

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.

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 make 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 may be eligible for other community-based programs, such as adult day care (see page 77) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.



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 8:00am–5:00pm
Center Closed 5/25, 7/3, 8/24,
8/25, 8/26, 8/27, 8/28, & 8/31



PARKING PERMITS

If you are at the Peter Kirk Community Center between **8:00am and 3:00pm**, please see a staff member to obtain a parking permit.



Thank You Fairwinds Redmond
& EvergreenHealth
for Sponsoring Steppers!

GET MOVING

WITH THE KIRKLAND STEPPERS!



The Kirkland Steppers are launching into their 12th year of fun walking opportunities on Tuesdays (June 2-Sept 29) 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.

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!

REGISTRATION #44739

- Exclusive Membership Card
- Super Stepper give-aways
- First priority for registration for all Special Events.
- 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

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.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
June 2	Kirkland Stepper's "Kick Off" Celebration Continental Breakfast sponsored by Fairwinds Redmond	-0-	\$7	44740
July 14	Marymoor Park Lunch on your own at Redmond Town Ctr	-0-	\$7	44741
Aug 11	Arboretum Lunch on your own in Madison Park	-0-	\$7	44742
Sept 15	Bellevue Botanical Gardens Lunch on your own at Crossroads Mall	-0-	\$7	44743
Sept 29	"Finish Line" Extravaganza Lunch sponsored by Fairwinds Redmond	-0-	\$7	44744



* WA State sales tax included *

SPECIAL EVENTS

at the Peter Kirk Community Center

WELCOME WAGON

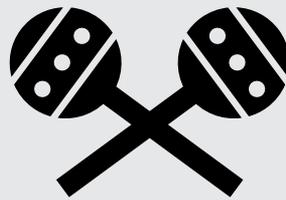
Are you new to the area? Never been to the Peter Kirk Community Center and wonder what we do here? Here is your chance to meet staff and learn about all the events, programs and services we offer; extend your tour by staying for lunch if you would like.

RSVP at 425-587-3360

FREE

Mon 11am April 6 44745

Mon 11am July 13 44746



CINCO DE MAYO

Don't miss this lively South-of-the-Border Celebration! Dine on a delicious meal after enjoying some festive entertainment.

**Advanced registration
required by 4/24!**

Special thanks to
Overlake Terrace.

Cost \$7

Tue 11am May 5 44747

End of Summer Bunco

Come in out of the heat and have a fun time with friends playing a game of Bunco for fabulous prizes. Start by cooling off with an ice cream sundae topped with all your favorite goodies.

**Advanced registration
required by 8/11!**

Special thanks to
Overlake Terrace for
providing prizes.

Cost \$5

Tue 1pm Aug 18 44748



ALL SPECIAL EVENTS INCLUDE SALES TAX

CITY OF KIRKLAND SENIOR COUNCIL

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. Vacancies will be filled year round.

Contact: 425.587.3322 —or see www.kirklandwa.gov/seniorcouncil

THE SENIOR COUNCIL INVITES YOU TO...



THE 7TH ANNUAL SENIOR ART SHOW

“CREATIVITY IS AGELESS”

FEATURING ARTISTS 50 YEARS OF AGE OR OLDER

MAY 27–JUNE 12

OPENING RECEPTION MAY 28, 5:00-7:00PM

Merrill Gardens, 14 Main Street South

- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Other Media

For more information: Penny Kahn 425.761.5489

Arts & Crafts

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 5/25
Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	April 6–May 11	44913
Mon	9:30–11:30am	May 18–June 29	44914
Mon	9:30–11:30am	July 6–Aug 10	44915

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 • Instr: Louise Arntson
Location: PKCC • 4 classes
Resident \$30 / Non-Resident \$36

Wed	10am–12pm	April 1–22	44735
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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 • Instr: Louise Arntson
Location: PKCC • 4 classes
Resident \$30 / Non-Resident \$36

Wed	1–3pm	April 1–22	44736
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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

Will not meet 5/5, 8/25 & 9/1.

Per visit fee: Resident \$3 / Non-Resident \$4

Tue	1–3pm	Ongoing	
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Hand & Heart Sewing Group

Join this fun social group that makes dresses and shorts to be sent to disaster and poverty stricken areas such as Melawi, Kenya, Haiti and Rwanda to name a few. Everyone is welcome to take part in this incredible project, no experience necessary!

