

50+ ADULTS

Peter Kirk Community Center

50+ Programs

352 Kirkland Ave, Kirkland, WA 98033

425-587-3360

Monday–Friday: 8am–5pm



The Peter Kirk Community Center (PKCC) is committed to providing daytime opportunities for people aged 50 and over, to create healthy and rewarding lives for themselves and others.

OUR MISSION

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, 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 two 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.

EVERYONE IS WELCOME

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 oneself, 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 73) 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 CLOSURE DATES 5/27, 6/19, 7/4, 8/26, 8/27, 8/28, 8/29, 8/30, 9/2

GAMES



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 11am.

Drop-In Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners. All are welcome to join Fridays at 11am.

Cards

Come use our card rooms for a friendly game, available days, and some evenings. Call 425.587.3360 for more information.

Drop-In Pool Tables

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room.



GET MOVING!

WITH THE KIRKLAND STEPPERS CLUB!

Join the Kirkland Steppers and enjoy fun walking opportunities while meeting new friends. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

The Steppers group will be meeting at several local parks throughout the season, staff will meet at the locations on this schedule.

EvergreenHealth

MorningStar
SENIOR LIVING
of KIRKLAND



**JOIN THE
KIRKLAND
STEPPERS FOR
JUST \$5!
CLASS # 17785**

Tue, June 4–Aug 20 Walks Begin at 10AM

SPECIAL EVENTS		Registration Number
June 4	Kirkland Steppers “Kick-Off” 9:15am Breakfast and Giveaways 10am Walk to Lake St/ Downtown Corridor Breakfast sponsored by MorningStar, Senior Living of Kirkland	17786 Registration Required
June 11	Grass Lawn Park-7031 148th Ave NE., Redmond 98052	Included
June 18	Juanita Bay 2201 Market St., Kirkland 98033	Included
June 25	Cross Kirkland Corridor (Meet at Terrace Park 10333 NE 67th St., Kirkland 98033)	Included
July 2	Kirkland Waterfront- Walk on your own, no staff	Included
July 9	St. Edwards State Park 14445 Juanita Dr NE., Kenmore 98028 (Paid parking or a Discover Pass required)	Included
July 16	Woodlands Park-9930 124th Ave NE, Kirkland 98033 Lunch at MorningStar, Senior Living of Kirkland- 11729 NE 118th St Kirkland 98034	17794
July 23	Crestwoods- 1818 6th St., Kirkland 98033	Included
July 30	Bridal Trails State Park 5300 116th Ave NE, Kirkland 98033	Included
Aug 6	Big Finn Hill Park- 8106 NE 138th St, Kirkland 98034	Included
Aug 13	Farrel-McWhirter Park- 19545 NE Redmond Rd., Redmond 98053	Included
Aug 20	“Finish Line” Celebration 10am Walk to Downtown Corridor / 11am Celebration Lunch sponsored by MorningStar, Senior Living of Kirkland	17787 Registration Required

KIRKLAND EMERGENCY MANAGEMENT

Are you prepared?

Kirkland Emergency Management offers in-person and online opportunities for you to prepare yourself, your family, and your community!



Find out more about our class offerings, preparedness information, and sign up for our newsletter by visiting us at www.kirklandwa.gov/KirklandEM.



RECREATION SCHOLARSHIP FUND

APPLY for a recreation scholarship.

DONATE toward a recreation scholarship.

For more details, visit

kirklandwa.gov/RecreationScholarships



Special Events

at the Peter Kirk Community Center

Afternoon Dances with the Mountaineers

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively afternoon dance class is open to everyone, no partner or experience needed! (No dance 3/25, 4/22, 5/27, 8/26)

2nd and 4th Mondays of the month 2:30-4:30pm

\$9 at the door

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. RSVP at 425-587-3360

17735	Fri	4/12	11am
Free			

Moving to a Simpler Life

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

17569	Thu	4/18-4/25	1-4pm
Free			

Kirkland Senior Council Special Presentation

Emergency Preparedness for Seniors

Are you prepared for an emergency? Do you know what to do in case of inclement weather, an earthquake or wildfire smoke? Join the Office of Emergency Management (OEM) to learn about these scenarios and more. Pre-registration required.

