

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 68) 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  
Closed at Noon . . . . . 12/24 & 12/31  
Center Closed . . . . . Sept 1, 2, 3, 4, 7  
Nov 11, 26, 27  
Dec 25, Jan 1, 18  
& Feb 15



**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.

# 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.



SPECIAL EVENTS		CLUB Member	NON-Member	Registration Number
Sept 15	<b>Bellevue Botanical Gardens</b> Lunch on your own at Crossroads Mall	–0–	\$7	44743
Sept 29	<b>“Finish Line” Extravaganza</b> Lunch sponsored by Fairwinds Redmond	–0–	\$7	44744

### 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

\* WA State sales tax included \*

#### 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.

Thank You Fairwinds Redmond & EvergreenHealth for Sponsoring Steppers!



## Special Events

### 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

Fri	11am	Oct 2	45920
Mon	11am	Jan 25	45921

### CLUB BON VOYAGE

**NEW!** Do you have the urge to explore the world and visit new destinations? Here is your chance to have fun traveling to amazing places you have always dreamed about visiting with your friends or on your own. Let us handle the details, all you have to do is enjoy the adventure. Join a Collette representative to learn about the upcoming 2016 destinations. Free

Mon	10:30am	Oct 5	46571
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# at the Peter Kirk Community Center

## Fall Fashion Show & Tea

Join your friends and make some new ones over a delicious cup of tea and some delectable goodies while enjoying a vintage fashion show.

**Advanced registration required by 9/18! • Cost \$7** (includes sales tax)

Special thanks to the PKCC Advisory Board for hosting this event.

Thur 1pm Sept 24 45925

## FABULOUS FOWL FEAST

Celebrate Thanksgiving the old fashioned way. Enjoy lively musical entertainment by the Haggis Brothers followed by a delicious traditional turkey meal with all the trimmings.

**Advanced registration required by 11/12! • Cost \$7** (includes sales tax)

Special thanks to Brookdale Kirkland.

Thur 11am Nov 19 45922

## HOLIDAY D'LIGHTS

Add some merriment to your holiday season with our annual celebration featuring a festive musical performance from "Buddy Holly" and a delicious lunch. This is one party you won't want to miss; it's guaranteed to get you in to the spirit of the season!

**Advanced registration required by 11/25! • Cost \$7** (includes sales tax)

Special thanks to Aegis of Kirkland and Aegis Lodge in Kirkland.

Thur 11am Dec 3 45923

## 15TH ANNUAL HOLLY-DAY BRUNCH

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited!

**Advanced registration required by 11/25! • Free!**

Sat 10am Dec 5 45924

## Mardi Gras

Masquerade madness is here with all the pomp and fanfare! Join the fun incognito and create a magical illusion with your colorful attire and mask. Tap your toes to some fabulous music, followed by a lavish lunch!

**Advanced registration required by 2/2! • Cost \$9** (includes sales tax)

Tues 11am Feb 9 45926

## Luck o' the Irish LUNCHEON

Grab some something green to wear and help us celebrate St. Patrick's Day! This party will begin with some lively, toe-tapping entertainment followed by a traditional Irish meal.

**Advanced registration required by 3/10! • Cost \$9** (includes sales tax)

Special thanks to Pacific Regent of Bellevue.

Thur 11am Mar 17 45927

# VIVA VOLUNTEERS!

GIVING A HAND • GETTING INVOLVED



## Annual Volunteer Fair Saturday, October 24 at PKCC 10am–2pm

Learn about exciting and rewarding volunteer opportunities!

- Door prizes!
- Hot topic sessions!
- Free parking!
- Free snacks and beverages!

