

Peter Kirk Community Center

# PKCC

## experience it!

The Peter Kirk Community Center (PKCC) is committed to providing opportunities for people age 50 and over, to create healthy and rewarding lives for themselves and others.

352 Kirkland Ave, Kirkland 98033 **425.587.3360**

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, Zumba Gold, Aerobics, Yoga, Ballet, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

may be eligible for other community-based programs, such as adult day care (see page 79) or contact Evergreen Care Network at 425.899.3200.

### Endorsements

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

### Center Hours

Monday – Friday ..... 8am–5pm  
Center Closed .....  
5/27, 7/4, 8/19, 8/20, 8/21, 8/22, 8/23,  
8/26, 8/27, 8/28, 8/29, 8/30

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. The support and tremendous amount of volunteer hours makes it possible for the Community Center to offer a wide variety of activities and services.

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by one's self, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs



### Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



# GET MOVING

## WITH THE KIRKLAND STEPPERS!

The Kirkland Steppers are launching into their 10th year of fun walking opportunities on Tuesdays (June 4–Sept 24) with a plethora of zany, dedicated walker’s age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.



Becoming a Super Stepper “Club Card” member is simple at the Peter Kirk Community Center. Program details are outlined in the Club Walk Schedule, available at the front desk, May 1st!



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
June 4	<b>Kirkland Stepper’s “Kick Off” Celebration</b> Continental Breakfast sponsored by Fairwinds Redmond	–0–	\$7	38589
July 16	<b>Arboretum/Madison Park</b> Lunch on your own	–0–	\$7	38591
Aug 6	<b>Farril-McWhirter Park</b> Lunch hosted by Fairwinds Redmond	–0–	\$7	38592
Sept 10	<b>North Creek Park/ Mill Creek Town Center</b> Lunch on your own	–0–	\$7	38593
Sept 24	<b>“Finish Line” Extravaganza</b> Lunch sponsored by Fairwinds Redmond	–0–	\$7	38594

**\* WA State sales tax included \***

**Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!**

### The Super Stepper “Club Card” Membership has exclusive benefits:

**For \$10 you can be a Super Stepper “Club Card” member. Club Membership has its Rewards!**

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- Admittance to “Kick-Off” Celebration on June 7 (registration required)
- Special Event Walks (registration required)
- Transportation to Special Event walks (registration required – seats are limited)
- Admittance to the “Finish Line” Extravaganza
- Participation in community merchant discounts
- Reward for the highest number of walks attended

**CLASS #38588**

### Non-Members

- Are encouraged and always WELCOME to join the walkers every week.
- There is a \$7 fee per event for all special walks and parties.
- Registration required for all Special Events and opens 2 weeks prior to event.
- Stepper Club T-Shirt available to purchase for \$15.



Special Events

\* WA State sales tax included \*

## WELCOME WAGON

Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like. Thank you to Jane Wernet for leading the tour.

**RSVP at 425.587.3360 • Free**

Mon	11am	Apr 1	37858
Mon	11am	July 1	37859

## SAVE THE DATE

### Annual Volunteer Recognition Celebration

The City of Kirkland is thrilled to host the annual Volunteer Recognition honoring all of our dedicated 2012 volunteers.

**April 18 • 6pm • Invitations to follow**

Join us for the 3rd annual Peter Kirk Community Center's

## Bunco Tournament

**352 Kirkland Ave  
Thursday, May 9 at 10:00am  
Cost \$6 • Class #39343**

Advance registration required by May 2  
Prizes sponsored by Madison House

## Bingo & Ice Cream

Come in out of the heat and join the Peter Kirk Day Campers in a game of Bingo for fabulous summertime prizes. Start by cooling off with an ice cream sundae topped with all your favorite goodies.

**Aug 15 • Cost \$6**

Thur	1pm	Aug 15	37860
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Advance registration required by Aug 8  
Prizes Sponsored by Emeritus At Kirkland

**Pre-register for all events and classes.**

The Kirkland Senior Council invites you to...

# The Viva Volunteer Fair!

## Volunteer Opportunities:

- > Health Care
- > Housing
- > Senior Care
- > Transportation
- > Food Banks
- > Animal Care
- > Park Development
- > Emergency Preparedness
- > Crisis Assistance
- > Time Banking
- > The Arts
- > ...many more.



April is Volunteer Month • Learn more about the exciting and rewarding volunteer opportunities!

**Saturday, April 6 at PKCC  
10am – 2pm**

- Door Prizes! • Hot topic sessions!
- Celebrity Emcee! • Free parking!
- Free snacks and beverages!

**Sponsored by** Kirkland Senior Council (see below). **Planning Partners:** Hopelink, Lake Washington School District, Greater Kirkland Chamber of Commerce, and the City of Kirkland.

**For more information contact: Dave Wagar 425.822.3737**

## JOIN THE KIRKLAND SENIOR COUNCIL



### WHAT IS THE KIRKLAND SENIOR COUNCIL?

The city established the KSC to act in an advisory capacity to the City Council to ensure Kirkland remains a safe, vibrant community for adults 50 and older. It advocates, supports, shapes and creates programs and services to meet the needs of seniors in the community.

### HOW DOES THE KSC WORK?

The Senior Council meets monthly for 2 hours and also works through committees and by representing Kirkland in various regional organizations.



### HOW CAN I JOIN KSC?

Council members must either live, work, or serve Kirkland citizens age 50+ in Kirkland. Half of the KSC must be over 50 years of age.

- Terms are for 3 years.
- Annual recruitment is in the fall with interviews in November.
- Vacancies may be filled at other times.

**Contact:** Sharon Anderson  
**425.587.3322** – or see  
[www.kirklandwa.gov/seniorcouncil](http://www.kirklandwa.gov/seniorcouncil)

## Arts & Crafts

### Sculpted Wire Jewelry NEW!

Learn to use wire to create beautiful and unique wire-sculpted jewelry that incorporates beads, glass cabochons and other components. Students will make a pair of wire earrings and a wire-wrap pendant in this class, using materials, instructions and tools supplied by the Instructor.