18400	Thu	6/6	2-4pm
Free			

Summer Kick-Off Luncheon

Celebrate summer with toe-tapping entertainment provided by the "Heartbeats" and a meal cooked by the staff at PKCC. Advanced registration required by 6/12.

17953	Fri	6/21	11am-1pm
\$10			



Join your friends for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is Welcome! Registration required.

TUESDAYS • 1-3 PM • FREE

You Hurt My Feelings (R)	4/16	17746
Dungeons & Dragons (PG-13)	5/21	17747
Chevalier (PG-13)	6/18	17748
Moving On (R)	7/16	17749
Oppenheimer (R)	8/20	17750

Video/DVD Movie Checkout

Our movie checkout library has grown. Movies are available to check out, free of charge.



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, 2-4pm

ARTS & CRAFTS

Oil Pastels

Come explore the vibrancy and beauty of oil pastels. Specific pastel skills will be taught such as ways to blend pastels including heavy and light pressure blending and using baby oil. Students will also learn color mixing, stippling and scumbling. Supply list available at PKCC.

AGE:18+

4 CLASSES

17737	Mon	4/1-4/22	9:30-11:30am
17738	Mon	4/29-5/20	9:30-11:30am
17739	Mon	6/3-6/24	9:30-11:30am

R \$65/NR \$78

3 CLASSES

17740	Mon	7/1-7/15	9:30-11:30am
-------	-----	----------	--------------

R \$49/NR \$59

LOCATION: PKCC

INSTRUCTOR: KIMBERLY SMITH

Watercolor Painting - Day

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 6/19)

AGE:18+

4 CLASSES

17741	Wed	4/10-5/1	1-4pm
17742	Wed	5/8-5/29	1-4pm
17743	Wed	6/5-7/3	1-4pm
17744	Wed	7/10-7/31	1-4pm

R \$65/NR \$78

3 CLASSES

17745	Wed	8/7-8/21	1-4pm
-------	-----	----------	-------

R \$49/NR \$59

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEOUY

EVENING ART CLASSES

See pages 56



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. Bring your own supplies for your projects. Check-in at the front desk. For more information call 425-587-3360. Will not meet 8/27.

Tue 1-3pm

\$5 per visit fee

Needle Craft Group

Have fun, socialize, and work on your hand work. Will not meet 6/19, 8/28

Wed 10am-12pm

Free

SPORTS

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center (13029 Redmond-Woodinville Rd NE) 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.

AGE:18+

4 CLASSES

18406	Wed	4/3-4/24	10-11am
18407	Wed	4/3-4/24	11:30am-12:30pm
18408	Wed	5/8-5/29	10-11am
18409	Wed	5/8-5/29	11:30am-12:30pm
18410	Wed	6/5-6-26	5-6pm
18411	Wed	6/5-6/26	6:15-7:15pm
18413	Wed	7/10-7/31	5-6pm
18414	Wed	7/10-7/31	6:15-7:15pm
18415	Wed	8/7-8/28	5-6pm
18416	Wed	8/7-8/28	6:15-7:15pm

R\$144/\$NR173

LOCATION: REDWOOD GOLF CENTER

INSTRUCTOR: REDWOOD GOLF CENTER

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. (No class 6/4)

AGE:18+

6 CLASSES

17751	Tue	4/9-5/14	10-11am
17752	Tue	5/21-7/2	10-11am

R \$48/\$NR \$58

Drop-In Rate \$9

LOCATION: PKCC

INSTRUCTOR: ELOISE CHINN



MORE DANCE CLASSES

See pages 58-59

Fitness & Exercise



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. (No class 5/27, 6/19, 6/21, 7/26, 8/23, 8/26, 8/28, 8/30)

Call 425-587-3360 for session dates.