### VOLUNTEER OPPORTUNITIES

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



For more information contact: **Leslie Miller 425.587.3322**

## 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](http://www.kirklandwa.gov/seniorcouncil)

## Arts & Crafts

### Beginning Watercolor Workshop

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 • Location: PKCC  
 Instructor: Pat Tuton • Supply fee \$3 • 2 classes  
 Resident \$22 / Non-Resident \$26

Fri	9:30am–12pm	Sept 11–18	46307
Fri	9:30am–12pm	Jan 8–15	46308

### Mixed Watercolor Media Painting (Intermediate Level)

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: Beginning Watercolor or Workshop • Location: PKCC  
 Instructor: Pat Tuton • 4 classes • Supply fee \$3  
 Resident \$44 / Non-Resident \$53

Fri	9:30am–12pm	Sept 25–Oct 16	46309
Fri	9:30am–12pm	Jan 22–Feb 12	46310

### 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.

Location: PKCC • Supply list available at PKCC  
 Instructor: Danielle Barlow • 6 classes • No class 2/15  
 Resident \$46 / Non-Resident \$55

Mon	9:30–11:30am	Sept 14–Oct 19	45928
Mon	9:30–11:30am	Oct 26–Nov 30	45929
Mon	9:30–11:30am	Dec 7–Jan 11	45930
Mon	9:30–11:30am	Jan 25–Mar 7	45931
Mon	9:30–11:30am	Mar 14–Apr 18	45932

### 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
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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 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!

No meeting on 9/3 • Group meets the 1st and 3rd Thursday of each month at 1pm

### Needle Craft Group

Have fun, socialize and work on your hand work.

No meeting on 11/11 • Free

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



### Movie and Popcorn

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

The Theory of Everything	Mon	1pm	Sept 21
The Imitation Game	Mon	1pm	Oct 19
Big Eyes	Mon	1pm	Nov 16
The Book Thief	Mon	1pm	Dec 21
Woman in Gold	Mon	1pm	Jan 11
The Longest Ride	Mon	1pm	Feb 8
Leap Year	Mon	1pm	Feb 29
Still Alice	Mon	1pm	Mar 21

### 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.



## 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.

# Age 50+

## Language

### Introduction to Spanish

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

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

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

Mon	1:30–3pm	Feb 22–Mar 21	46214
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### Continuing Spanish

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

*Yolanda Von Diesl has been teaching language classes for over 25 years and is fluent in Spanish, French, Norwegian, Italian and German • This class uses "Dos Mundos 6th Edition, please bring book, pen and paper to class.*

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

Wed	1:30–3pm	Feb 24–Mar 23	46215
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## Literary Arts

### Mystery Book Club

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

*Group meets the 1st Wednesday of each month, 1–2pm • No meeting in September*

## Music

### Swingin' Seniors Band

All musicians welcome to join the fun!

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



## 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	Sept 4–25	45893
Fri	10–11am	Oct 2–23	45894
Fri	10–11am	Nov 6–27	45895
Fri	10–11am	Jan 8–29	45896
Fri	10–11am	Feb 5–26	45897
Fri	10–11am	Mar 4–25	45898

## 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 • 6 classes  
No class 9/29, 11/24 & 2/9*

<i>Resident \$30 / Non-Resident \$36 Drop-In Rate Resident \$7 / Non-Resident \$8</i>			
Tue	10–11am	Sept 8–Oct 20	45960
Tue	10–11am	Oct 27–Dec 8	45961
Tue	10–11am	Jan 5–Feb 16	45962
Tue	10–11am	Feb 23–Mar 29	45963

## 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 2016 season is underway! The two men's teams, "Moss Bay Hawks" and "Kirkland Owls" were a hit in 2015! After a long winter break, team players are now dusting off their bats to begin practice in March 2016. 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

### 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  
Instructor: Sally Rodich*

**Mondays 4 classes • No class 11/2, 12/28 & 2/15**  
*Resident \$40 / Non-Resident \$48*

Mon	9–10am	Sept 14–Oct 5	45934
Mon	9–10am	Oct 12–Nov 9	45935
Mon	9–10am	Nov 16–Dec 7	45936
Mon	9–10am	Dec 14–Jan 11	45937
Mon	9–10am	Jan 25–Feb 22	45947
Mon	9–10am	Feb 29–Mar 21	45948

**Wednesdays 4 classes • No class 12/30**  
*Resident \$40 / Non-Resident \$48*

Wed	10–11am	Sept 9–30	45938
Wed	10–11am	Oct 7–28	45939
Wed	10–11am	Nov 18–Dec 9	45940
Wed	10–11am	Dec 16–Jan 13	45941
Wed	10–11am	Jan 20–Feb 10	45949
Wed	10–11am	Feb 17–Mar 9	45950
Wed	10–11am	Mar 16–Apr 6	45951