Group meets the 1st and 3rd Thursday of each month at 1:00pm

Needle Craft Group

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

Wed	10am–12pm	Ongoing
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Stage & 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 & Screen cont'd

Movie and Popcorn

Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some favorites and new releases to share with you. **Everyone is Welcome! Free!**

The Fault in Our Stars	Mon	1pm	April 20
When the Game Stands Tall	Mon	1pm	May 18
St. Vincent	Mon	1pm	June 15
Unbroken	Mon	1pm	July 20
The Judge*	Mon	1pm	Aug 10

* Rated R

Armchair Adventures: Slide Shows

Mondays at 10:30am. **Free!**
Everyone is welcome!

April 6	Israel	Dr. James Monahan
April 13	Washington DC & Civil War	Len Steiner
April 20	Copper Canyon, Mexico	Bill Birdsall
April 27	Inside California	Len Steiner
May 4	Greenland	Dr. James Monahan
May 11	Snoqualmie Pass to Moses Lake	Len Steiner
May 18	Quebec & Montreal	Bill Birdsall
May 25	CENTER CLOSED	
June 1	Antarctic	Dr. James Monahan
June 8	Yellowstone Park	Len Steiner
June 15	Maritime Provinces	Bill Birdsall
June 22	New York State	Bill Birdsall
June 29	Africa & Mt. Kilimanjaro	Dr. James Monahan
July 6	Bird Watching in Texas	Len Steiner
July 13	Yucatán Mexico	Bill Birdsall
July 20	Halifax & Cabot Trail	Bill Birdsall
July 27	Disney World & NASA	Len Steiner
Aug 3	Burma & Laos	Dr. James Monahan
Aug 10	NO SHOW THIS WEEK	
Aug 17	NO SHOW THIS WEEK	
Aug 24	CENTER CLOSED	
Aug 31	CENTER CLOSED	

Age 50+

Language

Introduction to Spanish

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

Yolanda Van 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 • Resident \$38 / Non-Resident \$46*

Mon	1:30–3pm	April 13–May 11	44876
Mon	1:30–3pm	June 1–29	44877
Mon	1:30–3pm	July 13–Aug 10	44878

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	April 8–May 6	44880
Wed	1:30–3pm	May 20–June 17	44881
Wed	1:30–3pm	July 1–29	44882

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, 1:00–2:00pm

Music

Swingin' Seniors Band **NEW!**

All musicians are welcome to join the fun!

Group meets the 1st and 3rd Thursday of each month, 1:00–3:00pm



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	April 3–24	44710
Fri	10–11am	May 1–22	44711
Fri	10–11am	June 5–26	44712
Fri	10–11am	July 3–24	44713
Fri	10–11am	Aug 7–28	44714

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 Eloise in this fun and friendly class.

*No partner needed • This class will not be pro-rated
Location: PKCC • Instructor: Eloise Chinn*

*Spring 6 classes • No class 5/5, 6/2, 7/7 & 7/14
Resident \$30 / Non-Resident \$36
Drop-In Rate Resident \$7 / Non-Resident \$8*

Tue	10–11am	April 7–May 19	44725
Tue	10–11am	May 26–July 21	44726

*Summer 4 classes • Resident \$20 / Non-Resident \$24
Drop-In Rate Resident \$7 / Non-Resident \$8*

Tue	10–11am	July 28–Aug 18	44727
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Age 55+ **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 2015 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2014! After a long winter break, team players are now dusting off their bats to begin practice in March 2015. Everyone is gearing up for another fantastic season of league play, May through July. These two 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 CALL RICH MIAILOVICH: 425.827.1109

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 • Instr: Joan Wilde

Tuesdays 4 classes • No class 6/2

Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	April 7–28	44678
Tue	10:30–11:30am	May 12–June 9	44679

Thursdays 4 classes • Resident \$35 / Non-Res. \$42

Thur	10:30–11:30am	April 16–May 7	44680
Thur	10:30–11:30am	May 14–June 4	44681
Thur	10:30–11:30am	June 11–July 2	44812
Thur	10:30–11:30am	July 9–30	44687

Thursdays 3 classes • Resident \$26 / Non-Res. \$31

Thur	10:30–11:30am	Aug 6–20	44688
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Yoga for Beginners

With close to 20 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. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face, this class loves to laugh!

