

Adult Special Interest

Arts & Crafts

Drawing for Everyone **NEW!**

Draw along with Jean as she demonstrates how to draw a variety of objects. Learn to easily calculate proportions, perspective, establish values, replicate contours and compose a successful drawing. This is an easy to follow class for everyone, whether you are a beginner or just want to brush up on your drawing skills. Supply list available at PKCC.

*Instructor: Jean Pratt Beouy • Location: PKCC • 2 classes
Resident \$30 / Non-Resident \$36*

Thur	6–9pm	Sept 26–Oct 3	39667
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Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC.

*Instructor: Jean Pratt Beouy • Location: PKCC
8 classes • No class 11/11, 1/20 & 2/17
Resident \$130 / Non-Resident \$156*

Mon	6–9pm	Sept 9–Oct 28	39693
Mon	6–9pm	Nov 4–Dec 30	39694
Mon	6–9pm	Jan 6–Mar 10	39695
Mon	6–9pm	Mar 17–May 5	39696

Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC.

*Instructor: Jean Pratt Beouy • Location: PKCC
8 classes • Resident \$130 / Non-Resident \$156*

Tue	5:30–8:30pm	Sept 3–Oct 22	39697
Tue	5:30–8:30pm	Oct 29–Dec 17	39698
Tue	5:30–8:30pm	Jan 7–Feb 25	39699
Tue	5:30–8:30pm	Mar 4–Apr 22	39700

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*

Wed	10am–12pm	Oct 2–23	39499
Wed	10am–12pm	Nov 6–27	39500
Wed	10am–12pm	Feb 5–26	39501
Wed	10am–12pm	Mar 5–26	39502

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	Oct 2–23	39503
Wed	1–3pm	Nov 6–27	39504
Wed	1–3pm	Feb 5–26	39505
Wed	1–3pm	Mar 5–26	39506

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.

Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana • Location: PKCC

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.

Free demonstration

Wed	6:30–7:30pm	Oct 9	39507
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4 classes Resident \$64 / Non-Resident \$72

Wed	6:30–8:30pm	Oct 16–Nov 6	39508
Wed	6:30–8:30pm	Feb 12–Mar 5	39510

Music

Beginning Guitar Turbo Charged!

12 years–Adult

This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 12 years old at the start of class.

*Student must provide their own instrument • Instructor: Scott Lawson • Location: NKCC • 8 weeks • No class 2/17
Resident \$98 / Non-Resident \$118*

Ages 12 to 15 years

Mon	5:15–6:15pm	Sept 16–Nov 4	40117
Mon	5:15–6:15pm	Jan 27–Mar 24	40119

Ages 16 years to Adult

Mon	6:30–7:30pm	Sept 16–Nov 4	40118
Mon	6:30–7:30pm	Jan 27–Mar 24	40120

Theater

Improvisation Wednesday! Adult Theater, Drama, Self-Discovery and Motivation

18+ years

Adults come and explore theater and drama. Experience self-discovery, get motivated, and meet others just like you. It doesn’t matter if you feel shy, we all are. Lose inhibitions and make friends! Instructor has an honors degree in theater arts.

*Instructor: Karen Neal Gee
Location: NKCC, 12421 103rd Ave NE • 6 weeks
Resident \$90 / Non-Resident \$108*

Wed	7–9pm	Sept 25–Oct 30	40203
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Improvisation Workshop Adult Theater, Drama, Self-Discovery and Motivation

18+ years

All the great benefits of the 4 week class rolled into one 6 hour workshop! Spend this day making connections and learning something new about yourself.