**Thursdays 4 classes • No class 10/29, 11/5 & 3/17**  
*Resident \$40 / Non-Resident \$48*

Thur	9:15–10:15am	Sept 10–Oct 1	45942
Thur	9:15–10:15am	Oct 8–Nov 12	45943
Thur	9:15–10:15am	Jan 7–28	45953
Thur	9:15–10:15am	Feb 4–25	45954
Thur	9:15–10:15am	Mar 3–31	45955

**Thursdays 2 classes**  
*Resident \$20 / Non-Resident \$24*

Thur	9:15–10:15am	Dec 10–17	45944
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### Rizzmic® **NEW!**

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

*Wear athletic shoes • Location: PKCC  
Instructor: Joan Wilde • 4 classes • No class 9/29 & 2/9*  
*Resident \$35 / Non-Resident \$42*

Tue	10:30–11:30am	Sept 8–Oct 6	46126
Tue	10:30–11:30am	Oct 13–Nov 3	46127
Tue	10:30–11:30am	Nov 10–Dec 1	46128
Tue	10:30–11:30am	Dec 8–29	46129
Tue	10:30–11:30am	Jan 5–26	46130
Tue	10:30–11:30am	Feb 2–Mar 1	46131
Tue	10:30–11:30am	Mar 8–29	46132

### 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 • 4 classes  
Instr: Joan Wilde • No class 11/19, 11/26, 12/3 & 3/17*  
*Resident \$35 / Non-Resident \$42*

Thur	10:30–11:30am	Sept 10–Oct 1	46134
Thur	10:30–11:30am	Oct 8–29	46135
Thur	10:30–11:30am	Nov 5–Dec 17	46136
Thur	10:30–11:30am	Jan 7–28	46137
Thur	10:30–11:30am	Feb 4–25	46138
Thur	10:30–11:30am	Mar 3–31	46139



### Enhance Fitness

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

*Instructor: Gina Casanova  
No class 9/2, 9/4, 9/7, 11/27, 12/25, 1/1, 1/18, 2/15*  
*Resident \$47 / Non-Resident \$56*

*Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan • Class meets 3 times a week: Mon, Wed and Fri • 15 classes per session • Registration begins 1 week prior to the first class of the session • Call 425.587.3360 for session dates and times.*

## Games

### Ping Pong (Table Tennis)

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 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 11:00am

### 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

## 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

## COMPUTER CLASSES

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

### Maintain Your Computer's Performance **NEW!**

Want to learn how to keep your computer running as fast as when you first purchased it? Join us for this workshop as we explore routine maintenance and the best utilities to use to maximize your computer's performance. You may bring your computer (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey  
2 classes • Resident \$20 / Non-Resident \$24

Fri	1:30–3pm	Feb 19–26	46220
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### Mac Classes

#### 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
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### PC Classes

#### 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.

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

Fri	1:30–3pm	Nov 6–Dec 4	46222
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## Microsoft Windows

### Window 7 Workshop **NEW!**

Do you need help with Microsoft's Windows 7 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 7 device (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey  
4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Sept 11–Oct 2	46223
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### Windows 8 and 8.1 Workshop **NEW!**

Do you need help with Microsoft's Windows 8 or 8.1 Operating System? Join us for this Workshop that will cover basics and give you an opportunity to ask questions. You may bring your Windows 8 or 8.1 device (laptop, tablet, or cell phone), but it is not required to attend.

Location: PKCC • Instructor: Sally Ann Mowrey  
4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Oct 9–30	46284
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### Windows 10 Workshop **NEW!**

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.

Location: PKCC • Instructor: Sally Ann Mowrey  
4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Jan 8–29	46285
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## Internet

### Buying & Selling via the Internet **NEW!**

Never attempted to buy or sell anything via the internet? Let's explore how it is done. Everything you wanted to know about Craig's List, eBay, Amazon, TV Shopping Channels, etc. but were afraid to try. Learn how to use these websites for buying and selling on the internet. Optional, but not required: bring a tablet, laptop, or other device that can access the internet.