Bring mat or rug • Location: PKCC • Instr: Sally Rodich

Mondays 4 classes • No class 5/25 & 8/3

Resident \$40 / Non-Resident \$48

Mon	9–10am	April 20–May 11	44749
Mon	9–10am	May 18–June 15	44750
Mon	2–3pm	June 22–July 13	44751
Mon	2–3pm	July 20–Aug 17	44758

Wednesdays 4 classes • No class 8/5

Resident \$40 / Non-Resident \$48

Wed	10–11am	Apr 22–May 13	44752
Wed	10–11am	May 20–June 10	44753
Wed	2–3pm	June 17–July 8	44754
Wed	2–3pm	July 15–Aug 12	44761

Thursdays 4 classes • No class 8/6

Resident \$40 / Non-Resident \$48

Thur	9:15–10:15am	Apr 23–May 14	44755
Thur	9:15–10:15am	May 28–June 18	44756
Thur	2–3pm	June 25–July 16	44757
Thur	2–3pm	July 23–Aug 20	44764

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.

Instr: Gina Casanova • Resident \$47 / Non-Res. \$56

No class 5/25, 7/3, 8/24, 8/26, 8/28, 8/31

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.

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

Spring 15 classes • No class 6/2, 6/30 & 7/2

Resident \$47 / Non-Resident \$56

Tue/Thur	9–10am	May 7–July 7	44699
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Summer 13 classes • Resident \$41 / Non-Res. \$49

Tue/Thur	9–10am	July 9–Aug 20	44701
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Age 50+

Games

Ping Pong (Table Tennis)

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 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.

All are welcome to join 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 or iPad class participant must provide their own laptop or iPad, no Mac computers are available at PKCC.

MAC CLASSES

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 app, books and magazines.

Location: PKCC • 2 classes • \$5 lab fee per class is collected at time of registration • Participants must provide their own iPad

Sr-Resident \$26 / Sr Non-Resident \$31

Non-Sr Resident \$40 / Non-Sr Non-Resident \$48

Fri	8:45–10:45am	May 8–15	44884
Fri	8:45–10:45am	July 31–Aug 7	44886

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 • 3 classes • \$5 lab fee per class is collected at time of registration

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

Non-Sr Resident \$49 / Non-Sr Non-Resident \$59

Mon	10am–12pm	April 13–27	44917
Fri	10am–12pm	July 10–24	44918

Microsoft Windows

Introduction to Computers: Windows 8

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 • 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 15–July 6	44920
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Overview of Windows 8

NEW! Learn how to use the Start and Display screen, short cut keys, organize tiles, personalize the screen, drag and resize tiles, add apps to the taskbar, see the weather report of places throughout the world, and discover charms. Class is open to beginners and intermediate users. You are welcome to bring your laptop computer or use our computers.

Location: PKCC • 2 classes • \$5 lab fee per class is collected at time of registration

Participants must provide their own iPad

Sr-Resident \$26 / Sr Non-Resident \$31

Non-Sr Resident \$40 / Non-Sr Non-Resident \$48

Fri	8:45–10:45am	April 17–24	44921
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Microsoft Windows cont'd

Word & Excel **NEW!**

Introduction to Basic Word and Excel. Create Excel charts and embed into Word. Combine and merge two or more documents together. Link a word file to an email address. Create an Excel budget and add to a Word file. Create a Flow chart, insert SmartArt and develop a hierarchy chart. Make a database in Excel and copy to Word for mail merge. Class is open to beginners and intermediate users. You are welcome to bring your laptop computer or use our computers.

Location: PKCC • 4 classes • No class 5/25 • \$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	May 4–June 1	44928
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Internet & E-Mail

Up in the Clouds

Clouds backup all your files, keep files private or share files with contacts, restore deleted files, create new folders, move a file and rename files. Your private files are password-protected and encrypted. We will compare several cloud companies showing the amount of free space and the cost of more space.

Location: PKCC • \$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	June 12	44922
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Scanning, Editing & Creating

Organize Your Files

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.