*Instructor: Karen Neal Gee
Location: PKCC, 352 Kirkland Ave • 1 day
Resident \$50 / Non-Resident \$60*

Sat	10am–4pm	Jan 18	40204
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Photography

Digital Photography from A to F-Stop

If you are interested in taking better photographs and improving your photo skills with your iPhone, Point and Shoot camera, iPad or a DSLR interchangeable lens camera, you will enjoy this class. You will learn to confidently turn your automatic settings off and use other techniques to capture creative photographs through the use of shutter speed, aperture control, and various mode settings. Bring your digital camera, owner's manual and several of your digital photographs to class on a SD or CF card, flash drive, CD or DVD. Included in the topics to be covered are:

- Correcting red eye
- Optical & digital zooming
- Default, mode & resolution settings
- When to use ISO, F/Stop, and Shutter Speed settings
- Solving the mystery of megapixels—capturing vs printing
- How to meter correctly for proper exposure
- Software for optimizing and editing your photographs
- Storing, organizing, and displaying your digital photos
- Digitizing your older film slides and prints
- Traveling with your digital camera
- Photo composition and light balance.

Duke Coonrad, is an award winning photographer & has over 30 years of photography experience. His publications include local and national calendars, magazines, and newspapers including the Seattle PI, Kirkland Reporter, Seattle Times and Mercer Island Reporter.

Location: PKCC • Resident \$45 / Non-Resident \$54

Wed	6:30–9:30pm	Sept 11	40364
Wed	6:30–9:30pm	Dec 11	40365
Tue	6:30–9:30pm	Mar 11	40366

Jewelry & Wobblebobs

Trina Gratrix of Woven Chains Jewelry is a chainmaille jewelry artist. Her work is all made from small jump rings, open and closed, and woven into her designs “one ring at a time.” Woven Chains Jewelry travels the Northwest, selling at many Art Shows and Street Fairs and is also sold in several galleries in Western Washington. View designs online at www.wovenchains.etsy.com.



Chainmaille Flowers

Ages 12 years to Adult

Make two different types of chainmaille flowers, one made from bright colorful scales and silver rings, and the other from bright rings. Great for pendants, ornaments or suncatchers! All tools for the class and materials for your first set of flowers will be provided, and kits will be available for purchase if you would like to make more. View the instructor's chainmaille items at www.wovenchains.etsy.com.

Instructor: Trina Gratrix • Location: NKCC
Resident \$35 / Non-Resident \$42

Wed	6–9pm	Oct 23	40191
Wed	6–9pm	Mar 12	40194

Chainmaille Wobblebobs

Ages 12 years to Adult

Wobblebobs, a fun chainmaille ball, are cleverly made from just a pile of shiny rings. They're great for key chains, juggling, pendants, window decorations, worry stones, or just for fun! Choose from lots of bright and shiny colors to make your design your own. All tools and materials will be provided for your first Wobblebob, and kits will be available for purchase if you would like to make more. View the instructor's chainmaille items at www.wovenchains.etsy.com.

Instructor: Trina Gratrix • Location: NKCC
Resident \$40 / Non-Resident \$48

Wed	6–9pm	Nov 6	40192
Wed	6–9pm	Jan 29	40195

Colorful Chainmaille Bracelet

Ages 12 years to Adult

Learn the ancient art of chainmaille! You'll make and take home a unique and colorful bracelet made from colored aluminum. All tools for the class and materials for your first bracelet will be provided, and kits will be available for purchase if you would like to make more. View the instructor's chainmaille items at www.wovenchains.etsy.com.

Instructor: Trina Gratrix • Location: NKCC
Resident \$40 / Non-Resident \$48

Wed	6–9pm	Nov 13	40193
Wed	6–9pm	Jan 18	40196

Be a Star in Our Brochure!

Seeking photos from around Kirkland.

Would you like to submit a photo to be considered for use in future Kirkland Parks Guides? Do you have a photo from a Kirkland park or other recognizable Kirkland location, event or class showing the fun you are having in Kirkland? For the photo to be considered it should ideally be 2550x3500 pixels. A photographer's release form might be required depending on the photo.

For questions call Tracy Harrison
at 425.587.3352

Email photos to
tharrison@kirklandwa.gov

Adult Special Interest

Voice-Overs

You're On The Air: How to Make It In Voice-Overs!

Learn about an exciting new way to turn voice-overs into a full or part-time business! Lisa Foster, a successful voice-over artist, introduces students to the voice-over business and talks about opportunities, income potential, and the all-important demo and how to have it produced. Step up to the microphone, do some practice recording, and hear the results!