Location: PKCC • Instructor: Sally Ann Mowrey  
4 classes • Resident \$35 / Non-Resident \$42

Fri	1:30–3pm	Mar 4–25	46286
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## Financial

Advanced registration required: 425.587.3360

### Coffee, Cash and 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	Sept 11	46170
Fri	10:30–11:30am	Oct 2	46171
Fri	10:30–11:30am	Nov 6	46172
Fri	10:30–11:30am	Jan 8	46173
Fri	10:30–11:30am	Feb 5	46174
Fri	10:30–11:30am	Mar 4	46175

## Financial Services

### Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2015 tax return.

Appointments are available Fridays from 9am-1pm, Feb 5–April 15 • 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](http://www.atg.wa.gov)

### Clearpoint Financial Services (Formerly Solutions Consumer Credit Counseling)

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

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

### Property Tax Benefits Program

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

To see if you qualify, call 206.296.3920

### Social Security

Open 7am–7pm weekdays

Call 1.800.772.1213 or go to [www.ssa.gov](http://www.ssa.gov)

## Legal Services

### Senior Rights 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](http://www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx)

### Eastside Legal Assistance Program

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

No fee • Appointments required  
To qualify, call 425.747.7274

### Wills Project

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

No fee • Call 425.747.7274

## Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. 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.

## 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 425.587.3360*

### 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 425.587.3360 • 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 425.587.3360 • FREE*

## Support Groups

### The Joy of Living Alone

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 will meet quarterly and will discuss those issues and more. We will 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. We will bring in experts to talk about all topics that are of interest (i.e.; police/fire.) We will decide on the timing—should it be once a month/quarter? Let's problem solve together and find the Joy in Living Alone. *FREE*

Tue	10–11am	Nov 24	45968
Tue	10–11am	Feb 16	45970



*Thank you  
EvergreenHealth*

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

### 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.

*2nd & 4th Monday of the month  
9:30–10:30am in the Sunroom*

### Men's Coffee Hour

Interested in joining other men in good conversation on Monday morning? We would like to start a coffee group for men at Peter Kirk.

*For more information and to add your name to the group list please call 425.587.3360. Once we have a list going of interested members we will set a meeting date and time.*

### 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



### Family Caregiver Support Program **NEW!**

Do you as a spouse, adult child, relative or friend—provide unpaid care for an adult loved one with a chronic illness or disability? The King County Caregiver Support Program helps unpaid caregivers of adults age 18 and older. By helping to reduce family caregiver stress, the support program enables care receivers to remain at home and independent. Come learn about the free/low cost services the Caregiver Support Program can provide you and your loved ones. **FREE**

Mon	1–2:30pm	Sept 21	46190
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### Affordable Housing Seminar

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	2–3:30pm	Nov 16	45974
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## Health & Nutrition



### Making Sense of In-Home Health Care **NEW!**

Do you want to age in place but find in home health services hard to understand? This workshop will explore using an agency vs. hiring privately, the role of the nurse and the social worker, and how to plan your environment for aging at home. You will also learn what Medicare pays for and what needs to “come out of pocket”, what it means to run out of resources and either qualify or not qualify for Medicaid, and what care can look like in the community. Being at home doesn’t mean being alone!

Facilitated by Susan “Sam” Miller, RN, MN, BC, CareForce, Inc • Free

Mon	1–2:30pm	Dec 7	45975
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### Taking Charge of Your Future: Senior House & Care Options

**NEW!** What is the difference between Independent Living, Assisted Living, Adult Family Homes, and In Home Care Options? Did you know as a veteran or widow of a veteran you can get up to \$1,700/month toward your care? Get the answers to these and any other questions about senior care including downsizing, elder care attorneys, and receive a free CHOICE resource guide.

Facilitated by Jennifer Bergstrom, CHOICE Advisory Services • Free

Mon	1–2:30pm	Jan 11	45976
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### Help! Nutrition on the Fly!