\$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	June 5	44923
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PowerPoint **NEW!**

Introduce an idea and produce a slide-show using galleries of styles: add pictures, shapes, SmartArt, clipart, sounds, and transitions. Bring your pictures and create a photo album of memories. Add the album to your flash drive. Class is open to beginners and intermediate users. You are welcome to bring your laptop computer or use our computers.

Location: PKCC • 3 classes • \$5 lab fee per class is collected at time of registration

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

Non-Sr Resident \$49 / Non-Sr Non-Resident \$59

Mon	10am–12pm	July 20–Aug 3	44924
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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? Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42 • \$5 lab fee per class is collected at time of registration

Advanced registration required, call 425.587.3360

Financial

Coffee, Cash & Conversation

Discuss current events, the economy and investing in a relaxed and informal setting. This is a great way to get your questions answered. Everyone is welcome and the coffee is on us! Presented by Cory Shepard, Financial Advisor with Edward Jones.

Advance registration is required, call 425.587.3360
Free

Fri	10:30–11:30am	April 3	45830
Fri	10:30–11:30am	May 1	45831
Fri	10:30–11:30am	June 5	45832
Fri	10:30–11:30am	Aug 7	45833



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.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2014 tax return.

Appointments are available Fridays from 9am–1pm, Feb 6–April 10 • No fee • Appointments required, call 425.587.3360

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

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

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 7:00am–7:00pm weekdays.

Call 1.800.772.1213 or go to www.ssa.gov

Legal Services

Senior Rights Assistance

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 Association.

For more information call 206.448.5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions Fridays, 2:00–4:00pm.

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

EnhanceWellness Program



Evergreen EnhanceWellness

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the EnhanceWellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, losing weight or starting an exercise program, but have had difficulty getting motivated. We all have a multitude of reasons for not taking action on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. EnhanceWellness is a participant-driven, evidence based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues and ongoing support to help you meet your goals.

*Program is free of charge • Tuesdays by appointment
• Call Patti Quale RN-BC 206-268-6740*

Evergreen EnhanceWellness Social Work 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.

*Mondays by appointment Call Jody Dearborn
LMHCA, GMHS 425.286.1047. Free*

Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

*Mondays by appointment Call Jody Dearborn
LMHCA, GMHS 425.286.1047. Free*

Support Groups

Men's Coffee Hour

Join other men in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

*Coordinated by Jody Dearborn, LMHCA, GMHS
1st & 3rd Monday of the month 9:00-10:00am
in the Sunroom*

Women's Coffee Hour

Join other women in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

*Coordinated by Jody Dearborn, LMHCA, GMHS
2nd & 4th Monday of the month, 9:00-10:00am
in the Sunroom.*

Family Caregiver Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

*Coordinated by Jody Dearborn, LMHCA, GMHS
2nd Monday of the month, 1:30-3:00pm*

*Thank you
EvergreenHealth*

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

The Joy of Living Alone **NEW!**

Do You Live Alone? What is the best part of living alone? What is the most challenging part of living alone? Do you feel safe? How do you manage home repairs? Come and share with others so that we can all learn.

This group is where you can discuss those issues and more. Talk about what you feel would be a benefit to you in learning to live alone, you will direct this group in the direction that you would like to see it go. Experts will be brought in to talk about all topics that are of interest (i.e.; police/fire). Let's problem solve together and find the Joy in Living Alone.

Presented by Patti Quaale RN-BC • Free

Tue	10–11:30am	May 19	44797
Tue	10–11:30am	June 16	44819
Tue	10–11:30am	Aug 18	44798



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 Janet Zielasko, MS, LSW at 425.286.1035 to schedule an appointment

Health & Nutrition



Living Well with Chronic Conditions

This workshop, developed by Stanford University's Patient Education Department, is designed to help individuals who have an ongoing condition (such as diabetes, asthma, heart disease, chronic pain, arthritis, and hypertension) improve the quality of their lives. Learn to reduce stress and frustration, manage symptoms, set weekly goals, problem-solve effectively, improve communication, relax, handle difficult emotions, eat well, and exercise safely. Participants report feeling an increase in confidence and motivation to manage the challenges of living with a chronic health condition. Family members, friends and caregivers can also participate.

Facilitated by Patti Quaale, RN-BC • Free

Tue	1–3:30pm	April 14–May 19	44925
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Affordable Housing **NEW!**

A presentation on regional affordable housing programs for low and middle-income seniors. Focus will be on independent apartment options for seniors on the Eastside and throughout King County. Learn about the different program eligibility requirements, waitlists and application procedures.

