

## Music

### Beginning Guitar Turbo Charged!

**Ages 15 years to 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 2/15 • Resident \$98 / Non-Resident \$118

Mon	6:30–7:30pm	Sept 14–Nov 2	46591
Mon	6:30–7:30pm	Jan 25–Mar 21	46594

### Guitar Song Workshop **NEW!**

**Ages 12 years to 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 how to learn and practice your favorite songs using basic techniques. Acoustic and Electric.

Instructor: Scott Lawson • Location: NKCC  
 8 weeks • No class 2/15 • Resident \$98 / Non-Resident \$118

Mon	5:15–6:15pm	Sept 14–Nov 2	46764
Mon	5:15–6:15pm	Jan 25–Mar 21	46765

### Drop-In Guitar Lessons **NEW!**

**Ages 12 years to Adult**

Whether you are having trouble with a song, a chord, a progression, theory, or a technique, these drop-in 20 minute lessons, are a perfect solution to get your questions answered quickly and guide your playing in the right direction. Forward!! There are three twenty minute time slots available for lessons with a maximum of three students per lesson, first come, first served.

**No online registration. Call to register: 425.587.3350**

Instructor: Scott Lawson • Location: NKCC  
 No Drop-In 2/15 • Resident \$15 / Non-Resident \$16.50  
 (per each 20 minute session)

Mon	4–5pm	Sept 14–Nov 2	
Mon	4–5pm	Jan 25–Mar 21	

## Photography

### Digital Photography from A to F-Stop

If you are interested in taking better photographs and improving your photo skills with your Point and Shoot 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.

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	Nov 18	45912
Wed	6:30–9:30pm	Feb 17	45913

## Voice-Overs

### Voice Overs... Now is your time!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer that you've been looking for!

Instructor Lisa Foster's voice can be heard on commercials and narrations for such clients as: Crest Toothpaste, Olay, Café Appassionato, LA Weight Loss, Advanced Laser Clinics and Sleep Train • Location: NKCC  
 Resident \$37 / Non-Resident \$44

Mon	7–9pm	Nov 23	46689
Thur	7–9pm	Jan 28	46690

## American Red Cross Classes



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

**Ages 14 years to 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 not included in course fee and must be purchased separately at [shopstaywell.com](http://shopstaywell.com)

Location: PKCC • 6 hour course  
 Resident: \$75 / Non-Resident \$90

Sat	9am–3pm	Jan 9	46976
-----	---------	-------	-------

# Adult Special Interest

## Arts & Crafts

### The Calavera Garland **NEW!**

**Ages 10 years to Adult**

Calaveras—or skeletons—come to life each year to celebrate the Dia de los Muertos traditions. Participants create and decorate six individual clay Calaveras that will later be strung together to make a festive decoration or addition to any altar.

*No experience necessary • All materials, glazes and firing included • Pieces will be fired and ready for pick-up within three weeks of the class • Instructor: Karen White • Location: NKCC • Resident \$55 / Non-Resident \$66*

Sat	1:30–4:30pm	Oct 10	46693
-----	-------------	--------	-------

### Home for the Holidays **NEW!**

**Ages 14 years to Adult**

Everyone loves to put special holiday decorations and dishes out to celebrate traditions. Come make and decorate a holiday work of art that will be perfect for parties, special gatherings, or to leave tasty treats for that special visitor. Students will have a choice of designing and decorating a medium platter, bowl or plate.

*No experience necessary • All materials provided • Pieces will be fired and ready for pick-up within three weeks of the class • Instructor: Karen White • Location: NKCC Resident \$35 / Non-Resident \$42*

Sat	3:30–5:30pm	Nov 21	46695
-----	-------------	--------	-------

### Henna Fundamentals Workshop **NEW!**

Henna has become popular for both its beauty and simplicity, as well as its temporary nature. Lucille Ball dyed her hair red with it, and celebrities today are seen flaunting their body art designs for paparazzi. Learn how to create intricate patterns, mix your own fresh henna paste, and try some of the different tools available to today's mehndi artists. This class is for anyone curious about this unique art form. Plenty of individual, expert attention makes this class a great fit for any experience level.