Location: NKCC • Resident \$37 / Non-Resident \$44

Wed	7-9pm	Oct 9	40231
Wed	7-9pm	Jan 28	40232

Gardening

Orchard Mason Bees

Are you interested in learning how to improve the pollination of plants and trees in your yard? Or perhaps you are curious how you could support the environment by hosting non-stinging native bees without any fruit trees in your garden? Come join us as Missy Anderson (alias Queen Bee) from King County Master Gardeners, offers an engaging presentation on Orchard Mason Bees. Learn about the wonderful nature of mason bees, the value they bring to our world, and how easy it is to host them in a nesting box in your back yard. Becoming a successful bee farmer is easy and fun.

Instructor: Missy Anderson • Location: PKCC
Resident \$10 / Non-Resident \$12

Sat	10:30am-12pm	Oct 12	39521
Sat	10:30am-12pm	Jan 11	39523



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.

The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington.

FOR YOUR COMFORT PLEASE BRING A MAT OR TOWEL, AND A PILLOW • Location: Heritage Hall, 205 Market St, Kirkland
Resident \$95 / Non-Resident \$114

Tue	7-9pm	Sept 10, 17 & 24	40392
Tue	7-9pm	Jan 14, 21, & 28	40393

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.

The instructor, Robert W. Felix, is a certified hypnotist registered in the State of Washington.

FOR YOUR COMFORT PLEASE BRING A MAT OR TOWEL, AND A PILLOW • Location: Heritage Hall, 205 Market St
Resident \$59 / Non-Resident \$71

Tue	7-9pm	Oct 1	40394
Tue	7-9pm	Feb 4	40395

Language

Introduction to Spanish

¿Habla Español? 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 11/11 & 2/17
Resident \$38 / Non-Resident \$46

Mon	1:30-3pm	Sept 9-Oct 7	39511
Mon	1:30-3pm	Oct 21-Nov 25	39512
Mon	1:30-3pm	Feb 3-Mar 10	39513
Mon	1:30-3pm	Mar 17-Apr 14	39514

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 • No class 11/13
Resident \$38 / Non-Resident \$46

Wed	1:30-3pm	Sept 4-Oct 2	39515
Wed	1:30-3pm	Oct 16-Nov 20	39516
Wed	1:30-3pm	Feb 5-Mar 5	39518
Wed	1:30-3pm	Mar 12-Apr 9	39519

French for Adults **NEW!**

Ages 18 to adult

Guided by a native speaker, become comfortable navigating through basic daily interactions and conversations in French... Get exposed to French culture, basic grammar and vocabulary, and be ready for your next trip to France.

Instructor: Frederique Battestini of Polly-Glots

Location: NKCC • 10 weeks • No class 2/15
Resident \$168 / Non-Resident \$202

Sat	11am-12pm	Sept 14-Nov 16	40250
Sat	11am-12pm	Jan 11-Mar 22	40251

Computers Mac Classes **NEW!**

Introduction to iPad

Want to learn how to use your iPad to its fullest potential? Then this class is for you! Learn how to use Siri, email, keyboard shortcuts, and the calendar and clock functions as well as how to take pictures and use a photo app. You will also learn how to download apps, books and magazines.

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

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

Fri	8:45–10:45am	Sept 13	39735
Wed	8:45–10:45am	Oct 9	39736
Fri	8:45–10:45am	Jan 17	39737
Fri	8:45–10:45am	Mar 28	39738

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	10am–12pm	Oct 7–28	39701
Wed	10am–12pm	Jan 15–Feb 5	39702

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 \$30 / Non-Resident \$36
\$5 lab fee per class is collected at
time of registration • Advanced registration
required, call 425.587.3360*



Return to Work Series

Build fundamental job-seeking skills in Word and Excel 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
No class 4/18 • \$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	Oct 7–28	39703
Mon	10am–12pm	Feb 24–Mar 17	39704

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
No class 1/20*

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

Wed	10am–12pm	Sept 11–Oct 2	39739
Mon	12:30–2:30pm	Jan 13–Feb 10	39741

Life Skills and General Interest

Outfit Creation for the Everyday Goddess **NEW!**

Would you love to have help creating outfits from the clothing you already own? In this 4-week class you'll learn not only how to determine your style archetype and how to best dress your Goddess shape, but most importantly how to use what you already own to create multiple outfits! Walk away with tips and tricks on how to add, mix and maximize color, texture and accessories with wardrobe basics. Plus, discover inexpensive ways to build or supplement your wardrobe.