Facilitated by Linda Phillips, Advocate-Senior Information and Assistance, Senior Services of Seattle-King County • Free

Mon	1–3pm	April 20	44926
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Moving to a Simpler Life **NEW!**

An overview of services that can help seniors, whether you're planning on downsizing, staying in place or undecided. Learn how to choose service providers, what types of senior housing options that are available, understand the costs of in-home care and the difference between using a service and doing it on your own and much more in this informative 2 day class. Lunch is provided to all participants both days.

Facilitated Mike & Mindy Garner, Elder Move Alliance
Free

Tue	9:30am-12:30pm	April 21-28	44939
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"Chicken Soup" for the Brain II **NEW!**

This workshop is a continuation of Chicken Soup for the Brain and will cover additional concepts and activities to enhance memory. Come prepared to be challenged and have some fun! Completion of Chicken Soup: Part One is recommended as material will build on previously covered material.

Facilitated by Glen Felias-Christensen, RN, MPH
3 classes • Free

Fri	10am-12pm	May 1-15	44822
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Simple Exercises to Prepare for Kirkland Steppers

Learn some simple stretching & flexibility exercises that you can do to make Steppers your complete workout. We'll go through warm up, flexibility exercises, cool down and stretching.

Presented by Patti Quaale RN-BC • Free

Tue	10-11:30am	May 5	44821
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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.

Facilitated by Jody Dearborn, LMHCA, GMHS and Janet Zielasko, MA LSW • 6 classes • Free

Mon	1-3pm	June 1-July 6	44823
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Home Safety **NEW!**

There are a lot of potential dangers and hazards out there! Thousands of accidents occur every year that could potentially have been avoided with some basic safety information. Are you planning on "Aging in Place"? This is the session for you! You will be provided with information that will help you stay at home safely. Join us to make sure that you are doing everything possible to be safe and to increase your awareness and discover some simple fixes!

Presented by Patti Quaale RN-BC • Free

Tue	1-2:30pm	June 16	44826
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Living Well with Diabetes

This Diabetes Self-Management program is a 6-week workshop developed and tested by Stanford University. Your participation will help you gain skills to better manage glucose monitoring, medications, symptoms, fatigue and pain. Learn to handle difficult emotions, improve communication with family, friends and your medical team. Benefit from the support of others who understand what you're going through.

Limited to 16 participants • 6 classes

Facilitated by Patti Quaale RN-BC • Free

Tue	1-3:30pm	July 7-Aug 11	44824
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Changes in the Aging Eye

NEW! Join us for an informative presentation by SightConnection, a nonprofit agency that serves seniors living with vision loss. We will discuss eye care, normal changes as our eyes age as well as unexpected changes due to macular degeneration, glaucoma, diabetes, stroke or cataracts. To help us adapt to vision changes we will review helpful resources, aids and support.

Presented by a SiteConnection Low vision Specialist • Free

Mon	1-2pm	July 20	44825
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To Register for
EvergreenHealth Classes
call 425.899.3000 & Press 1

What's Great on Your Summer Plate

With summer upon us, there will be many parties, barbeques and other gatherings that will offer new challenges for maintaining healthy lifestyles.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45-2pm	April 3
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Fighting Fatigue

Fatigue is not normal. Fatigue can be caused by food allergies, thyroid dysfunction, adrenal gland burnout and much more. Stop feeling fatigued and start feeling fabulous today!

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45-2pm	April 17
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Tips for Tracking Medication

NEW! How can I remember to take the right dosage and on time? Taking medications properly can be a challenge, particularly if many drugs need to be taken. Learn what resources are available to assist you in getting the greatest benefit from your prescription.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	12:45-2pm	May 1
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Cholesterol/Diabetic Screen

Screening will include fasting full panel cholesterol test and glucose. Results will be given before you go home! Limit 25 participants, must register for time slot.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri	8:30-10:30am	May 15
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EvergreenHealth classes continued
on next page...



