

## Adult Art

### Watercolor Painting

#### Age 18–Adult

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. *No class on 1/15, 2/19.*

2727	Mon	Sep 11–Oct 30	6pm–9pm
\$130 R / \$156 NR	PKCC	Instructor: Jean Pratt-Beouy	
2728	Mon	Nov 6–Dec 18	6pm–9pm
\$114 R / \$137 NR	PKCC	Instructor: Jean Pratt-Beouy	
2729	Mon	Jan 8–Mar 12	6pm–9pm
2730	Mon	Mar 19–May 7	6pm–9pm
\$130 R / \$156 NR	PKCC	Instructor: Jean Pratt-Beouy	

### Beginning Watercolor Workshop

#### All Ages

This is for students with no experience or those needing instruction in the basic elements of watercolor painting. This class will cover basic washes, brush strokes, composition, color, values and planning to make a successful painting. Supply list available at PKCC. Supply fee \$3. 2 classes. *No class on 10/06, 12/22, 12/29.*

3061	Fri	Sep 29–Oct 13	9:30am–12pm
3062	Fri	Dec 15–Jan 5	9:30am–12pm
\$24 R / \$29 NR	PKCC	Instructor: Pat Tuton	

### Mixed Watercolor Media Painting (Intermediate)

#### All Ages

More artists these days are combining 2 or more different mediums to achieve interesting and unique effects. Learn how to explore, expand and enjoy these techniques while also focusing on basic painting concepts and see how different media interact. Come prepared to paint! (No oil painting.) Supply list available at PKCC. Prerequisite: Beg. Watercolor or Workshop. 5 classes. Supply fee \$3. *No class on 11/10, 11/24.*

3069	Fri	Oct 27–Dec 8	9:30am–12pm
3070	Fri	Jan 12–Feb 9	9:30am–12pm
\$60 R / \$72 NR	PKCC	Instructor: Pat Tuton	



### Oil Painting the Easy Way

#### Age 18–Adult

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.

#### 18/up

2738	Wed	Sep 6–Oct 25	5:30pm–8:30pm
2739	Wed	Nov 1–Dec 20	5:30pm–8:30pm
2740	Wed	Jan 3–Feb 21	5:30pm–8:30pm
2741	Wed	Feb 28–Apr 18	5:30pm–8:30pm
\$130 R / \$156 NR	PKCC	Instructor: Jean Pratt-Beouy	

### Oil Painting

#### Age 18–Adult

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. *No class on 12/25, 1/1, 1/15, 2/19.*

3094	Mon	Sep 11–Oct 16	9:30am–11:30am
3095	Mon	Oct 23–Nov 27	9:30am–11:30am
3096	Mon	Dec 4–Jan 29	9:30am–11:30am
3097	Mon	Feb 5–Mar 19	9:30am–11:30am
\$46 R / \$55 NR	PKCC	Instructor: Danielle Barlow	

### Anyone Can Draw

#### Age 18–Adult

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. Develop skills in drawing textures, animals, elements in nature using graphite pencils, ink and ink washes. This is an easy to follow class with lots of individual attention, drawing is easier than you thought! Supply list available at PKCC.

2742	Thur	Sep 7–Oct 26	6pm–9pm
2743	Thur	Feb 1–Mar 22	6pm–9pm
\$130 R / \$156 NR	PKCC	Instructor: Jean Pratt-Beouy	

### Ikebana: The Art of Japanese Flower Arranging

**All Ages** 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. 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. *No class on 10/31.*

2744	Tue	Oct 17–Nov 14	6:30pm–8:30pm
2745	Tue	Feb 13–Mar 6	6:30pm–8:30pm
\$64 R / \$72 NR	PKCC	Instructor: Diane Elliott	

## Sewing/Needlework

### Needle Craft Group

Age 18–Adult

Have fun, socialize and work on your hand work. *Group will not meet on 8/23 & 8/30*

3130 Wed Sep 6–Mar 28 10am–12pm

FREE PKCC

## Music

### Beginning Guitar Turbo Charged!

Ages 15–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 15 years old at the start of class. *No class on 2/19.*

2607 Mon Sep 18–Nov 6 6:30pm–7:30pm

2608 Mon Jan 22–Mar 19 6:30pm–7:30pm

\$98 R / \$118 NR NKCC Instructor: Scott Lawson

### Guitar Song Workshop

Ages 15–Adult

A great sequel for those who have taken the TURBO CHARGED GUITAR class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn and practice your favorite songs using basic techniques. Acoustic and Electric. *No class on 2/19.*

2609 Mon Sep 18–Nov 6 5:15pm–6:15pm

2610 Mon Jan 22–Mar 19 5:15pm–6:15pm

\$98 R / \$118 NR NKCC Instructor: Scott Lawson

### Swingin' Seniors Band

Meets 1st and 3rd Thursday of each month, 1:00–3:00pm

All musicians are welcome to join the fun, no audition necessary! Drop-in when you can, even if it's just to listen.

FREE

PKCC



## Computer Classes

*Class participant should bring their own laptop or iPad, some PC's are available but no Mac computers are available at PKCC.*

### Android Workshop

Age 18–Adult

Want to learn more about your tablet or smart phone? Thinking about buying a tablet because you are having trouble seeing information on your smart phone? Join us for this workshop as we explore everything about Android and give you an opportunity to ask questions. You may bring your Android tablet or smart phone, but it is not required to attend.