*A \$30 supply fee will be collected by the instructor the day of class • Each student will receive a henna kit to take home • Instructor: Sarah Walters • Location: PKCC Resident \$119 / Non-Resident \$143*

Sat	10am–1pm	Sept 26	46291
Sat	10am–1pm	Nov 7	46292
Sat	10am–1pm	Jan 23	46293
Sat	10am–1pm	Mar 19	46294

### 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 12/21, 12/28 & 2/15 Resident \$130 / Non-Resident \$156*

Mon	6–9pm	Sept 14–Nov 2	45899
Mon	6–9pm	Nov 9–Jan 11	45900
Mon	6–9pm	Jan 25–Mar 21	45901

### 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 • No class 12/22 & 12/29 Resident \$130 / Non-Resident \$156*

Tue	5:30–8:30pm	Sept 8–Oct 27	45903
Tue	5:30–8:30pm	Nov 3–Jan 5	45904
Tue	5:30–8:30pm	Jan 12–Mar 1	45905
Tue	5:30–8:30pm	Mar 8–Apr 26	45906

For day time art classes  
see page 59

### Anyone Can Draw

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!

*Instructor: Jean Pratt Beouy • Supply list available at PKCC Location: PKCC • 6 classes • Resident \$98 / Non-Res. \$118*

Thur	6–9pm	Oct 1–Nov 5	45907
------	-------	-------------	-------



### Drawing with Pastels **NEW DAY!**

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

*Supply list available at PKCC Instructor: Louise Arntson • Location: PKCC*

**4 classes • Resident \$30 / Non-Resident \$36**

Thur	1–3pm	Oct 1–22	45908
Thur	1–3pm	Feb 4–25	45910
Thur	1–3pm	Mar 3–24	45911

**3 classes • Resident \$23 / Non-Resident \$28**

Thur	1–3pm	Nov 5–19	45909
------	-------	----------	-------

### 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 • Fee for floral materials \$32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.*

*Location: PKCC • Instructor: Diane Elliott • 4 classes No class 11/11 • Resident \$64 / Non-Resident \$72*

Wed	6:30–8:30pm	Oct 21–Nov 18	45964
Wed	6:30–8:30pm	Feb 17–Mar 9	45965

## Language

### Introduction to Spanish

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

*Yolanda Von Diesel 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	Feb 22–Mar 21	46214
-----	----------	---------------	-------

### Continuing Spanish

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

*Yolanda Von Diesel 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

Wed	1:30–3pm	Feb 24–Mar 23	46215
-----	----------	---------------	-------

### 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 11/28  
Resident \$168 / Non-Resident \$202

Sat	11am–12pm	Sept 26–Dec 5	46691
Sat	11am–12pm	Jan 23–Mar 26	46692

## Gardening

### Conifers in the Landscape

**NEW!** We are all familiar with our gorgeous towering Western Red Cedars and Douglas Firs. But did you know that there is an enormous array of conifers that are drought-tolerant and scaled to your landscape? Come check out the diversity. PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks  
Resident \$16 / Non-Resident \$18

Sat	10:30–11:30am	Oct 17	46295
-----	---------------	--------	-------

### Container Designs **NEW!**

Containers aren't just for annuals, they can be great for vegetables, colorful perennials that hummingbirds like and herbs for cooking. Did you know that fruit can be grown in a container? Let's look at examples of great containers that have been put together and put one together in class. PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks  
Resident \$16 / Non-Resident \$18

Sat	10:30–11:30am	Jan 9	46296
-----	---------------	-------	-------

### Hot New Spring Shrubs and Perennials for Your Landscape

**NEW!** Plant breeders have been working hard to create smaller, more colorful shrubs and perennials for your landscape. Here is your chance to take a closer look at these new introductions and learn about their diversity. PlantPicks will email a PDF to participants of plants pictures and names that are discussed in class.

Location: PKCC • Instructor: Nancy Tom, Environmental Horticulturist, PlantPicks  
Resident \$16 / Non-Resident \$18

Sat	10:30–11:30am	Mar 26	46564
-----	---------------	--------	-------

## Computers

### iPad Workshop **NEW!**

Do you need help with your iPad? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your iPad, but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey  
2 classes • Participants must provide their own iPad  
Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Feb 5–12	46221
-----	----------	----------	-------

### Android Workshop **NEW!**

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.

Location: PKCC • Instructor: Sally Ann Mowrey • 4 classes  
No class 11/27 • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Nov 6–Dec 4	46222
-----	----------	-------------	-------

## 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 Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

Resident \$35 / Non-Resident \$42  
Advanced registration required, call 425.587.3360

More NEW computer classes now available!  
See page 62 for more details.



# Adult Special Interest

## 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 trick of scammers. You'll learn how to track emails, trace IP addresses and research companies, giving you confidence to recognize scammers from legitimate work. The second part of the class will provide you with over 170 resources on how to make extra income as well as over 140 legitimate companies that hire at-home workers.