Acupressure for Self Care

NEW! Do you suffer from aches and pains? Come learn simple ways to relieve your aches and pains and start living your life pain free! We will explore how Chinese Medicine views health and how you can use specific acupressure points for self-care to maintain optimum health.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm June 5

Summer Travel: Keep Moving

The dangers of long flights are making some think twice about air travel. Simple seated exercises will be discussed and demonstrated, along with other techniques to keep the blood moving and muscles relaxed while en route.

Sponsored by EvergreenHealth • Free
To register call 425.899.3000 and press 1

Fri 12:45–2pm June 19

Self Defense for Seniors

Give yourself confidence and peace of mind by learning some simple techniques that will help you to protect yourself and ensure your personal safety.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm July 10

Natural Approach to Memory and Concentration

Is it just a “senior moment,” or is there another explanation? We explore brain exercises, food allergies, underlying illnesses, and supplements to prevent or address memory problems.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm July 24

First Response

Gain the knowledge and confidence to act quickly and correctly if you are the first person upon an emergency situation. Learn techniques to help you effectively communicate with emergency response personnel and how to be of the most assistance to someone in trouble.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Aug 7

Understanding Leg Pain

We’ll discuss several types of leg pain caused by impairment of blood flow and what steps you can take to alleviate your discomfort.

Sponsored by EvergreenHealth • Free
To register, call 425.899.3000 and press 1

Fri 12:45–2pm Aug 21

GOT AN EVENT?

WE’VE GOT SPACE.

Wedding? Party? Reunion? Meeting?

The Peter Kirk Community Center and North Kirkland Community Center can meet these needs and more. Both centers feature hardwood floors, full kitchens and usage of tables and chairs.

For information and availability please give us a call or go to kirklandwa.gov under “How Do I Rent a Park or Facility”



Peter Kirk Comm. Center
(located at Peter Kirk Park)
425.587.3360

North Kirkland Comm. Center
(located at North Kirkland Park)
425.587.3350

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 12:00pm, Monday, Tuesday, Wednesday, 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

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

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

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

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

AARP Area Office

American Association of Retired Persons.

Call 1.866.687.2277 or go to www.aarp.org/states/wa

Benefits Check Online

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. Services.) 206.328.5787

Jewish Family Services..... 206.461.3240



Chinese and Latino 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 10:30am–12:30pm 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

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 \$15 for AARP members / \$20 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 6–7 44787

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 / Wheels to home-bound seniors in Kirkland
- Preparing lunches
- Dishwashing
- Front Desk Greeter
- Coffee Bar
- Slide show presenter, share your travels

For more information call Patrick at 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

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

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	April 1
Wed	9–11am	May 6
Wed	9–11am	June 3
Wed	9–11am	July 1
Wed	9–11am	Aug 5

Metro Bus ID NEW DAY!

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

Thur	10–11am	April 16
Thur	10–11am	June 18

Access

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

To schedule, call 206.205.5000 or toll free 1.866.205.5001.

METRO Information

24-Hour Rider Information.

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

Daily Van Transportation

The Peter Kirk Community Center van operates Monday–Friday, with reservations taken up to 5:00pm, the day before service. The van provides rides to:

- Peter Kirk Community Center
- Local grocery stores and Hopelink's Food Bank, and
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

The suggested donation is \$2 for each trip, or what you can afford.

To use the Kirkland Senior Van, you must be:

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.

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

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

- A resident of City of Kirkland, and
- Eligible for, or in the process of, applying for King County Metro Access eligibility.

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

If you have any questions, please call Mari, the Kirkland Senior Van Coordinator, at 425.587.3363.

The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.



Grocery Shopping

The Kirkland Senior Van 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	April 1	Safeway
Wed	April 8	QFC
Wed	April 15	Bridle Trails
Thur	April 23	Fred Meyer
Wed	April 29	Safeway
Wed	May 6	QFC
Wed	May 13	Bridle Trails
Wed	May 20	Fred Meyer
Wed	May 27	Safeway
Wed	June 3	QFC
Thur	June 11	Bridle Trails
Wed	June 17	Fred Meyer
Wed	June 24	Safeway
Wed	July 1	QFC
Wed	July 8	Bridle Trails
Wed	July 15	Fred Meyer
Wed	July 22	Safeway
Wed	July 29	QFC
Wed	Aug 5	Bridle Trails
Wed	Aug 12	Fred Meyer
Wed	Aug 19	Safeway
Wed	Aug 26	Haggen (Woodinville)

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 Fall 2015 / Winter 2016 van trips.