Supply fee \$35 payable to instructor on the day of class and includes a set of tools to keep  
Instructor: Carol Sheppard • Location: PKCC

Sr Resident \$35 / Sr Non-Resident \$42  
Resident \$65 / Non-Resident \$78

Tue	9am–12pm	Apr 16	38630
Wed	6–9pm	May 1	38631
Wed	6–9pm	July 10	38632

### Oil Painting

If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome.

Supply list available at PKCC • Instr: Danielle Barlow  
Location: PKCC • 6 classes • No class 5/27  
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Apr 1–May 6	37861
Mon	9:30–11:30am	May 13–June 24	37862
Mon	9:30–11:30am	July 1–Aug 5	37863

### Beginning/Intermediate Drawing with Pastels

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for beginning and intermediate students. Continuing students should bring a project to work on.

Supply list available at PKCC  
Instructor: Louise Arntson • Location: PKCC  
4 classes • Resident \$30 / Non-Resident \$36

Thur	10am–12pm	Apr 4–25	37865
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**Evening Art Classes,  
see page 58**

### Advanced Drawing with Pastels

Create beautiful scenes through the application of good drawing skills, ideas and special techniques of pastel painting. Prerequisite: Drawing with Pastels for Beginners or prior experience.

Supply list available at PKCC • Instructor: Louise Arntson • Location: PKCC • 4 classes

Resident \$30 / Non-Resident \$36

Wed	1–3pm	Apr 3–24	37867
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### Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk.

For more information call 425.587.3360.  
Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing
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### Needle Craft Group

Have fun, socialize and work on your hand work. Free

Wed	10am–12pm	Ongoing
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## Stage and Screen

### Video / DVD Movie Checkout

Our movie checkout library has grown. If you have videos or DVD's to donate, please drop them off at the front desk. Movies are available to check out, free of charge, to view either at the Center or at home.

## Stage and Screen

### Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some old favorites and new releases to share with you.

Mondays at 1:00pm • Free! • Everyone is Welcome!

Trouble with the Curve	Mon	April 15
Hope Springs	Mon	May 20
Argo (Rated R)	Mon	June 17
Parental Guidance	Mon	July 15
Lincoln	Mon	Aug 12

### Armchair Adventures: Slide Shows

Mondays at 10:30am • Free! • Everyone is welcome!

April 1	Beautiful British Columbia	Ron Nece
April 8	Malta	Ben Shimbo
April 15	Labrador/ Newfoundland	James Monahan
April 22	Winter Trek NW Territory	James Monahan
April 29	Mt. St. Helens Eruption	Bill Birdsall
May 6	India & Vietnam	Jim Hoff
May 13	Puget Sound	Ron Nece
May 20	China I	Ben Shimbo
May 27	Center Closed	
June 3	Historic Massachusetts	Ron Nece
June 10	Zambia/Namibia	Jim Hoff
June 17	China II	Ben Shimbo
June 24	Majorca & France	Bill Birdsall
July 1	Cooper Canyon	Bill Birdsall
July 8	Malaysia	Ben Shimbo
July 15	Spain	Bill Birdsall
July 22	From Wenatchee to El Paso	Bill Birdsall
July 29	Mt. St. Helens	Bill Birdsall
Aug 5	Bali	Ben Shimbo
Aug 12	Greenland	James Monahan
Aug 19	Center Closed	
Aug 26	Center Closed	

# Age 50+

## 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 book, pen and paper to class.*

*Location: PKCC • 5 classes • No class 5/27  
Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	Apr 1–29	37849
Mon	1:30–3pm	May 13–June 17	37850
Mon	1:30–3pm	July 1–29	37851

### 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 book, pen and paper to class.*

*Location: PKCC • 5 classes  
Resident \$38 / Non-Resident \$46*

Wed	1:30–3pm	Apr 3–May 1	37853
Wed	1:30–3pm	May 15–June 12	37854
Wed	1:30–3pm	June 26–July 24	37857

### Talk Time for Adults

Come practice speaking and listening in English with others at all levels. Class will be organized around a different discussion topic each day. Topics will include: current events, holidays, American culture and more. For more information call Ty at JFS Refugee & Immigrant Service Center at 425.643.2221.

*Location: PKCC • Free  
No class 5/27, 8/19, 8/23, 8/26, 8/30.*

Mon	3–4:30pm	Ongoing
Fri	3–4:30pm	Ongoing

## Writing

### Story Starters

Do you want to write, but have trouble knowing where to begin? Do you ever wonder where writers get their ideas? This four hour seminar will help jump-start your creativity and show you how to tease those great ideas out of your imagination. Creating a character from found objects, mining your childhood memories and finding ideas in everyday places are just a few of the in-class activities that will help you get started. Whether your stories are fiction or non-fiction, for children or adults, you will gain some fresh ideas and strategies to keep you going long after class has ended.

*Instructor: Connie Weber • Location: PKCC  
Resident \$7 / Non-Resident \$8*

Thur	12–2pm	Apr 11	39303
Tue	10am–12pm	June 11	39304

### Writer's Workshop

One of the toughest parts of writing is letting your work be heard and critiqued. But there's no better way to grow as a writer. If you're working on a writing project and you'd like some feedback from your peers, along with advice and information from an experienced writer, this course is for you. Sessions will be divided into two parts—1) readings with feedback from writers within the group and 2) practical information writers can really use: instruction in the craft of writing, news about publishing markets, resources for writers, etc. Participants will also learn how to comment on the work of others in a helpful way. The course will run for six weeks at a time, and participants may sign up for one session or several, as they choose.

*Instructor: Connie Weber • 6 classes • Location: PKCC  
Resident \$60 / Non-Resident \$72  
Drop-In Rate Resident \$12 / Non-Resident \$14*

Thur	12–2pm	Apr 25–May 30	39307
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### Introduction to Creative Writing **NEW!**

One of the most difficult aspects of writing is simply getting started. In this course, students will find information, motivation and encouragement as they begin their writers' journey. This course will cover a variety of topics of interest to a new writer including how to generate ideas, establish the habit of writing and revising one's work. Most importantly, students will make connections with one another and begin to develop their own network of writers to support and encourage them along the way. No experience necessary, just a desire to create and learn.