*Instructor: Nikol Schwab • 4 classes • Location: PKCC
Resident \$100 / Non-Resident \$120*

Tue	6:30–8:30pm	Oct 8–29	40152
Thur	6:30–8:30pm	Feb 6–27	40153

Consignment Shopping for the Everyday Goddess

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*

Tue	10am–12pm	Sept 17	39781
Sat	10am–12pm	Nov 9	39782
Tue	6:30–8:30pm	Jan 21	39783
Tue	6:30–8:30pm	Mar 4	39784

<< Windows 8 classes
now available! See page 63
for more details.

Adult Special Interest

Life Skills and General Interest

Is it a Real Work at Home Job or a Scam?

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 tricks of scammers, 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*

Tue	6–9pm	Oct 15	39524
Mon	6–9pm	Feb 3	39526

Become a Mystery Shopper

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*

Mon	6–9pm	Oct 28	39527
Thur	6–9pm	Feb 20	39529

Let's Get Organized! Purposeful Time & Paper Management

NEW!

Do you feel you are spinning your wheels? Has time and papers gotten the best of you? This two part class will teach you the organizing process and help you create your email and paper system. Also, create a time template to live your most purposeful life.

*Instructor: Denise Allen • Location: PKCC • 2 classes
Resident \$40 / Non-Resident \$48*

Wed	6:30–8:30pm	Oct 9 & 23	39530
Wed	6:30–8:30pm	Jan 8 & 22	39531

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend!

Bring a light lunch or snack, and a water bottle.

*Instructor: Joann Factor • Location: NKCC
Resident \$107 / Non-Resident \$127*

Sat	11am–4pm	Jan 11	40202
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Be Thinner, Healthier & Happier by Balancing Your Brain Type

Learn lifestyle, diet and exercise tips that help your brain type work better, so your life works better too. Learn specific strategies for balancing mood, improving your self-discipline, focus, and increasing your energy, all based on your brain type. Know your brain type: Amen Brain typing questionnaire will be provided during class. This class material is based on Dr. Daniel Amen's, "Change your brain, change your body" weight management and health improvement program. This introductory class lets you discover your brain type and gives an overview of Dr. Amen's CYBCYB concepts.

The instructor is a therapist and ADD/life skills coach who was a staff therapist, coach and educator for the PNW Amen Clinic for over 5 years.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Mon	6:30–8:30pm	Nov 4	40233
Sat	9–11am	Jan 11	40234
Fri	10am–12pm	Mar 21	40235

Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks or stress been wearing you down and clouding your judgment? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. This class will teach you stress-busters that really work: tools for derailing stress, anxiety and tension. You'll also learn how to replace nagging negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$17 / Non-Resident \$20*

Wed	6:30–8:30pm	Sept 11	40236
Mon	6:30–8:30pm	Dec 2	40237
Wed	10am–12pm	Feb 5	40238



Money Management Strategies

Do you struggle to get bills paid on time even if you have the money to pay them? Do you have piles of paperwork at tax time? In this class you will learn how to start tracking and organizing your money and paperwork right away to build skills and awareness you need to truly be in control of your finances. The instructor is a certified Financial Recovery Counselor, as well as a therapist and Life Skills coach.

*Instructor: Cynthia Seager • Location: PKCC
Resident \$10 / Non-Resident \$12*

Wed	6:30–8:30pm	Oct 2	40240
Wed	10am–12pm	Dec 4	40241
Sat	9–11am	Feb 22	40242

First Aid / CPR

Adult and Child First Aid/CPR/AED

American Red Cross **NEW!**

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age).

Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years • Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com • 12 hour course

Location: PKCC • Resident \$110 / Non-Resident \$132

Sat	9am–3pm	Oct 5 and 12	40173
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CPR/AED for Professional Rescuers and Health Care Providers

NEW!