Mon, Wed & Fri 10:15-11:15am

R \$75/NR \$90

Balance, Posture & FUNctional Exercise

NEW

Our OT-trained instructor brings a mix of floor & chair exercises to bring out the FUN in these functional exercises. This class is designed to improve and maintain balance, posture, and the ability to do daily activities. Explore the variety of ways on how your environment - walls, chairs, and the floor - adds practical props to enhance functional, everyday movements. Put some more pep in your step with this foundational fitness class! Bring water and a yoga mat. Wear athletic shoes. (No class 7/4)

AGE:18+

4 CLASSES

18073	Thu	4/4-4/25	9-10am
18074	Thu	5/2-5/23	9-10am
18075	Thu	5/30-6/20	9-10am
18076	Thu	6/27-7/25	9-10am
18077	Thu	8/1-8/22	9-10am

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: CHRIS KOCHER

Strength & Stretch Virtual



Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem.

This class will help you to maintain your fitness all in the comfort of your home!

Use things you have at home to create strength. Walls, chairs, books, canned soup, and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use please, feel free. Zoom login information will be sent prior to class.

AGE:18+

3 CLASSES

17986	Fri	4/12-4/26	10-11am
\$24			

4 CLASSES

17987	Fri	6/7-6/28	10-11am
17988	Fri	7/12-8/2	10-11am
17989	Fri	8/9-8/30	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH



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. (No class 7/30)

AGE:18+

4 CLASSES

17733	Tue	6/4-6/25	2:15-3pm
17734	Tue	7/9-8/6	2:15-3pm

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

Zumba® Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using light weight maraca-like Zumba® Toning Sticks, (or light 1-pound weights) to shake up those muscles, and enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Zumba® Gold-Toning is for active older adults, who want to focus on muscle conditioning and light weight activity. Perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles!

*Zumba® Toning sticks are available for purchase from the Zumba website, or Amazon. Any light 1-pound weight can be used or fill an empty water bottle with rice, bird seed or pebbles for the maraca feel. Wear athletic shoes. (No class 7/25)

AGE:18+

4 CLASSES

17729	Thu	6/6-6/27	10:30-11:15am
17730	Thu	7/11-8/8	10:30-11:15am

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

Yoga for Beginners - Virtual



With over 20 years' experience, Sally teaches the basics of Yoga. She will introduce postures, breathing and relaxation. Yoga can improve 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 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! This virtual class will be offered via Zoom, the instructor will email a Zoom invitation link to registered participants before the first day of class. (No class 6/19, 7/3)

AGE:18+

4 CLASSES

17978	Wed	4/3-4/24	10-11am
17980	Wed	6/5-7/10	10-11am
17982	Wed	7/17-8/7	10-11am

\$32

3 CLASSES

17984	Wed	8/14-8/28	10-11am
-------	-----	-----------	---------

\$24

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH

Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your wellbeing.

AGE:18+

6 CLASSES

17999	Thu	5/2-6/6	3-4:15pm
18003	Thu	7/18-8/22	3-4:15pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: HELEN HUANG

Tai Chi & Meridian Stretching – Virtual



Zoom login information will be sent prior to class.

AGE:18+

6 CLASSES (NO CLASS 5/29)

18004	Mon	4/29-6/3	4:45-6pm
18007	Mon	7/15-8/19	4:45-6pm

R \$55

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: HELEN HUANG

Financial & Legal Class Policy

PKCC 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 allowed. Report any violations to Betsy Maxwell, Program Coordinator. Advance registration is required. Call 425-587-3360.

Real Estate

Federally Insured Reverse Mortgage Program

Are you or your spouse at least 62 years of age and have equity in your home? If yes, you may qualify to stay in your home for your lifetime without another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment (*you are still responsible for taxes, insurance, and maintenance*). Join a local Reverse Mortgage Specialist for a workshop and gather information needed to feel comfortable and confident with a decision.