*Instructor: Connie Weber • 4 classes • No class 7/4  
Location: PKCC • Resident \$40 / Non-Resident \$48*

Thur	10am–12pm	June 20–July 18	39305
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## Literary Arts

### Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

*Group meets the 1st Wednesday of each month, 7–2pm*



### Shakespeare Amateurs

To savor the work of Shakespeare, join Prof. Saunders and this lively discussion group as they go through the Canon, piece by piece. All amateurs welcome!

*Group meets the 2nd Monday of each month, September–May • 10am–12pm*

## Special Interest

### Is it a Real Work at Home Job or a Scam? **NEW!**

If you need extra ways to supplement your income but can't figure out what is legitimate, then this class is for you! The first half of this class focuses heavily on the marketing trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income (besides selling your life on eBay), as well as over 140 legitimate companies that hire at-home workers. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC*  
Resident \$40 / Non-Resident \$48

Sat	10am-1pm	May 18	38585
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### Become a Mystery Shopper

**NEW!** Yes, there is such a thing as a free lunch! Companies hire people to make observations on their stores and employees. They need the information to train workers and improve customer service, and the result is that you get to earn money while you shop and eat! Learn who is hiring, what companies expect, how to write a great evaluation, tax reporting, common scams, and how to get started. Basic internet and emails skills required. Course fee includes book with listings, a \$25 value.

*Instructor: Bethany Mooradian • Location: PKCC*  
Resident \$40 / Non-Resident \$48

Sat	10am-1pm	June 8	38587
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### Consignment Shopping for the Everyday Goddess **NEW!**

Wondering why consignment shopping is all the RAGE nowadays? Self-proclaimed Consignment Goddess, Nikol Schwab, shows fellow Goddesses how to use consignment shops to build or supplement a wardrobe for next to nothing! Be inspired by tips on how to maximize your shopping experience and by examples of one-of-a-kind finds! Receive guidance on how to find a favorite consignment shop, tricks on how to turn your couture or donation items into CASH and much more!

*Instructor: Nikol Schwab • Location: PKCC*  
Resident \$25 / Non-Resident \$30

Sat	10am-12pm	Apr 27	37837
Tue	10am-12pm	June 11	37838

## Sports

### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. A PGA instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

*Location: Redwood Golf Center, 13029 Redmond-Woodinville Rd NE, Woodinville*

*Min 6 / Max 12 • 4 classes*

*Sr Resident \$89 / Sr Non-Resident \$99*  
*Non-Sr Resident \$97 / Non-Sr Non-Resident \$119*

Fri	10-11am	Apr 5-26	37875
Fri	10-11am	May 3-24	37876
Fri	10-11am	June 7-28	37877
Fri	10-11am	July 5-26	37878
Fri	10-11am	Aug 2-23	37879

### Softball Recruitment is in Full Swing!

If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2013 season is underway! The three senior softball teams in Kirkland continue to hit home runs and have lots of fun! The two men's teams, "Moss Bay Hawks", "Kirkland Owls" and the co-ed team, "Kirkland Classics" were all a hit in 2012! After a long winter break, team players are now dusting off their bats to begin practice in March 2013. Everyone is gearing up for another fantastic season of league play, May through July. These three recreational teams play in the Puget Sound Senior Softball Association and are not affiliated with City of Kirkland Parks and Community Services recreation league.

*For more information:*

**Co-ed team** call Paula Miller 425.822.7478

**Men's teams** call Rich Mialouich 425.827.1109  
or Glenn Peterson 425.822.8331

## Dance

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Joe in this fun and friendly class. No partner needed. This class will not be pro-rated.

*Location: PKCC • Instructor: Joe Mraz*  
*4 classes • No class 7/2 & 7/9*

*Resident \$20 / Non-Resident \$24*  
*Drop-In Rate Resident \$7 / Non-Resident \$8*

Tue	10-11am	Mar 26-Apr 16	37881
Tue	10-11am	May 7-28	37882
Tue	10-11am	June 11-July 16	37885
Tue	10-11am	July 23-Aug 13	37883

## Fitness & Exercise

### Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

*Wear athletic shoes • Location: PKCC  
Instructor: Joan Wilde*

**4 classes • No class 7/4 • Resident \$35 / Non-Res \$42**

Thur	10:30–11:30am	Apr 4–25	38100
Thur	10:30–11:30am	May 2–23	38101
Thur	10:30–11:30am	May 30–June 20	38102
Thur	10:30–11:30am	June 27–July 25	38105

**2 classes • Resident \$18 / Non-Resident \$22**

Thur	10:30–11:30am	Aug 1–8	38106
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### Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

*Bring mat or rug • Location: PKCC  
Instructor: Charlene Watson • 15 classes*

*No class 6/4 & 7/4 • Resident \$47 / Non-Resident \$56*

Tue/Thur	9–10am	Apr 30–June 20	38942
Tue/Thur	9–10am	June 25–Aug 15	39341

### Yoga for Beginners

With 15+ years experience teaching Yoga, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress.

*Bring mat or rug • Location: PKCC  
Instructor: Sally Rodich*

**Mondays 4 classes**

*Resident \$35 / Non-Resident \$42*

Mon	9–10am	Apr 15–May 6	38128
Mon	9–10am	June 3–24	38129
Mon	9–10am	July 1–22	38136

**Wednesdays 4 classes • No class 5/15 & 5/22**

*Resident \$35 / Non-Resident \$42*

Wed	10–11am	Apr 10–May 1	38130
Wed	10–11am	May 8–June 12	38131
Wed	10–11am	June 19–July 10	38132

**Thursdays 4 classes • No class 7/4**

*Resident \$35 / Non-Resident \$42*

Thur	9:15–10:15am	Apr 4–25	38133
Thur	9:15–10:15am	May 30–June 20	38135
Thur	9:15–10:15am	June 27–July 25	38140

### Enhance Fitness

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

*Instructor: Gina Casanova • Location: PKCC  
No class 5/27, 8/19, 8/21, 8/23, 8/26, 8/28, & 8/30  
Resident \$47 / Non-Resident \$56*

*Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session*

*Call 425.587.3360 for session dates and times*



## Games

### Ping Pong (Table Tennis) NEW TABLE

*Open to players of all abilities.*

*Sign up at front desk or call 425.587.3360*

### Checkers, Chess, Scrabble, Backgammon and Cribbage

Enjoy any one of these games that are now available, ask for the playing pieces at the front desk.