**NEW!** We’re all so busy these days—how do I prepare a nutritional meal when I’m busy? How many calories do I need? Am I getting enough exercise? What constitutes a good snack? Planning for those days when there never seems to be enough time to get everything done. *FREE*

Tue	10–11am	Jan 19	46193
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### I Hate to Go to the Doctor

**NEW!** Learn how to make a 15 minute Doctor’s appointment pleasant and effective. You’ll get info that comes from Doctors themselves. You’ll learn how to get answers that you understand and learn some effective communication techniques that will make your MD visits more beneficial for you. *FREE*

Tue	10–11am	Feb 16	46194
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### “Chicken Soup” for the Brain

The brain is a marvelous organ, but, like all organs, it needs to stay in shape, so to speak. This workshop will explore different approaches for memory enhancement. During the 4-session workshop, you will learn theories about memory loss that is part of normal aging versus possible onset of dementia, “exercises” for the left brain and the right brain, strategies for improving recall and general memory

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

Mon	1–3pm	Mar 7–28	45990
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### Healthy Aging: Reducing Your Stress **NEW!**

Research shows that as we age, stress greatly affects our quality of life. Older adults are faced with the stress of chronic illness, caring for a loved one with chronic illness or even the loss of someone close. Discover techniques to effectively cope with stress and anxiety to increase your well-being.

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

Fri	12:45–2pm	Sept 11
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### Achieving Balance with Supplements

Explore which supplements will benefit you, what results to expect and how to safely and effectively incorporate them into your diet.

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

Fri	12:45–2pm	Sept 25
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### Comfort for Bunions and Hammer Toes

Bunions are one of the most common forefoot problems. Join us to learn how to alleviate pain and promote foot comfort.

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

Fri	12:45–2pm	Oct 2
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### Medicare: Are You Covered?

Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce Medicare related costs. Get the facts about your Medicare choices, so you can save money on health care coverage costs.

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

Fri	12:45–2pm	Oct 16
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To Register for EvergreenHealth Classes call 425.899.3000 and Press 1 <<<



## How to Choose a Healthy Meal **NEW!**

Learn how to make educated healthy choices from a prepared menu. Discover ways to balance proteins, carbohydrates and fats. We'll compare menu items looking at nutritional concepts such as antioxidants, fiber, and more.

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

Fri 12:45–2pm Nov 6

## 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 Nov 20

## Holiday Cooking: Quick and Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

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

Fri 12:45–2pm Dec 4

## Living with Ease and Arthritis

Make your home arthritis friendly by creating more accessible living space with assistive technology and learn simple techniques for daily use.

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

Fri 12:45–2pm Jan 8

## Improve Your Hearing

Explore techniques for improving communication skills and maximizing your hearing. Discover new hearing aid technologies and learn how to enhance hearing in noisy environments.

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

Fri 12:45–2pm Jan 22

## Mindercise for Memory Enhancement

Learn the 3 A's of memory enhancement: attitude, attention and activity. See how the 3 A's can either help or hinder your memory and concentration skills. Emphasis is on fun and mental stimulation.

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

Fri 12:45–2pm Feb 5

## Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

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

Fri 12:45–2pm Feb 19

## Return to Slender

Talk to a nutritionist about diet risks, myths and fads. Simple, safe and permanent tips for achieving a healthy weight loss and balanced nutrition will be provided.

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

Fri 12:45–2pm Mar 4

## Meditation Made Easy

Learn easy ways to benefit from meditation as it calms the mind, heals the body, and balances the emotions.

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

Fri 12:45–2pm Mar 18



## 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 \$79. 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

### Meals on Wheels Program

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

For info call 425.587.3360.

### Lunch Nutrition Program

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

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

### 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.

### 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](http://www.kcwics.org)

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## Community Resources

### Senior Information & Assistance

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

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

### Bridge Ministries for Disability Concerns

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

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

### Evergreen Care Network

Helps older adults remain independent.

Call 425.899.3200 or go to [www.evergreenhospital.org/for\\_patients/medical\\_services/evergreen\\_care\\_network](http://www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network)

### AARP Area Office

American Association of Retired Persons.