AGE:18+

18014	Wed	4/10	10:30am-12pm
18015	Wed	7/10	10:30am-12pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

COMPUTERS

One on One Tech Assistance

Are you having email issues or struggling to figure out that new phone? Need help navigating a website? Enjoy one-on-one tech support and assistance with Michele! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Advanced registration required, call 425-587-3360 to schedule an appointment. Due to high demand for this service we only allow participants one appointment per date.

Free

LOCATION: PKCC

INSTRUCTOR: MICHELE GIBSON

FINANCIAL SERVICES

Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists. www.atg.wa.gov

Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit. Call 1-800-750-2227 or go to www.clearpoint.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.

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.soundgenerations.org/our-programs/senior-rights-assistance/

Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions. No fee. Appointments required. To qualify, call 425-747-7274

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63



Enhance®Wellness Program

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance®Wellness 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, managing your weight, or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like Pre-diabetes and not sure what to do. We all have a multitude of reasons for not acting on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. Enhance®Wellness 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.

(Fridays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)
LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Enhance®Wellness - Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, loss and grief, life transitions, etc.

(Mondays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)
GEORGIA RIGLER; 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Community Resource Specialist Consultation

Have you ever wondered if you might be eligible for financial assistance programs or other cost-saving services through the county, state, or federal government? Do you need assistance accessing public services and programs to help sustain your quality of life? The NSC Community Resource Specialist is available to help. Services include:

- Help connecting individuals to public benefits they may be eligible for
- Support completion of application materials to access benefits. (Examples may include accessing VA benefits, DSHS assistance, public utilities, food assistance, property tax relief, etc.)
- Help finding housing or transportation
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

Program is FREE of charge

(Wednesdays 8am-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)
CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

PEARLS COUNSELING

PROGRAMS ENCOURAGING ACTIVE REWARDING LIVES FOR SENIORS (PEARLS)

In the past two weeks ...

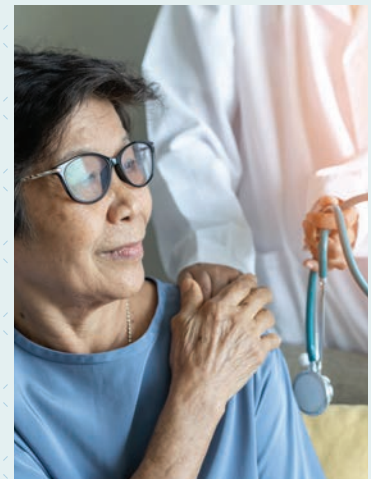
- Have you been feeling sad, down, or hopeless?
- Have you had little interest or pleasure in doing things?

If you answer "yes" to either of these questions PEARLS may be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. All this is done with a trained PEARLS counselor.

Program is FREE of charge.

(MONDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
GEORGIA RIGLER, MSW, LICSW; 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

(FRIDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG



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 Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and wellbeing. Please call for an individual appointment.

(Mondays by appointment.)

This service is FREE.

JANET ZIELASKO, MS, LSW; 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Support Groups

Adult Children of Aging Parent Support Group

Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles, and finding meaning in this new phase of your life? Learn, share, and gain resources and emotional support from others who are traversing this inevitable transition.

LOCATION: VIRTUAL

Third Wednesdays, 6:30-8pm

Free

FACILITATOR: JANET ZIELASKO, MS, LSW
425-286-1035; JANETZ@MYNORTHSHORE.ORG

Caregivers Support Group

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

Second Wednesday; 1-2pm

Free

LOCATION: NSC HEALTH AND WELLNESS CENTER;
CONFERENCE ROOM
FACILITATOR: KATHY BATES, BS, GMHS,
KATHYB@MYNORTHSHORE.ORG

Fourth Wednesday, 11am-Noon

Free

LOCATION: VIRTUAL
FACILITATOR: JANET ZIELASKO, MS, LSW,
425-286-1035; JANETZ@MYNORTHSHORE.ORG

First and third Thursday, 10:30am-12pm

Free

LOCATION: (IN-PERSON) ADVENT LUTHERAN
CHURCH, 4306 132ND ST., SE, MILL CREEK
FACILITATOR: PAM JONES, MSW, 425-346-9856;
PAMJONESGAL@YAHOO.COM