### Drop in Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

*Join the fun on Tuesdays at 12:45pm*

### Drop in Party Bridge

Party Bridge is open to players of all abilities. Make new friends and find compatible partners.

*Join the fun on Thursdays at 11am*

### Cards

Come use our card rooms for a friendly game; available days and some evenings.

*Call 425.587.3360 for more information*

### Pool

Three tables are available for drop-in pool.

*All are welcome to join the fun in our Pool Room*

## Computer Classes

★ \$5 lab fee per class is collected at time of registration

★ If taking a Mac class participant must provide their own laptop, no Mac computers are available at PKCC.



## Mac Classes

### Introduction to Mac

For beginners with little or no Mac computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Apr 1–22	38249
Wed	10am–12pm	May 1–22	38258
Fri	10am–12pm	July 12–Aug 2	38259

### Return to Work –Word Mac

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art on your Mac. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own Mac laptop

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	June 3–24	38261
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## Mac iPhoto **NEW!**

Explore ways to browse your photos, rotate, crop and enhance the image quality. Learn the easy way to organize photos, email them and create a slide-show.

Location: PKCC • Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own Mac laptop

Sr Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	June 7	38647
Wed	8:45–10:45pm	July 10	38652

## PC Classes Computer Basics

### Introduction to Computers

For beginners with little or no computer experience. This class covers fundamentals of hardware and software, terminology, operations, keyboard and mouse skills. Learn the difference between word processing, spreadsheet and database software.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	12:30–2:30pm	Apr 29–May 20	38467
Wed	12:30–2:30pm	May 1–22	38468

### Introduction to Computers: Windows 8 **NEW!**

This beginner class covers fundamentals of hardware and software terminology operations for Windows 8. Learn how to navigate backward and forward with swipes and/or the keyboard or mouse. Learn the difference between word processing and a spreadsheet.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own laptop with Windows 8

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	June 3–24	38653
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## Microsoft Windows

### Introduction to Windows 8

**NEW!** Discover what is new in Windows 8, explore the start screen and understand tiles. Learn how to use the charms, interact with Windows 8 and personalize the desktop. See the improved ease of access and understand how to use and remove apps.

Location: PKCC • Instr: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration  
Participants must provide their own laptop with Windows 8

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Apr 1–22	38654
Mon	12:30–2:30pm	July 8–29	38655

## Internet & E-Mail

### Facebook Overview

Facebook is ranked as the most used Internet social network. Learn how to set your profile, control who can see your information, find friends, add a friend, block out someone, translate into another language, and write on a friend's wall.

Location: PKCC • Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 17	38392
Wed	8:45–10:45am	July 24	38393

### Google/Picasa

Google's free download of Picasa instantly finds and edits all pictures. Basic fixes of crop, remove red eye, fix contrast and color, and enhances photos easily and fast. Quickly sorts all pictures by dates, or file names. Picasa prints wallet size, 4x6, 5x7, or full page photos. Discover all of Picasa's advanced editing made simple.

Location: PKCC • Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration

Sr Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 24	38394
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# Age 50+

## Return to Work Series

Build fundamental job-seeking skills in Word, Excel, and PowerPoint to reenter the workforce.

### Return to Work – Excel

Learn to customize the quick access menu, work with multiple worksheets, apply absolute and relative cell references, understand and perform calculations, use a pivot table and create what if worksheets. Sharpen your math skills by building fundamental job-seeking skills in Excel.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Wed	10am–12pm	Apr 3–24	38262
Thur	6–8pm	Apr 11–May 2	38263
Mon	10am–12pm	July 8–29	38264

### Return to Work – Word

Learn to set default margins, tabs, fonts, and font sizes, create columns, tables, and add symbols, objects, and clip art. Send an email and attach your resume to a prospective employer. After this class you will know how to mail merge, print envelopes, and create mailing labels. Build fundamental job-seeking skills in Word.

Location: PKCC • Instructor: Doris Ford • 4 classes  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$46 / Sr Non-Resident \$55  
Non-Sr Resident \$65 / Non-Sr Non-Resident \$78

Mon	10am–12pm	Apr 29–May 20	38266
Thur	6–8pm	June 6–27	38268

## Scanning, Editing & Creating

### Smilebox

Smilebox lets you quickly and easily create slideshows, invitations, greetings, collages, scrapbooks, photo albums and more. Smilebox has more than 1000 customizable designs to choose from. The results are professional and one of a kind.

Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	Apr 26	38386
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### Organize Your Computer

**NEW!** Learn the structure of folder and files, how to create and arrange folders and files so you can easily retrieve saved material, how to organize, save, and rename them and how to search for lost files and retrieve or delete files from the Recycle Bin.

Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45am	May 3	38388
Wed	8:45–10:45am	July 17	38389



### Getting to Know Your Digital Camera

In this class, work with your own equipment to determine which settings provide the most satisfactory results. Transfer your pictures to the computer, edit and print them.

Prerequisite: Ownership or access to a digital camera with 3.2 or more mega pixels • Bring your camera, extra batteries and your camera/computer connection to class

Location: PKCC • Instructor: Doris Ford  
\$5 lab fee per class is collected at time of registration

Sr-Resident \$17 / Sr Non-Resident \$20  
Non-Sr Resident \$32 / Non-Sr Non-Resident \$38

Fri	8:45–10:45pm	May 10	38390
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### One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Enjoy one-on-one tutoring with Doris Ford! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$28 / Non-Resident \$34  
\$5 lab fee per class is collected at time of registration  
Advanced registration required, call 425.587.3360

### Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.