To train professional-level rescuers to respond to breathing and cardiac emergencies in adults, children and infants until more advanced medical personnel take over. This course has been updated to meet the ECC 2010 guidelines.

Students who successfully complete this course will receive a certificate for CPR/AED for the Professional Rescuers and Health Care Providers valid for two years • Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com • 6 hour course

Location: PKCC • Resident \$110 / Non-Resident \$132

Sat	9am–3pm	Nov 2	40396
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Adult First Aid/CPR/AED

American Red Cross **NEW!**

The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older.

Successful students will receive a certificate for Adult First Aid/CPR/AED valid for two years • Text Books and Pocket Masks not included in course fee and must be purchased separately at shopstaywell.com • 6 hour course

Location: PKCC • Resident \$90 / Non-Resident \$108

Sat	9am–3pm	Dec 14	40175
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Cooking

Fun, Easy & Exotic Indian Vegetarian Cooking Class

Capture the alluring aroma and magical flavors of India and unleash them at your table with the presentation of your own exotic Indian meal. Learn the secrets about Indian spices, spice blends, basic curries and sauces, street foods and Indian pantry essentials in these fun and easy Indian Vegetarian cooking class. Enjoy simple, no-fuss recipes with step-by-step instructions presented by the instructor. You too, can manifest magic at your dining table.

Instructor: Padma Mandalaparthi • Location: PKCC • Supply fee paid to instructor \$5 per class • Resident \$35 / Non-Res. \$42

★ **Wednesdays** ★ **7–8:30pm** ★

Curry Sauces 101 Sept 11, #39931

Learn how to make quick and delicious curry sauces for everyday Indian cooking. Make three fantastic and versatile sauces- spicy and creamy curry sauce, Korma curry sauce and coconut curry sauce.

Indian Vegetarian Classics Sept 25, #39932 or Jan 29, #39938

Learn how to prepare Baby spring greens and baby Spinach Salad with Walnuts served with a lightly spiced vinaigrette ; Navratan Korma, a classic dish influenced from the mughal emperor's kitchens; A rich curry with fresh vegetables, nuts, and warming spices; and Malabar vegetable Curry, a signature South Indian Dish from the south Indian state of Kerala.

Quick & Elegant Indian Meal Oct 9, #39933

Learn how to prepare an elegant and easy Indian dinner for family and friends. Prepare potato and cauliflower curry (aloo-gobhi), pineapple raita (anasas raita), spinach lentil puree (palak ki dal) and perfect basmati rice (chawal).

Quick & Easy Appetizers Oct 23, #39934

Learn to prepare spicy and easy Paneer Pakodas (batter fried Paneer pieces), curry puffs (potato curry filled turnovers) and potato and tofu tikkis (potato and tofu spiced patties).

Got Spices? Unravel the Health Benefits of Spice Nov 6, #39935

Explore the world of spices and learn how to assemble a spice box at home. Prepare three simple and tasty dishes as you learn about the umpteen benefits of spices like turmeric, cumin, coriander, black pepper and more.

Fruit Chutneys Dec 4, #39936

Explore the delicious world of spiced laced fruit chutneys. Learn to prepare apple and ginger chutney, date and tamarind chutney and Pineapple chutney and wow your guests at your holiday feast!

Beans & Lentils Jan 8, #39937

Beans and lentils are low fat, protein and fiber rich heart healthy foods that have been used in India for centuries. Come and learn how to prepare easy and simple recipes like spinach and mund beans dal, garbanzo bean curry and spicy Adzuki beans. They are a wonderful warming treat in winter!

Garam Masala Feb 12, #39939

Join us to learn how to prepare your own home made spice blend – Garam Masala and prepare fragrant and spicy mushrooms and peas curry and Paneer Masala.

Flatbreads & Chutneys Feb 26, #39940

Experience a fun, very hands on class and learn how to prepare delicious, crispy rotis, stuffed paranthas , tasty mint and cilantro chutney and pineapple chutney to accompany the flatbreads.