Diabetes/Pre-Diabetes Group

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

LOCATION: PKCC (IN-PERSON)

First Friday, 11am-12pm

Free

FACILITATOR: LYDIA BARNESLEY, LPN,
WELLNESS NURSE, 425-286-1029;
LYDIAB@MYNORTHSHORE.ORG



From Heartache to an Open Heart

Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

Third Wednesdays; 10-11:30am

Free

LOCATION: NSC BOTHELL, ROOM 203
FACILITATOR: GEORGIA RIGLER, MSW, LICSW 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Parkinson's Support Group

Both caregivers and persons with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

LOCATION: VIRTUAL

Third Tuesdays, 10-11am

Free

FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

ROCK STEADY BOXING

See page 60



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.

More Than Just Wills...Understanding Estate Planning

Discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her to learn more about protecting those who matter most.

AGE:18+

17790 Wed 4/10 1-2:30pm

Free; Pre-registration required

LOCATION: PKCC
PRESENTER: AMBER HUNT, WOODINVILLE LAW



Conversation Café Groups

Join others in these free weekly virtual or in-person conversation groups.

It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

Mondays 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 202
FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Men's Conversation Café

Join other men in this free weekly group. It's an opportunity to make social connections and to have some fun and enjoyable conversation.

Wednesdays 11am-12pm

Free

LOCATION: VIRTUAL
FACILITATOR: JOHN RYND
FOR MORE DETAILS CALL 425-308-4613

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.

Mondays, 10-11am

Free

LOCATION: PKCC
FACILITATOR: GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Co-Ed Coffee Hour

Join other people 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.

Wednesdays, 11am-12pm

Free

LOCATION: PKCC
FACILITATOR: CASSIDY STOUT, MSW 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

Rainbow Pride Coffee Hour NEW

Join us monthly for our conversation and coffee hour dedicated to building connections for LGBTQIA+ older adults and their allies. The focus of this group is to create greater social connectivity, improve social inclusion and evolve services to better meet the needs of our LGBTQIA+ seniors.

1st Wednesday of month, 9-10am

FREE

LOCATION: PKCC
FACILITATOR: CASSIDY STOUT, MSW 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

Sharing and Caring

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

Wednesdays, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205
FOR MORE DETAILS, CONTACT JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Prescription Assistance Program

Are you having trouble paying for your prescriptions? The Prescription Drug Assistance Network can help you find programs to pay for prescriptions and reduce the cost of your prescriptions. You will walk through programs to find the best options for you. Also learn about co-pay cards, discount cards and coupons.

18024 Fri 4/19 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: ROD SHUTT, PRESCRIPTION DRUG ASSISTANCE PROGRAM



6 Pillars of Brain Health

It's never too late to take charge of your brain health! In this hour-long, interactive session you will learn about the six pillars of a brain-healthy lifestyle. Discover how living an active life – by learning more, being social, staying fit, eating right, getting enough sleep and managing stress – can support brain health. This session will provide you with actionable steps you can take along with resources to learn more.

18102 Fri 4/26 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: AARP

Living Better with Diabetes

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired and down and unable to do the things you love. Make sure YOU are in charge—not your diabetes.

Diabetes Self-Management Program is a 6-week workshop developed and tested by Stanford University. By participating, you will:

- Gain the skills to better manage glucose monitoring, medications, symptoms of diabetes, fatigue, and pain.
- Learn to handle difficult emotions like stress, anger, and guilt.
- Communicate better with family, friends, and your medical team.
- Benefit from the support of others who understand what you're going through.
- Practice creating and accomplishing weekly action plans.