## Financial

Advanced registration required: 425.587.3360

These workshops are presented by Edward Jones

### Taking an Interest in Bonds

**NEW!** An Edward Jones representative will discuss how owning bonds that may provide you with a regular income can be a smart decision. Find out why it's a good idea to learn how fixed income investments such as bonds may help you reach your financial goals. *Free*

Fri 10:30–11:30am Apr 5 38450

### How Do You Picture Retirement?

**NEW!**

An Edward Jones representative will discuss strategies to help you work towards fulfilling your retirement expectations. Key concerns will be addressed such as inflation, healthcare expenses and market volatility as well as ways to prepare in advance for what did not go as expected. *Free*

Fri 10:30–11:30am May 3 38451

### Social Security: Your Questions Answered

Learn how social security fits into your retirement income, when you should start taking the benefits and tax considerations. *Free*

Fri 10:30–11:30am June 7 38452

### You Could Live to 90

**NEW!**

Retirement can be an incredible time of your life, but can also last 20 or more years. It's important to consider if your retirement income will last as long as your retirement. An Edward Jones representative will discuss ways to generate retirement income, including different types of annuities. *Free*

Fri 10:30–11:30am July 12 38453

**Edward Jones**  
MAKING SENSE OF INVESTING

## Financial Services

### Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2012 tax return.

Appointments are available Fridays from 9am-1pm, Feb 3–April 13 • No fee • Appointments required, call 425.587.3360

### Retirement Check-up

Inundated with retirement planning information? Unsure what to do? Senior Services volunteers offer one-on-one assessments of your retirement plan. They can help you evaluate your retirement portfolios, develop an investment plan and discuss strategies for reaching your financial goals. Senior Services is a non-profit organization that does not provide any investment advice or endorse or recommend any company or product.

There is a suggested donation of \$25 per hour  
For more information call 206.448.5720

### Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

[www.atg.wa.gov](http://www.atg.wa.gov)

### Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800.750.2227 or go to [www.clearpointfinancialsolutions.org](http://www.clearpointfinancialsolutions.org)

### Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000. *To see if you qualify, call 206.296.3920*

### Social Security

Open 7am–7pm weekdays  
Call 1.800.772.1213 or go to [www.ssa.gov](http://www.ssa.gov).

## Legal Services

### Senior Rights

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Assoc.

For more information call 206.448.5720 or go to [www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx](http://www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx)

### Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2–4pm.

No fee • Appointments required • To qualify, call 425.747.7274

### Wills Project

Are you worried about being kept on life support against your will? Should your loved ones have to go to court to take care of you? A volunteer attorney through the Eastside Legal Assistance Program (ELAP), a non-profit legal service program, will prepare simple wills, durable power of attorney for health care decisions and living wills. Clients must meet eligibility guidelines.

No fee • Call 425.747.7274

### Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. Our class lists are never given to anyone. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Recreation Coordinator. Advance registration is required for all programs. Call 425.587.3360.



# EvergreenHealth

## EnhanceWellness Program

### Evergreen EnhanceWellness

Get the peer and professional support you need to meet your health goals. Manage a chronic condition; break through your isolation, or just live better day-to-day. Participation in the program is for six months and includes a comprehensive health assessment, a personalized plan and ongoing support.

*Tuesdays by appointment • Call 206.268.6740*

### Evergreen EnhanceWellness Counseling/Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, grief, loss, life transitions, help finding housing or transportation, etc.

*Call 425.286.1047 • Free*

## Support Groups

### Coffee Hour

Join Roy Mishra, Social Worker at Peter Kirk Community Center for a cup of coffee and lively discussion about health, aging, and current issues. Research shows that positive aging is fostered by good physical and mental health, social interaction, and productive activities. Share your expertise, strengthen your social connections and have fun in this relaxed and informative group. All are welcome and respected

*Monthly, 1st & 3rd Monday, 10am  
Call 425.286.1047 • Free*

### From Heartache to an Open Heart

**NEW!**

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, a loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart".

*Facilitated by Roy Mishra, MSW • Monthly, 2nd Monday, 1:30–3pm • Call 425.286.1047 • Free*

### Thriving with Chronic Conditions

**NEW!**

Do you have a chronic condition? Join others and discuss best practices for remaining committed to the management of your disease. Explore communication strategies that you can use with your medical team, family and friends. Share new perspectives, ways to laugh and engage with life.

*Facilitated by Patti Quaale, RN, MSW  
Monthly, 1st Tuesday, 1–2pm  
Call 206.268.6740 • Free*

### Managing Life Changes

**NEW!** Meet and share experiences, learn strategies and helpful hints regarding emotional and health changes, losses and making new adjustments.

*Facilitated by Patti Quaale, RN, MSW  
Monthly, 3rd Tuesday, 1–2pm  
Call 206.268.6740 • Free*

## PEARLS Counseling

- > Depression affects up to 20% of older adults.
- > Depression affects your health and quality of life.
- > Depression is not a normal part of aging.

PEARLS is an evidenced-based depression management program for mild depression or dysthymia (chronic depression). The program combines problem solving treatment, social and physical activity, and pleasant activity scheduling to manage symptoms of depression. All this is done with a trained PEARLS counselor.

### In the past two weeks,

- > Have you had little interest or pleasure in doing things?
- > Have you been feeling down, sad, or hopeless?

If you answered yes to one of the above questions, then PEARLS may be a program for you.

**Contact Roy Mishra, MSW  
to schedule an appointment  
425.286.1047**

Thank you EvergreenHealth for your generous support of our Health & Nutrition Classes, Wellness Program, and Kirkland Steppers!

## Health & Nutrition

### Is it My Thyroid? **NEW!**

Fatigue, weight problems, dry skin and hair, mood swings and depression are all signs of thyroid problems. Women are especially vulnerable. Learn about various thyroid conditions, their impacts and treatment options.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 5 38598

### Reinventing Quality of Life

**NEW!** Explore ways to cope with life's losses (such as loss of health, jobs, roles, functional ability or income) and to reinvent yourself to enjoy life and loved ones to the fullest.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 12 38599

### Living Well with Chronic Conditions

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you said “yes” to any of these, then the Living Well with Chronic Conditions Workshop might be just what you need! This 6-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well!