Indian Street Foods Mar 5, #39941

Street food is very popular in India. Join this class and learn to recreate the magic of the popular Indian street foods right in your home. We will learn how to prepare Pav Bhaji, Bhel Puri and Aloo Chaat.

Adult Special Interest



Real Estate

Home Affordable Refinance Programs (HARP) **NEW!**

Do you qualify for one of the government re-finance programs? If so, do you know which program is best for your scenario and what the advantages are? Learn answers to questions like when will the programs end and what are your options if denied? Kim Prater has over 25 years' experience in the finance industry and will share the answers to these questions and many more. Walk step by step through the complete loan process in this class.

Location: PKCC • Resident \$10 / Non-Resident \$12

Wed	7–9pm	Sept 25	39671
Thur	7–9pm	Nov 21	39672
Thur	7–9pm	Feb 27	39673

Home Buyers Workshop

Whether you're a First Time Home Buyer, upgrading or looking for an Investment, it's important to learn the market. Come get all of your questions answered and learn the ropes of purchasing. This class is facilitated by both a Mortgage and a Real Estate professional that has been through all aspects of Home Buying with their clients and themselves. Find out why home inspection, appraisals and home owner insurance is important. Discuss what the Title and Escrow process is. Turning your dreams into reality is just a class away. Learn how to make intelligent choices in budgeting for a home and determine how much you qualify for.

Instructor: Kim Prater • Location: PKCC
Resident \$10 / Non-Resident \$12

Thur	7–9pm	Oct 24	39742
Wed	7–9pm	Jan 29	39744
Thur	7–9pm	Mar 13	39745

Dog Training Tuesdays 6:30–7:45pm

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

Instructor: Amy Cornett • Location: PKCC Resident \$39 / Non-Resident \$47

Come When I Call You Your dog can learn to come to you quickly and reliably. You will be given a solid foundation and many ideas for practicing “come” when I call you. A reliable recall can save your dog’s life. Tuesday, 6:30–7:45pm	Sept 17	40278
	Oct 29	40279
Impulse Control Our four-legged family members are cute, warm, fuzzy, and full of enthusiasm. All they need now is a little guidance and development of impulse control. This course will walk you through the four steps of “leave it,” “wait & release,” and “distance stays” while adding duration, and distractions. You will walk away with very useful materials and practical techniques for a lifetime of canine impulse control. Tuesday, 6:30–7:45pm	Sept 24	40283
	Nov 5	40284
Polite Door Greetings Eliminate jumping and give your dog “something to do” when guests arrive. Good manners & proper door greetings can be as simple as getting your dog to sit, or go lay down on their bed. You will leave class with great ideas for door greeting management, as well as, solutions for everyone in your home to help with the training process. Tuesday, 6:30–7:45pm	Oct 1	40285
	Nov 12	40286
Walking on a Leash: No More Pulling Walking casually on a loose leash is a great goal for everyday walking your dog. If walks are more like a tug of war than a peaceful stroll, you can change that for the better with this workshop. We’ll cover a variety of different techniques for teaching your dog to keep the leash loose and stop pulling, No prong or choke collars. Tuesday, 6:30–7:45pm	Oct 8	40282

Reactive Rover & Lunging on Leash **NEW FORMAT**

In the first week will teach owners that if you do has issues with other dogs, people, noise, movement or all of the above...it's OK. This class will help you understand that while there are no quick fixes but over time, with dedicated owners, the issues can be managed. In week two learn a variety of techniques for teaching your dog to keep the leash loose and stop pulling.

Instructor: Amy Cornett • Location: PKCC • 2 classes
Resident \$89 / Non-Resident \$107

Wed	6:30–8:30pm	Sept 18–25	40244
Tue	6:30–8:30pm	Oct 15–22	40245
Wed	6:30–8:30pm	Nov 6–13	40246
Wed	6:30–8:30pm	Feb 5–12	40247
Tue	6:30–8:30pm	Mar 11–18	40248

Puppy 101

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 curb chewing, barking and jumping.

Instructor: Amy Cornett • Location: PKCC • 4 classes
Resident \$129 / Non-Resident \$155

Tue	6:30–7:30pm	Feb 4–25	40276
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