Call 1.888.687.2277 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Online

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

### Adult Day Centers

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

Northshore Adult Day Center . . . . . 425.488.4821  
Elder & Adult Day Services. . . . . 425.867.1799

### Respite Care Program

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

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

### Respite Care Services on the Eastside

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

Evergreen Community Home Health & Hospice . . . . . 425.899.3300  
Eastside Friends of Seniors . . . . . 425.369.9120  
Volunteer Chore Services (Catholic Comm. Svcs.) . . . . . 206.328.5787  
Jewish Family Services. . . . . 206.461.3240



## Chinese 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 1–3pm 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

# 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](http://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

# Age 50+

## Volunteer Opportunities

### Center Volunteer Opportunities

The Center's continued success is directly related to our hard-working and dedicated corps of volunteers. Currently, there are a variety of volunteer opportunities at the Center, they include: Delivering Meals on Wheels to homebound 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](http://www.aarpworksearch.org)

### Employment Resource Center

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

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

## Driver Training

### AARP: 55 Alive Driving Course

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

Fee \$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	Sept 23 & 24	46197
Wed & Thur	12:30–4:45pm	Nov 4 & 5	46198
Wed & Thur	12:30–4:30pm	Jan 13 & 14	46199
Wed & Thur	12:30–4:30pm	Mar 9 & 10	46200

## 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	Oct 7
Wed	9–11am	Nov 4
Wed	9–11am	Dec 2
Wed	9–11am	Jan 6
Wed	9–11am	Feb 3
Wed	9–11am	Mar 2

### Metro Bus ID NEW DAY!

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

Thur	10–11am	Sept 17
Thur	10–11am	Nov 19
Thur	10–11am	Feb 18

### Access

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

To schedule, call 206.205.5000 or toll free 866.205.5001

### METRO Information

24-Hour Rider Information.

Call 206.553.3000 or toll free, 1.800.542.7876  
TTY: 206.684.1739

### Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

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

### HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

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

### Share a Ride & Meet a New Friend

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

For more information, call 206.448.5740



## Daily Van Transportation

The 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:

- A resident of the City of Kirkland, &
- 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	Sept 2	Winco (Everett)
Wed	Sept 9	Bridle Trails
Wed	Sept 16	Fred Meyer
Wed	Sept 23	Safeway
Wed	Sept 30	QFC
Wed	Oct 7	Bridle Trails
Wed	Oct 14	Fred Meyer
Wed	Oct 21	Safeway
Wed	Oct 28	QFC
Tue	Nov 3	Bridle Trails
Tue	Nov 10	Fred Meyer
Wed	Nov 18	Safeway
Tue	Nov 24	QFC
Wed	Dec 2	Bridle Trails
Wed	Dec 9	Fred Meyer
Wed	Dec 16	Safeway
Wed	Dec 23	QFC
Wed	Dec 30	Bridle Trails
Wed	Jan 6	Fred Meyer
Wed	Jan 13	Safeway
Wed	Jan 20	QFC
Wed	Jan 27	Bridle Trails
Wed	Feb 3	Fred Meyer
Wed	Feb 10	Safeway
Wed	Feb 17	QFC
Wed	Feb 24	Bridle Trails
Wed	Mar 2	Fred Meyer
Wed	Mar 9	Safeway
Wed	Mar 16	QFC
Wed	Mar 23	Bridle Trails
Wed	Mar 30	Fred Meyer

## Van Trip Planning Meeting

Have you ever thought someplace would make a great van trip? Here is your chance to give your input! Please join us for a brainstorming and planning meeting for Spring/ Summer 2016 van trips.

**Tuesday, October 20  
11am at the Center**

## CLUB BON VOYAGE

**NEW!** Do you have the urge to explore the world and visit new destinations? Here is your chance to have fun traveling to amazing places you have always dreamed about visiting with your friends or on your own. Let us handle the details, all you have to do is enjoy the adventure. Join a Collette representative to learn about the upcoming 2016 destinations.