*Basic Internet and email skills required • Course fee includes workbook with listings, (\$25 value.)*

*Instructor: Bethany Mooradian has been self-employed for over 15 years and has been featured in such publications as Good Housekeeping, Bankrate.com, ABCnews.com, US News & World Report, AOL Jobs and other publications.*

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

Tue	6-9pm	Sept 22	45914
Tue	6-9pm	Feb 16	45915

### 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 email skills required • Course fee includes workbook with listings (a \$25 value)*

*Instructor: Bethany Mooradian has been a mystery shopper for over 15 years working with over 150 different companies. She's been a shopper, scheduler, and mystery shopping company owner, and speaks at the National Mystery Shopping Conventions. Bethany's Mystery Shopping experiences have been featured in the Toronto Sun, Detroit Free Press, Seattle Met Magazine and other publications.*

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

Thur	6-9pm	Oct 8	45916
Tue	6-9pm	Feb 2	45917



### Reverse Mortgage **NEW!**

Are you at least 62 years old and have equity in your house? If the answer is yes you may be qualified to stay in your home for your lifetime-without ever having another mortgage payment. Learn about the HECM Reverse Programs now available. Participate in this Reverse Mortgage roundtable workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

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

Wed	6-7pm	Sept 16	46188
-----	-------	---------	-------

### 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*

Mon	7-9pm	Nov 16	46161
-----	-------	--------	-------

### Home Sellers Workshop

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

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

Mon	7-9pm	Jan 11	46162
-----	-------	--------	-------

### Effective Stress Management: Even in Uncertain Times

Are you feeling chronically worried, tense or stressed out? Have life setbacks been wearing you down? No matter what your situation, it IS possible to reclaim greater energy, mental clarity and peace of mind. You'll learn brain & body-based stress busters that really work: tools for derailing stress, anxiety and physical tension. You'll also learn how to replace negative thoughts with more constructive ones that free up your energy and creative resources. Handouts provided. The instructor is a therapist and life skills coach who brings a broad range of tips & tricks for managing stress and anxiety.

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

Thur	6:30-8:30pm	Oct 22	46163
Sat	9:30-11:30am	Jan 23	46164

## DOG TRAINING

Companion Animal Solutions is excited to offer dog training for owners with a busy lifestyle.

### Be Thinner, Healthier & Happier by Balancing Your Brain Type

This class will cover 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 focus, losing weight 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 brain-balancing concepts.

*The instructor is a therapist and ADHD/Executive 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*

Thur	6:30–8:30pm	Dec 3	46165
Sat	9:30–11:30am	Mar 12	46167

### Master Money Management, Really!

Do you struggle with keeping on top of your bills and account balances? Have trouble building savings? Don't feel financially self-confident? In this class you will learn how to start tracking and organizing your money and paperwork right away, to build the skills and awareness you need to truly be in control of your finances. It's possible to go from money overwhelm to money mastery! The instructor is a certified Financial Recovery Counselor, as well as a therapist and ADHD/Executive Skills coach.

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

Sat	9:30–11:30am	Nov 7	46168
Thur	6:30–8:30pm	Feb 11	46169

### Group Dog Training w/ Dogs

If your dog doesn't do well around other dogs, sign up for private training as an alternative.

*Instructor: Peggy Adams Myers Location: PKCC  
Resident \$39 / Non-Resident \$47*



<b>Introduction to Dog Training</b>	Dogs like to learn the same way you do: by being shown what you want and rewarded for getting it right instead of being punished every time they make a mistake when they weren't sure what you wanted. Get started learning to communicate effectively with your dog so training is fun for both of you.	Sept 9 • Wed 7:00-8:00pm	46300
		Jan 13 • Wed 7:00-8:00pm	46304
<b>Settle Down!</b>	Some of the most common behavior problems can be dealt with by teaching your dog to settle down. Learn how to get your dog to calm down and settle in one spot.	Sept 16 • Wed 7:00-8:00pm	46301
		Jan 20 • Wed 7:00-8:00pm	46305
<b>Walk with Me!</b>	Does your dog drag you down the street? Learn how to get your dog to focus on you and make walking with your dog enjoyable	Sept 23 • Wed 7:00-8:00pm	46299
		Jan 27 • Wed 7:00-8:00pm	46303
<b>Come When Called</b>	Does your dog think twice when they hear "Come!", or even run in the opposite direction? Learn 5 simple rules to make your dog come running when you call.	Sept 30 • Wed 7:00-8:00pm	46302
		Feb 3 • Wed 7:00-8:00pm	46306