for building a positive relationship with their older puppies.

Location: PKCC ★ Instructor: Amy Riekstins, CCS ★ 4 classes  
Residents \$99 / Non Residents \$119

Mon	7:30-8:30pm	Apr 4-25	33128
Sat	3:45-4:45pm	Apr 9-30	33130
Sat	3:45-4:45pm	May 7-28	33131

### Focus & Control **NEW**

This class is designed to help owners develop necessary skills and structure for their adult dogs. Owners will gain tools to instill polite manners, no-pull leash walking and provide solutions to frustrating behavior such as jumping, chewing and barking.

Location: PKCC ★ Instructor: Amy Riekstins, CCS ★ 4 classes  
Residents \$99 / Non Residents \$119

Wed	7:30-8:30pm	Apr 6-27	33132
Mon	7:30-8:30pm	May 2-23	33134
Sat	2:30-3:30pm	Apr 9-30	33135
Sat	2:30-3:30pm	May 7-28	33136

### Puppy Playtime **NEW**

A great playtime opportunity for puppies from ages 8-20 weeks old to socialize together in a protected environment. Owners are required to get permission from the trainer unless already enrolled in a Puppy 101 class prior to first class.

Location: PKCC ★ Instructor: Amy Riekstins, CCS ★ 4 classes  
Residents \$32 / Non Residents \$38

Wed	6:15-7:15pm	Apr 6-27	33138
Tue	5:30-6:30pm	May 3-24	33139



### Fun with Your Dog **NEW**

Allow your dog to explore the fun of training through games. Trainer will expect all owners and their dogs to participate together in the relationship building games over four weeks of class. Each week will be a separate game for a new learning opportunity. This class is best for dogs that have a solid basic obedience foundation. Pre-authorization from trainer is necessary to be part of this class.

Location: PKCC ★ Instructor: Amy Riekstins, CCS ★ 4 classes  
Residents \$99 / Non Residents \$119

Tue	6:45-7:45pm	May 3-24	33140
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# Go Dog, Go!

KIRKLAND CANINE FESTIVAL AND DOG WALK

JULY 23, 2011 • 9 AM - 2 PM  
JUANITA BEACH PARK

ENJOY A DAY FULL OF GAMES, CONTESTS, CLINICS, AND DEMONSTRATIONS!

BE SURE TO REGISTER FOR OUR 1ST ANNUAL DOG WALK! IT'S AN EASY 2 MILE ROUTE ALONG THE SHORES OF BEAUTIFUL LAKE WASHINGTON - JUST RIGHT FOR YOUNG PUPS AND OL' DOGS ALIKE. GET A T-SHIRT & DOGGIE BAG FULL OF GOODIES IF SIGNED UP BY JULY 8! WALK STARTS AT 9:30 AM.

FAMILY REGISTRATION: \$ 20

CALL 425.587.3336 TO REGISTER!

SATURDAY 9:30 AM JULY 23 32937

ADDITIONAL T-SHIRTS CAN BE PURCHASED ON-SITE FOR \$ 10 (WHILE SUPPLIES LAST)

9703 NE JUANITA DRIVE ~ KIRKLAND, WA 98034

FOR MORE EVENT INFORMATION, GO TO: [WWW.CI.KIRKLAND.WA/GDG](http://WWW.CI.KIRKLAND.WA/GDG)



K.D.O.G.



FESTIVAL  
ADMISSION  
IS FREE!

Bailey & Banjo  
Photography for cool pets and happy people