**Monday, Oct. 5 • 10:30am  
Free • Please register: 46571**

## Shops & Slots

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

Muckleshoot Casino & The Outlet Collection	Oct 22	45999
Tulalip Casino & Seattle Premium Outlets	Jan 7	46000

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

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

<p><b>Arnie's</b> Tuesday, Sept 8 45991</p>	<p>Enjoy sweeping panoramic views of the Olympic Mountains and the beautiful Puget Sound. Arnie's takes pride in 25 years of delivering genuine service, skillfully prepared local products and spectacular views on the waterfront. Enjoy the best the Pacific Northwest has to offer. (Edmonds)</p>
<p><b>The Crab Pot</b> Tuesday, Oct 6 45992</p>	<p>The Crab Pot offers fresh, delicious seafood and a variety of other fares. (Bellevue)</p>
<p><b>Diamond Knot Brewery &amp; Ale House</b> Tuesday, Nov 17 45993</p>	<p>Diamond Knot's original brewery and alehouse is in a building that has housed a pub for over 20 years and offers their own beers and multiple guest taps, along with an ever expanding kitchen and wine list. (Mukilteo)</p>
<p><b>The Grange Café</b> Tuesday, Dec 15 45994</p>	<p>The Grange Cafe brings the meaning of 'local' to a whole new level. The menu features many of the region's best ingredients hand-delivered by local farms, cheese and dairy from local artisans, and the highest quality meat and game available. (Duvall)</p>
<p><b>The Bonefish Grill</b> Tuesday, Jan 19 45995</p>	<p>Try inspired dishes created from fresh ingredients every day! (Bothell)</p>
<p><b>Marianna Ristorante Italiano</b> Tuesday, Feb 23 45996</p>	<p>Marianna Ristorante is the perfect place to relax and enjoy delicious traditional Italian meals. (Renton)</p>
<p><b>The Crepe Escape</b> Tuesday, March 15 45997</p>	<p>The Crepe Escape offers a place for groups of all sizes to meet and enjoy great crepes and coffee. Diners enjoy the glowing fireplace, comfortable chairs, and the friendly barista and chef. (Snohomish)</p>

## Wolf Haven

Thur., Sept 17 46216 9am–4:30pm  
Resident \$35 / Non-Resident \$40  
Bring lunch \$

Begin with an entertaining and educational tour of Wolf Haven sanctuary in Tenino, followed by lunch at Falls Terrace restaurant. Park admission is included in the price. This is an outdoor walking tour, so dress accordingly.

## La Conner

Tue., Sept 22 46001 10am–4pm  
Resident \$30 / Non-Resident \$36

Enjoy a day of exploring and shopping in La Conner.

## Snohomish

Thur., Oct 1 46002 10:30am–5pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$

Begin the day with an early lunch at the Cabbage Patch restaurant and then spend the day antiquing and looking for fun deals in downtown Snohomish.

## Seattle Restaurant Week

Thur., Oct 15 46003 11am–2:30pm  
Resident \$13 / Non-Resident \$15  
Bring \$15 + tax & gratuity for lunch  
(CASH ONLY PLEASE)

Back by popular demand, this trip is sure to sell out fast! Twice a year Seattle Restaurant Week gives diners a chance to try out some of the best restaurants in the area for a great deal. Restaurant and location will be announced one week prior to trip. Beverages are not included in lunch price.





## Washington State History Museum

Thur., Oct 29 46201 8:45am–3:30pm  
Resident \$34 / Non-Resident \$39

The Washington State History Museum is where fascination and FUN come together! Start the day off with a guided tour where you will explore and be entertained in an environment where characters from Washington's past speak about their lives. Enjoy lunch at Stanley & Seafort's before heading home.

## Seattle Jr. Hockey BINGO **NEW!**

Wed., Nov 4 46202 9:45am–3:30pm  
Resident \$18 / Non-Resident \$22  
Bring lunch \$

Pay a visit to a nearby bingo parlor. \$6 buy in 60n pack, \$1 for single pay pack, \$2 for bonus pay pack, \$3 for star pay pack, \$10 for double pay pack. \$26 fills a full machine with 66 cards, \$16 for a mini machine with 36 cards. Every regular game pays \$125/\$250. Stop off at the Lake Forrest Bar and Grill for a late lunch before returning to the Center.

## Paramount Theater Tour **NEW!**

Thur., Nov 12 46203 8:45am–2:30pm  
Resident \$22 / Non-Resident \$26  
Bring lunch \$

Learn the extensive history of this Seattle landmark that opened its doors in 1928 on a private guided tour. Enjoy a delicious lunch at the Cheesecake Factory a short walk from the theater.