17792 Fri 5/3-6/7 1-3:30pm

Free; Pre-registration required.

LOCATION: PKCC

FACILITATORS: LYDIA BARNSELY OR JANET ZIELASKO

Welcome to Medicare

Are you turning 65 soon? This class will help you understand:

- Medicare benefits and options
- The differences between Medicare A, B and C
- The differences between Medigaps and Medicare Advantage Plans
- How to get help paying for Medicare if you qualify

18023 Mon 5/20 1-3pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTERS: LARRY COLE AND CONNIE TAYLOR, SOLID GROUND SHIBA (STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS) VOLUNTEERS.

Building Resilience

There are many myths about resilience. Perhaps the biggest myth is that you either have it or you don't. But resilience can be learned! We will discuss other myths, and how to strengthen your resilience in this free talk. Included are mindfulness exercises, challenging anxious thought patterns, and self-care tools.

17789 Mon 6/10 1-2pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: DAWN EDWARDS, MSW, LASW

Curious About Cannabis?

Join a certified medical marijuana consultant from Dockside Cannabis for this fun and educational discussion about cannabis. Learn about the medicinal and recreational benefits of cannabis, cannabinoid basics, various methods of use, best practices and much, much more. There will also be time dedicated to answering cannabis questions and concerns as well. Informational handouts will be provided.

17788 Fri 6/21 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: DOCKSIDE CANNABIS

Summer Salad Cooking Demo

Join Susie Fox to learn how to make a summertime favorite, Chinese Chicken Salad. This adaptable recipe has lots of fresh vegetables and can easily be modified for vegans and vegetarians. You will get to try the salad, take home the recipe as well and ask questions about food and nutrition.

19280 Tue 7/9 1-2pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: SUSIE FOX, REGISTERED DIETITIAN

Understanding the Value and Benefits of Self Compassion

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious, and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

17793 Fri 7/12 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

FACILITATOR: JANET ZIELASKO



ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

50+ ADULTS



EvergreenHealth

TO REGISTER FOR EVERGREENHEALTH CLASSES, CALL 425-899-3000 AND PRESS 1.

LOCATION: PKCC

Restless Legs Syndrome

Discuss restless legs syndrome and what steps you can take to alleviate your discomfort. *Sponsored by EvergreenHealth.*

Thu 4/11 12:45-2pm

Methods of Relaxation

Learn and practice basic mindfulness meditation, visualization, and relaxation techniques to reduce stress and achieve inner peace. *Sponsored by EvergreenHealth.*

Thu 5/9 12:45-2pm

Summer Nutrition

With summer upon us, there will be many parties, barbeques and other gatherings that will offer new challenges for maintaining healthy lifestyles. Learn healthy eating strategies and discover quick, fun, and easy menu choices as well as tips for appropriate water consumption for those warm summer days. *Sponsored by EvergreenHealth.*

Thu 6/13 12:45-2pm

Macular Degeneration

It's the leading cause of blindness for people over the age of fifty. Review the early signs of macular degeneration and how it is treated. *Sponsored by EvergreenHealth.*

Thu 7/11 12:45-2pm

Food Allergies

Discover ways to create healthy meals and snacks while avoiding common food allergies such as dairy, shellfish and wheat products. *Sponsored by EvergreenHealth.*

Thu 8/8 12:45-2pm

All NEW
Classes!

Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50+ provided by Healthy Smiles Inc. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$95.00. This is a special program approved by the WA State Legislature. For appointments and more information call 425-587-3360. Location: PKCC

Meals on Wheels Program

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

For info call 425-403-5255.

Congregate Lunch Nutrition Program

Nutritious meals are available to anyone age 60+ at 12pm on Monday and Tuesday, to be enjoyed on-site at the Peter Kirk Community Center. Lunches must be pre-ordered, to reserve a lunch call 425-587-3360. \$4.50 donation for 60+, all others \$6.50.