Free • Call 425.587.3360 to register

Tue 1–3pm Apr 16–May 21 38600

### Stress Management: How to Reduce & Manage Everyday Stress

**NEW!** Discover physical mechanisms of stress and how it is triggered. Learn to manage stress for a healthy future and improve your energy and concentration.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 19 38601



### Turning Sadness into Gladness

Periods of sadness are common throughout our lives. These times may increase as we grow older because of multiple losses and changes. This class will explore the causes of sadness and will present practical, effective ways of coping.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm Apr 26 38602

### Integrative Reflexology

**NEW!** Reflexology is a holistic healing art and science that applies a sequence of techniques to reflexes found on the feet, hands and outer ears that correspond to parts of the body. Learn how to apply intermittent pressure to some of these areas and positive intent to promote overall relaxation and balance.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 3 38604

### Powerful Tools for Caregivers

A six-week series for unpaid family caregivers that provide tools for self care and builds confidence in handling difficult situations, emotions and decisions.

No class 5/27 • Free

Mon 1–3pm May 6–June 17 38605

### Making Space for Living Well

Learn how to create order out of chaos so you can say “so long” to the clutter that overwhelms your space, breeds low self-esteem and wastes time and energy.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 10 38606

### Farmer's Market Nutrition

**NEW!** With summer upon us, there are many food options at local farmers markets. Understand how to choose the healthiest produce, distinguish between organic and inorganic, local or imported. Learn healthy eating strategies and discover quick, fun and easy menu choices as well as tips for appropriate food safety for those warm summer days.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 17 38607

### Cholesterol / Diabetic Screen

Screening will include fasting, full panel cholesterol test and glucose. Results will be given before you go home! Limit 24 participants, must register for time slot.

Sponsored by EvergreenHealth • Free

Fri 8:30–10:30am May 24 38608

### Walk this Way

Anyone can benefit from the easy and enjoyable activity of walking. Learn ways you can maximize these benefits, monitor your progress and prevent injury.

Sponsored by EvergreenHealth • Free

Fri 12:45–2pm May 31 38609

**See page 66 for information about the Kirkland Stepper's**

To Register for EvergreenHealth Classes call 425.899.3000 and Press 1

## How to Put the Fire out of Chronic Disease **NEW!**

Learn about the role of inflammation in cancer, heart disease, diabetes, asthma, arthritis and many other common diseases and what you can do through nutrition and natural therapies to prevent and treat these diseases.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 7	38610
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### Learn more about our Chronic Conditions Support Group, Pg 76

## Sound Advice **NEW!**

Explore techniques for improving communication skills and maximizing your hearing. Discover lip-reading basics and how to deal with noisy places.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 14	38611
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## Are You Ready for an Emergency

Don't be caught unprepared if an emergency happens. Learn what essential items you should have and where they should be stored.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 21	38612
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## Osteoarthritis & You

This workshop discusses the causes, common symptoms and exercises for this degenerative joint disease—plus treatment options that can treat, delay or limit symptoms.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	June 28	38613
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## Probiotics! **NEW!**

Explore what makes a probiotic “good” and other bacteria “bad”. Also talk about ways that bacteria change with different influences and how you can help develop a better bacterial profile.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	July 12	38614
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## Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	July 19	38625
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## Upset Stomach: A Naturopathic Approach

Take a closer look at common digestive problems such as constipation, diverticulosis and hiatal hernia. Find out why they increase with age and how you can calm an upset stomach.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	July 26	38626
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## Anger Management **NEW!**

Explore effective methods for dealing with anger and conflict situations. Learn how to diffuse unhealthy confrontation and avoid being drawn into the cycle.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Aug 2	38627
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## Align the Spine

Whether your back pain is chronic or occasional you could benefit from this talk on common back problems and basic back care including exercise, body mechanics, medications and other treatments that may help ease that aching back.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Aug 9	38628
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## Acupuncture

A certified acupuncturist will present concepts and methods of acupuncture, including its history and instruments used. Discussion will include healing benefits of acupuncture.

Sponsored by EvergreenHealth • Free

Fri	12:45–2pm	Aug 16	38629
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## Health Services

### Oral Health Care

Affordable teeth and denture cleaning for adults age 50 + provided by Healthy Smiles Inc on the first Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. Denture cleaning also available for \$10. This is a special program approved by the WA State Legislature. Patients must complete preliminary paperwork and be 50 years or older.

For appointments and more information, call 425.587.3360

### Foot Care

Foot care service is provided by a nurse on Wednesdays. Fee \$25.

For appointments, call 425.587.3368 between 9am and 3pm on Wednesdays.

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425.587.3360.

### Lunch Nutrition Program

Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.

Lunch is \$3 donation for persons 60+ • All others \$6

### Statewide Health Insurance Benefits Advisor (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the third Monday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Appointments required, call 425.587.3360

## Health Services

### Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206.241.5650 or go to [www.kcwics.org](http://www.kcwics.org)



## Veterans Services

### Veterans Benefits

Sherrie Bell, VFW/DVA Accredited Department Service Officer, will be available on a first come, first serve basis every Monday from 1:00–3:00pm to assist Veterans and their families with VA benefits. Sign in at the front desk. For more information call Sherrie at 206.412.1280.



### Attention PKCC Participant!

If you are at the Peter Kirk Community Center between 8am and 3pm, please see a staff member to obtain a parking permit.

## Community Resources

### Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206.448.3110 or go to [www.seniorservices.org](http://www.seniorservices.org)

### Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425.885.1006 or go to [www.bridgemin.org](http://www.bridgemin.org)

### Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to

[www.evergreenhospital.org/for\\_patients/medical\\_services/evergreen\\_care\\_network](http://www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network)

### Overlake Senior Care Connections

Services, resources and information for seniors.

Call 425.688.5800

[www.overlakeshospital.org/services/senior-care](http://www.overlakeshospital.org/services/senior-care)

### AARP Area Office

American Association of Retired Persons.