3125 Fri Oct 6–Oct 27 1:30pm–3pm

3126 Fri Mar 2–Mar 23 1:30pm–3pm

\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

### Windows 10 Workshop

Age 18–Adult

Do you need help with Microsoft's Windows 10 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 10 device (laptop, tablet, or cell phone), but it is not required to attend.

3127 Fri Sep 8–Sep 29 1:30pm–3pm

3128 Fri Feb 2–Feb 23 1:30pm–3pm

\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

### iPad & iPhone Workshop

All Ages

Do you need help with your iPad or iPhone? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. 4 classes. Participants must provide their own iPad or iPhone.

3129 Fri Jan 5–Jan 26 1:30pm–3pm

\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

## 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.

*\$35 R / \$42 NR • Advanced registration required, call 425.587.3360*



## General Interest

### Flu Shots

#### Ages 18–Adult

“Fight the Flu” and help prevent the spread of influenza in our community! Schedule your flu shot today. Medicare and most area Medicare Advantage Plans will be billed, for all others the cost is \$28 payable by cash or check. Appointments required 425.587.3360.

3093	Mon	Oct 16	10am–11am	PKCC
------	-----	--------	-----------	------

### Women's Self Defense

#### Ages 18–Adult

Learn the 4 most crucial safety lessons: recognizing when someone means harm, using your body language and voice to interrupt an intended assault, simple yet effective physical skills to neutralize an attacker, and how to deal with the emotional fallout of an assault. Practice strikes to vulnerable targets, creating an impact, and releases from some common grabs. Great class to take with a friend! Bring a lunch or snack and water bottle.

2671	Sat	Jan 13	11am–4pm	Instructor: Strategic Living
\$114 R / \$137 NR	NKCC			

### Polly-Glot French for Adults

#### Ages 18–Adult

Language immersion classes use a variety of developmentally age-appropriate activities to introduce new themes and words. Games, music, crafts, stories and dance are featured in each classes to create an interactive and fun learning process.

2698	Sat	Sep 16–Nov 18	11am–12pm
2699	Sat	Jan 13–Mar 17	11am–12pm

\$168 R / \$202 NR NKCC Instructor: Polly-Glot Tots

### Adult and Child First Aid/CPR/AED

#### Age 14–Adult

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 included in fee. Registration closes 1 week prior to start of program. 6-hour course.

3192	Sat	Jan 6	9am–3pm
------	-----	-------	---------

\$90 R / \$108 NR PKCC

### Hypnosis for Weight Loss

#### Ages 18–Adult

During this fun and motivational class, attendees get to enjoy four short hypnosis sessions designed to help them eat smaller (and healthier!) portions, enjoy their “playtime,” and feel their feelings instead of eating them. Instructor Bob Felix is a long-time hypnotherapist certified with the National Guild of Hypnotists. Location: Heritage Hall 203 Market St.

3202	Wed	Nov 1	6:30pm–9:30pm
3201	Wed	Jan 24	6:30pm–9:30pm

\$29 R / \$35 NR Heritage Hall Instr: Bob Felix

### Voice Overs— Now is your time!

#### Age 18–Adult

YOU’VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! (Crest Toothpaste, Olay, Cafe Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train and More) Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films and videos! This exciting and fun class could be the game changer that you’ve been looking for!

2476	Mon	Nov 20	7pm–9pm
2477	Mon	Jan 29	7pm–9pm

\$37 R / \$44 NR NKCC Instructor: Lisa Levine

## Medicare Classes

### Medicare: Getting Started

**Age 18–Adult**

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover: Medicare A, B and C; Help you to understand your Medicare benefits and options; Help paying for Medicare if you qualify; Registration required, seating is limited. Sponsored by SHIBA

3071 Thur Sep 21 1pm–2:30pm  
FREE PKCC

### Medicare: Open Enrollment

**Age 18–Adult**

If you need help navigating Medicare's annual open enrollment, October 15–December 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class. Registration required, seating is limited. Sponsored by SHIBA

3072 Thur Oct 19 1pm–2:30pm  
FREE PKCC

### 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*



## Real Estate

### Home Sellers Workshop

**Age 18–Adult**

Learn how to get top dollar for your home. Topics include pricing, marketing, the pros and cons of “For Sale By Owner” and the costs involved including commissions, taxes, title and escrow.

3077 Wed Sep 20 7pm–9pm  
3078 Wed Jan 24 7pm–9pm  
\$12 R / \$14 NR PKCC Instructor: Kim Prater

### Home Buyers Workshop

**Age 18–Adult**

Whether you're a first time home buyer, upgrading or looking for an investment it's important to know the market. Come get all your questions answered and learn the ropes of purchasing. This class is facilitated by both a mortgage and real estate professional. Find out why home inspections, appraisals and home owner insurance are important. Discuss the Title and Escrow process. Learn how to make the right choices in budgeting for a home and determine how much you qualify for. Turning your dreams into reality is just a class away.

3079 Tue Nov 21 7pm–9pm  
3080 Tue Mar 6 7pm–9pm  
\$12 R / \$14 NR PKCC Instructor: Kim Prater



### Reverse Mortgage: A Tool in Retirement

**Age 18–Adult**

Learn why 62, not 82, may be the BEST time to secure a Reverse Mortgage and why it is no longer considered the loan of last resort. With living longer, many are concerned about outliving their money but according to Dr. Wade Pfau “Used strategically, a reverse mortgage can greatly improve the sustainability of your retirement income.” Get an umbrella before it rains and stop in to get the facts about the New Reverse Mortgage.

3081 Wed Oct 18 7pm–9pm  
\$12 R / \$14 NR PKCC Instructor: Kim Prater