**Tuesday, April 21
11am at the Center**



Shops & Slots

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

Snoqualmie Casino & Outlets	April 16	44795
Tulalip Casino & Seattle Premium Outlets	July 2	44796

* All trips include sales tax *

Out For Lunch Bunch **ALL NEW LOCATIONS!**

11am–2pm • Resident \$13 / Non-Resident \$15 • Bring lunch \$

Seastar Thur, April 9	Seastar Restaurant and Raw Bar was voted best seafood restaurant in Seattle by the readers of Seattle Magazine, in 2010, 2011 and 2012. At Seastar chefs use local, seasonal, sustainable, quality ingredients to provide our guests with innovative menus and memorable experiences. (Bellevue)	44789
Dog Mountain's Farm to Table Thur, May 14	Bringing the farm to you...Fuel your body at the iconic Carnation gas station (Carnation)	44790
Columbia City Ale House Thur, June 18	Columbia City's neighborhood ale house serving splendid food and fine ales since 1991 (Seattle)	44791
Rock Bottom Thur, July 9	Like most great ideas, Rock Bottom started out as a simple idea: create the best place for friends to share a beer and a bite. You will find Rock Bottom in 38 locations (and counting) with over 700 original brews and more than 125 of the industry's most esteemed medals and awards to the Rock Bottom name. (Bellevue)	44792
Prost! Thur, Aug 13	Situated in West Seattle, Prost! offers West Seattle an inviting neighborhood pub as a gathering place for friends, great beer, and authentic German food.	44793

Klondike Gold Rush Museum

Thur., April 2 44940 9:15am–2pm
Resident \$18 / Non-Resident \$22
Bring lunch \$

NEW! Gold! Gold! Gold! So read the headlines of a Seattle newspaper on July 17, 1897, igniting dreams of easy riches in the minds of thousands as word of a rich gold strike in remote northwestern Canada spreads by telegraph across the globe. Enjoy lunch at FX McRory's after learning the story of the stampede to the Yukon gold fields and Seattle's crucial role in this event.

Taproot Theatre

The Best of Enemies **NEW!**

Wed., April 22 44941 12:30–5:30pm
Resident \$34 / Non-Resident \$38

In 1971, the schools of Durham, North Carolina were racially segregated until a Ku Klux Klan member and a civil rights activist were forced to work together to solve the problem. This remarkable and true story shines a spotlight on the surprising gifts that come when we are willing to change. **Must sign up by 4/1 to secure reservations.**

Brightwater Tour

Thur., April 30 44942 9:15am–2:30pm
Resident \$18 / Non-Resident \$22
Bring lunch \$

Ever wonder how waste water can be recycled into reusable water, energy and electricity? Here's your chance, tour the newly completed Brightwater Center in Woodinville. After your tour enjoy lunch at Tokyo Japanese Steakhouse. This trip requires extensive walking and stairs.



Rhododendron Species Botanical Garden NEW!

Thur., May 7 44944 9:30am–3:30pm
Resident \$31 / Non-Resident \$35
Bring lunch \$

A docent will give a tour of one of the largest collections of species rhododendrons in the world, the garden displays over 700 of the more than 1,000 species found in the wilds of North America, Europe, and Asia, as well as the tropical regions of Southeast Asia and Northern Australia. Enjoy lunch at Salty's in Federal Way before heading back home.

Silver Reef Casino NEW!

Thur., May 21 44945 9am–5pm
Resident \$27 / Non-Resident \$32

With player friendly rules and the table limits you want, Silver Reef Casino in Ferndale is the place to play. Enjoy a complimentary Seafood Buffet lunch and coupons.



Woodland Park Zoo

Thur., May 28 45056 9am–3pm
Resident \$33 / Non-Resident \$37
Bring lunch \$

Woodland Park Zoo exhibits nearly 1,100 animals representing almost 300 different animal species—from tiny insects to the largest land mammal on the planet, the elephant. Don't miss your chance to see the newly opened Tiger and Asian Bear exhibit. Lunch on your own at the zoo. This trip requires extensive walking.

Poulsbo

Thur., June 4 45057 9am–5pm
Resident \$39 / Non-Resident \$44
Bring lunch \$

Enjoy an early lunch at JJ's Fish House, then spend the afternoon exploring this charming Scandinavian waterfront town.