Call 1.866.663.3291 or go to

[www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Online

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

## Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

Northshore Adult Day Center ..... 425.488.4821

Elder & Adult Day Services ..... 425.867.1799

## Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability “Client Specific Program”.

For more information call Senior Information & Assistance 206.448.3110 or Evergreen Care Network 425.899.3200.

## Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

Evergreen Community Home Health & Hospice ..... 425.899.3300

Eastside Friends of Seniors ..... 425.369.9120

Volunteer Chore Services (Catholic Comm. Svcs.) ..... 206.328.5787

Jewish Family Services ..... 206.461.3240

## Chinese, Latino & South Asia Services

Educational & Recreational Programs Accessible to Chinese & Latino Seniors

Programs and services available to all seniors are now more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, they have the opportunity to participate in social, recreational and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.



### CHINESE SERVICES – TUESDAYS

For more information call Bolivar at the Chinese Information & Services Center, 206.624.5633, ext 4140.

### Mandarin Support Group

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month. *Free*

Tue 11:15–12:15pm Ongoing

### E.S.L. for Chinese Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited, or no English. *Free*

Tue 10am–12pm Ongoing

### LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

### Strategy for a Healthy Longevity (in Spanish)

Learn how to improve your health and slow the aging process. Key elements that will enhance quality of life and advance your well-being will be discussed. *Free*

Monthly 10–11:45 am 1st Wednesday

### E.S.L. for Latino Seniors

English as a second language is offered for non-English speaking adults. Designed for those with limited or no English. *Free*

Wed 12:45–2pm Ongoing



## Volunteer Opportunities

### Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include:

- Delivering Meals on Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Coffee Bar
- Slide show presenter, share your travels

For more information call 425.587.3012.

## Employment

### Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206.624.6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)

### Employment Resource Center

This service provides assistance to people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206.684.0500 or go to [www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm](http://www.cityofseattle.net/humanservices/seniorsdisabled/mosc/employment.htm)

## Driver Training

### AARP — 55 Alive Driving Course

This driver training course takes into consideration physical changes of the mature driver and identifies ways one may compensate for these changes. The course also provides information that may improve your driving behavior. Insurance rate reduction for seniors taking this course.

Fee \$12 for AARP members / \$14 for non-members, please bring AARP membership card to class  
 • Make checks payable to AARP on the first day of class • To register call 425.587.3360

Wed & Thur 12:30–4:45pm May 1–2 38144



## Transportation

### Travel Ambassadors

Want to go to the store, library and other destinations without driving? Talk to a certified Community Travel Ambassador about where you want to go and get help planning your trip. It's easy and FREE!

Wed	9–11am	Apr 3
Wed	9–11am	May 1
Wed	9–11am	June 5
Wed	9–11am	July 3
Wed	9–11am	Aug 7

### Metro Bus ID NEW DAY!

Reduced fare passes for ages 65+ and disabled, Fee \$3

Thur	10–11am	Apr 18
Thur	10–11am	June 20
Thur	10–11am	Aug 15

### Access

Transportation to appointments, grocery shopping and the Community Senior Center.

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

## Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206.448.5740 or toll free 1.800.282.5815 or go to [www.seniorservices.org](http://www.seniorservices.org).

### METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876. TTY: 206.684.1739.

### HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1.800.923.7433 or go to [www.hope-link.org/get-help/transportation](http://www.hope-link.org/get-help/transportation)

### Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program you receive reimbursement for mileage and supplemental liability insurance.

For more information, call 206.448.5740

### Daily Van Transportation

The Center's van is operated by the Northshore Senior Center Monday-Friday. Transportation to and from the Center is for city residents only. Participants must be Access eligible to participate in this program.

Please call 425.587.3363 for more information about this program or to reserve a ride, no later than 5pm the previous day.

Suggested donation of \$2.00 each way.

## Attention Van Riders!

All riders must be Access eligible to participate in the transportation program. If you need help with your Access application, Mari is available to offer you assistance.

Please call 425.587.3363 to set up an appointment or if you have any questions.

### Grocery Shopping

The Northshore Senior Center provides weekly transportation to and from local grocery stores. Shopping times are determined by the geographical location of your home.

To receive a schedule or make an appointment, call 425.587.3363

Wed	Apr 3	Fred Meyers
Wed	Apr 10	Safeway
Wed	Apr 17	QFC
Wed	Apr 24	Bridle Trails
Wed	May 1	Fred Meyers
Wed	May 8	Safeway
Wed	May 15	QFC
Wed	May 22	Bridle Trails
Wed	May 29	Fred Meyer
Wed	June 5	Safeway
Wed	June 12	QFC
Wed	June 19	Bridle Trails
Wed	June 26	Fred Meyer
Wed	July 3	Safeway
Wed	July 10	QFC
Wed	July 17	Bridle Trails
Thur	July 24	Fred Meyer
Wed	July 31	Safeway
Wed	Aug 7	QFC
Wed	Aug 14	Bridle Trails
Wed	Aug 21	Top Foods (Woodinville)
Wed	Aug 28	WinCo (Everett)

## Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/Summer 2014 van trips.

**Thursday, April 18**  
**10:00am at the Center**

**\*WA State sales tax included\***

### Out For Lunch Bunch

★ **ALL NEW LOCATIONS!** ★

**Tuesdays/Thursdays** 11am–1:30pm  
**Resident \$13 / Non-Resident \$15**  
**Bring lunch \$**

Senor Moose Café	Thur	April 11	38185
The Pink Door	Thur	May 23	38186
Jak's Grill	Thur	June 20	38187
Ray's Café	Tue	July 2	38188
McMenamins	Tue	Aug 13	38189

### Shops & Slots

**Tuesdays** 10am–4pm  
**Resident \$21 / Non-Resident \$25**  
**Bring lunch \$**

North Bend Outlet Mall & Snoqualmie Casino	May 7	38191
Seattle Premium Outlet Mall & Tulalip Casino	July 23	38597

### Black Diamond Bakery & Café

**Thur., April 4** 38182 10am–3pm  
**Resident \$16 / Non-Resident \$19**  
**Bring lunch \$**

Feast on a meal at Black Diamond Bakery & Café, and bring home some of their famous giant cinnamon rolls. After lunch take some time to explore the town.