## Thanksgiving Lunch & Bingo Cruise **NEW!**

Wed., Nov 25 46205 10am–4pm  
Resident \$70 / Non-Resident \$75

Get out on the water and indulge in traditional Thanksgiving fare, including turkey, mashed potatoes and pumpkin pie. Then play a fun game of Thanksgiving-themed bingo! **Must sign up by 11/13 to secure reservations.**

## Burlington Coat Factory/ Big Lots

Tue., Dec 1 46206 10am–4pm  
Resident \$20 / Non-Resident \$24  
Bring lunch \$

The first stop of the day will be the Burlington Coat factory followed by lunch at Scott's Bar and Grill. Finish the day off at Big Lots before heading home.

## Lights of Christmas Dinner Show–Warm Beach **NEW!**

Fri., Dec 11 46207 3:30–11pm  
Resident \$72/ Non-Resident \$78

Take a brief walk around the enchanting lighted grounds and then settle in for a fabulous 5-course meal and live theatre in the Baylight Room featuring The Christmas Change Up. **Must sign up by 10/30 to secure reservations, choose dinner entrée at time of registration.**

## Ikea Twice-A-Year Sale

Thurs., Jan 14 46208 10am–2pm  
Resident \$15 / Non-Resident \$18  
Bring lunch \$

Shop for household items and feast on Swedish meatballs.

## Seattle Times Production Facility **NEW!**

Thur., Jan 28 46209 12:30pm–4:30pm  
Resident \$14 / Non-Resident \$17  
Bring lunch \$

Take this opportunity to see inside the North Creek production facility for the Seattle Times while the equipment is in motion. Before the tour enjoy lunch at Italianissimo in Woodinville.

## A New Day Northwest

Thur., Feb 4 46004 8:15am–2:15pm  
Resident \$17 / Non-Resident \$20  
Bring lunch \$

Be part of the studio audience for this local daily television show. Don't forget to set your DVR, as the show will air at 11am on the day we tape! After taping enjoy lunch at the Portage Bay Cafe on South Lake Union. **Must sign up by 1/28 to secure reservations.**

## Clearwater Casino

Thur., Feb 11 46210 9am–5pm  
Resident \$27 / Non-Resident \$32  
Bring lunch \$

Explore this fun, friendly waterfront casino located on the Kitsap Peninsula.

flickr, courtesy of brewbooks



## 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.

### Northwest Flower & Garden Show **NEW!**

Thur., Feb 18 46211 9am–3:30pm  
Resident \$46 / Non-Resident \$51  
Bring lunch \$

The 27th annual Flower and Garden show will mark the start of spring for garden enthusiasts around the Northwest. With over 300 exhibits there is sure to be something for every level of gardener at this fun event. Admission included in price. **Must sign up by 2/4 to secure reservations.**

### Thrift Shop Hop **NEW!**

Thur., Mar 3 46217 9:30am–4pm  
Resident \$21 / Non-Resident \$25  
Bring lunch \$

Start the day at the Monroe Goodwill followed by a visit to St. Vincent de Paul. Enjoy lunch at Bella Balducci's. Next we are off to the Dollar Store before starting back home.

### Mystery Trip **NEW!**

Thur., Mar 10 46218 8:15am–4pm  
Resident \$33 / Non-Resident \$38  
Bring lunch \$

This is one trip that will really spark your interest!

### Microsoft Visitor's Center **NEW!**

Thur., Mar 24 46219 10am–2:30pm  
Resident \$15 / Non-Resident \$18  
Bring lunch \$

On this self-guided tour of the Microsoft Visitor's Center you will experience everything from the latest innovations to the very first personal computer. Enjoy lunch at Angelo's in Bellevue.

### Puget Sound Loop

Fri., Apr 1 46570 8:30am–5pm  
Resident \$42 / Non-Resident \$48  
Bring lunch \$

Start the day off with a drive across the Narrows Bridge and stop at Elandan Gardens where you will see world class landscaping, bonsai, nursery and gift shop. Then it's off to Bremerton for lunch. The next stop is the fascinating Naval Undersea Museum in Keyport. Return home via the Kingston Ferry.