Taproot Theatre: Jeeves Intervenes NEW!

Wed., June 10 44946 12:30pm-5:30pm
Resident \$34 / Non-Resident \$38

Bertie Wooster is in trouble again! Gertrude is eager to marry him, but his friend Eustace is eager to marry Gertrude. Meanwhile Aunt Agatha and Uncle Rupert are both eager to see their nephews at the altar. While the scheming young men race to disaster, the quick-witted Jeeves must devise their rescue! **Must sign up by 5/20 to secure reservations.**

Mount St. Helen's Forrest Learning Center NEW!

Thur., June 25 44947 8:30am–7pm
Resident \$40 / Non-Resident \$48
Bring lunch \$

The Mt. St. Helens Forest Learning Center is located inside the blast zone of the May 18, 1980 eruption of Mount St. Helens. It is a partnership between Weyerhaeuser Company, Washington State Department of Transportation and the Rocky Mountain Elk Foundation. Walk through a life-like forest and experience the Eruption Chamber. Learn about forest recovery, reforestation and conservation of forest resources. *Multiple rest stops and a lunch stop will take place on this trip.*

Vashon Island's All Merciful Savior Orthodox Monastery NEW!

Thur., July 16 44948 8am–4pm
Resident \$37 / Non-Resident \$42
Bring lunch \$

Begin the day with a ferry ride to scenic Vashon Island. Enjoy touring and learning about the Brotherhood of the All-Merciful Savior that was established in 1986. Lunch will be at the Hardware Store restaurant before returning home. The monastery asks that all visitors dress modestly. Men should wear long sleeved shirts and pants. Women should wear long sleeved blouses, long skirts or dresses.



Snoqualmie Falls & Salish Lodge

NEW!

Fri., July 24 44950 8:30am–2:30pm
Resident \$21 / Non-Resident \$25
Bring breakfast \$

It's hard to imagine a more stunning location for a memorable breakfast. Begin the day with outstanding views of the Falls and Snoqualmie River, after breakfast enjoy exploring the lodge and grounds. As you make your way back home stop for some shopping at the North Bend Outlet shops.

Pioneer Farms

NEW!

Thur., July 30 44951 9:30am–4:30pm
Resident \$39 / Non-Resident \$44
Bring lunch \$

This hour and a half tour brings the past to life. Your tour guide will share pioneer stories with your group and you will make a pioneer craft to take home with you. Everyone over the age of 5 is welcome on this trip. Lunch at Crockett's Public House in Puyallup.

Lummi Island

NEW!

Thur., Aug 6 44952 9am–6pm
Resident \$43 / Non-Resident \$46
Bring lunch \$

Small, intimate and uniquely accessible—Lummi Island is the tranquil & forgotten San Juan Island. A short five minute ferry crossing on the Whatcom Chief will transform you into a different world instantly where time slows down and “island time” becomes the way of life.

Mystery Trip

Thur., Aug 20 45048 9:30am–4pm
Resident \$62 / Non-Resident \$67
Bring lunch \$

Just sit right back and you'll hear a tale, a tale of a mystery trip, it started underwater, and ended aboard a tiny ship.

Crystal Mountain Gondola

Thur., Aug 27 44954 9am–4:30pm
Resident \$50 / Non-Resident \$55
Bring lunch \$

Take a scenic ride on the Mt. Rainier Gondola over meadows of wildflowers and mountain streams to the summit of Crystal Mountain. Once you reach the top you'll find a breathtaking view of Mt. Rainier and the Cascade Range as well as enjoying lunch at the Summit House—the highest restaurant in Washington. Please note the elevation of the Summit House is 6872 feet above sea level.

Fruit & Wine: from Ellensburg to Yakima

NEW!

Thur., Sept 3 44955 8am–6pm
Resident \$33 / Non-Resident \$40
Bring lunch \$

As summer winds down into fall this is a great time to visit the fruit stands and wineries in Eastern Washington. Visit two different wineries for wine tasting and two fruit stands to stock up on fresh produce. Please bring cash for wine tasting, each winery charges \$5-10 for a series of tastings.

Attention Riders

For everyone's comfort, please refrain from the use of fragrant personal products while participating in programs and trips.

Thank you for your consideration!

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.