### World Calvacade: Papa New Guinea & Fuzzy Babies **NEW!**

**Mon., April 8** 38184 1–5pm  
**Resident \$30 / Non-Resident \$35**

Papa New Guinea is a world away from the Puget Sound. Woodland Park Zoo's staff photographer and videographer Ryan Hawk will take you to this amazing place plus give a behind the scenes look at what it's like to have access to the hundreds of exotic animals he works with on a daily basis here in Seattle.

### Skagit Valley Tulip Festival

**Tue., April 16** 38183 9am–5pm  
**Resident \$23 / Non-Resident \$28**  
**Bring lunch \$**

Spend the day visiting some of the popular tulip fields up in the Skagit Valley and enjoy a chance to shop and explore in La Conner.

*Some of the gardens may have entrance fees that are not included in the price of this trip.*

### Meeker Mansion **NEW!**

**Thur, April 25** 38192 9:15am–2:30pm  
**Resident \$34 / Non-Resident \$41**

Puyallup is home to this lovely 17-room Italianate Victorian Mansion (American Bracketed Villa). The house was designed by Ferrell and Darmer, Architects, of Tacoma. It took more than three years to build and was finished in 1890. On the tour of the mansion learn more about the history and some fun facts about this historic site. Enjoy a light lunch at the mansion after the tour. This tour requires extensive walking and stairs.

### Bainbridge Gardens/Rose Café **NEW!**

**Thur, May 2** 38193 9am–4pm  
**Resident \$37 / Non-Resident \$44**  
**Bring lunch \$**

Hop the ferry to Bainbridge and work up an appetite exploring Bainbridge Gardens, a 6-acre nursery. Enjoy lunch on-site at the Rose Café.



### Point Defiance Zoo/Aquarium

**Thur., May 16** 38194 9am–3:30pm  
**Resident \$38 / Non-Resident \$46**  
**Bring lunch \$**

Spend the day exploring this combined zoo and aquarium that is home to over 350 animal species. Be sure to pick up a daily event schedule to enhance your experience.

### St. James Cathedral / St. Demetrios Greek Orthodox Church Tour **NEW!**

**Thur, May 30** 38195 9am–4pm  
**Resident \$25 / Non-Resident \$30**  
**Bring Lunch \$**

Start with a tour of St. James Cathedral that has sat atop Seattle's First Hill for more than 100 years. After the tour enjoy lunch at a nearby restaurant. Then we are off to tour and learn about the rich history of Seattle's St. Demetrios.

### Country Village

**Thur, June 6** 38196 10am–4pm  
**Resident \$16 / Non-Resident \$19**  
**Bring Lunch \$**

With over 40 shops to browse through there is sure to be something for everyone at Country Village in Bothell. Enjoy lunch on your own at one of the several on-site options.

## Chihuly Garden & Glass/ Seattle Great Wheel **NEW!**

Thur, June 13 38197 9:15am–3:45pm  
Resident \$67 / Non-Resident \$72  
Bring lunch \$

Enjoy the opportunity to see and learn more about Chihuly's inspirations and influences on a private tour of the interior galleries, garden and glasshouse. Enjoy lunch at Fisherman's Restaurant before boarding the Seattle Great Wheel. This observation wheel is the largest on the West Coast standing 175 feet tall, extending nearly 40 feet beyond the pier over Elliott Bay with 42 fully enclosed gondolas.



## Pacific Rim Bonsai Collection

Thur, June 27 38198 9:30am–2:45pm  
Resident \$17 / Non-Resident \$20  
Bring lunch \$

The Weyerhaeuser corporate campus is home for the Pacific Rim Bonsai Collection. Bonsai are miniaturized, living trees shaped by artists to portray scenic large trees in nature. On our tour of this fantastic collection you will see 60 outstanding bonsai from six Pacific Rim nations.

## Thorp Historical Mill **NEW!**

Thur., July 11 38199 10am–6pm  
Resident \$26 / Non-Resident \$31  
Bring lunch \$

Take a step back in time as we have the unique opportunity to tour this historical Mill that was in operation from 1883 to 1946. The Mill is not just a landmark but a national treasure, nearly the last of its kind; most have been destroyed by fire or dismantled during WWII. Enjoy a stop at a local fruit stand on the way back home.

## Sequim Lavender Festival

Fri., July 19 38200 8am–6pm  
Resident \$48 / Non-Resident \$55  
Bring lunch \$

Immerse yourself in the essence of lavender. This is the 17th year of this fragrant festival, the largest one of its kind in North America. Enjoy more than 150 crafts and lavender booths, food, music and more in downtown Sequim.

## Whidbey's Green Bank Farm **NEW!**

Thur, Aug 8 38203 9am–4pm  
Resident \$31 / Non-Resident \$37  
Bring lunch \$

Green Bank Farm is a publically owned 151-acre space and historic farm in the middle of Whidbey Island. Explore several galleries and specialty shops, including a wine and a cheese shop while visiting. Enjoy lunch at the Whidbey Pies Café.



## Orcas Island/ Rosario Resort **NEW!**

Thur, Aug 22 38205 8am–6pm  
Resident \$45 / Non-Resident \$54  
Bring lunch \$

What could be better than spending a summer day in the San Juan Islands? After a relaxing ferry ride enjoy lunch overlooking Cascade Bay, at Rosario Resort. After lunch there will be time to explore the island before heading back home.

## Tokeland Hotel & Restaurant **NEW!**

Thur., Aug 29 38225 8am–7pm  
Resident \$36 / Non-Resident \$43  
Bring lunch \$

After a relaxing drive to the Pacific Ocean savor a delicious lunch at the Tokeland Hotel & Restaurant, the oldest Hotel Resort in Washington. Spend time exploring this cozy hotel that was built in 1885. Afterwards, travel up Hwy 101 to the fishing town of Westport for some shopping and ice cream.

## Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% credit on the account, less a \$10 administrative fee. Cancellations requested Van Trip day receive no refund or credit.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 no more than 2 weeks before the trip and no later than 24 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.