Statewide Health Insurance Benefits Advisor (SHIBA) Appointments

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the fourth Friday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long-term care insurance.

Appointments required, call 425-587-3360

Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206-241-5650 or go to www.kcwics.org

Community Resources

Community Living Connections

To speak with someone about what services and supports may be available to aid with your specific aging needs—whether you are an older adult or a caregiver—contact Community Living Connections at 1-844-348-5464 (toll-free) or visit www.communitylivingconnections.org. Calls are free and confidential. You get easy access to information, individual consultation, and local service options.



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

EvergreenHealth Community Healthcare Access Team (CHAT)

Helps older adults, low income and uninsured connect with community organizations and resources.

Call 425-899-3200 or go to

<https://www.evergreenhealth.com/about-us/investing-in-our-community/levy-funded-services-programs/healthcare-access-chat/>

AARP Area Office

American Association of Retired Persons.

Call 1-888-687-2277 or go to www.aarp.org/states/wa

Benefits Check Up Online

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



Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of caregiving 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 Sound Generations 206-448-3110

Respite Care Services on the Eastside

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

EvergreenHealth Home Care
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

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



Chinese & Latino Services

Educational & Recreational Programs Accessible to Chinese and Latino Seniors

Programs and services available to all seniors are more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, participants can 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 Jiaoling Li at the Chinese Information & Services Center, 206-396-7287 or Boliver Choi boliverc@cisc-seattle.org.

Chinese Dance & Music

Join this fun, social activity and meet new friends. Facilitated in Mandarin/Cantonese language.

Tue	9am-12pm	Ongoing
		Free

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.

Tue	9:30am-11:30am	Ongoing
		Free

中文服务 – 周二

查詢詳情: 李小姐 206-396-7287 或 蔡先生 boliverc@cisc-seattle.org

中国舞蹈与音乐

加入这个有趣的社交活动, 结识新朋友。提供普通话/粤语服务。費用全免。

周二	进行中
----	-----

中国老年人的

为不会说英语的成年人提供英语作为第二语言。专为英语水平有限或不会说英语的人设计。費用全免。

周二	进行中
----	-----



LATINO SERVICES – MONDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 425-373-6587.

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.

Monthly	10-11:45am	1st Monday
		Free

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.

Mon	12:45-2pm	Ongoing
		Free

Servicios Latinos – Lunes

Para obtener más información, por favor llame a Clemencia Robayo en Sea Mar Community Health Center, 206-764-8044.

Estrategia para una Longevidad Saludable (en Español)

Aprenda como mejorar su salud y retardar el proceso de envejecimiento. Discutimos los elementos clave que mejorarán la calidad de vida y promoverán su bienestar. Gratis.

Mensual	10-11:45am	1er Lunes
		Gratis

ESL para Adultos Mayores Latinos

Inglés como segundo lenguaje para adultos que no hablan inglés. Diseñado para aquellos con inglés limitado o nulo.

Lunes	12:45-2pm	En Curso
		Gratis

Employment

Employment Service

Low-income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206-624-6698 or go to www.aarpworksearch.org

Employment Resource Center

This service aids 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.seattle.gov/agefriendly/resources

Transportation

Access

Transportation to appointments, grocery shopping and the Community Senior Center. To schedule, call 206-205-5000 or toll free 1-866-205-5001.

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.soundgenerations.org.

METRO Information

24-Hour Rider Information.

Call 206-553-3000 or toll free, 1-800-542-7876. TTY: 206-684-1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1-800-923-7433 or go to www.hope-link.org/get-help/transportation

Share a Ride & Meet a New Friend

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

For more information, call 206-448-5740



DAILY VAN TRANSPORTATION

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

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

The suggested donation is \$2 for each trip. To use the Kirkland Senior Van, you must be

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

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed.

To schedule a ride or for more information, please call 425-286-1026.

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

*All trips include sales tax



Sponsor an Event

COME PARTNER WITH US!

The City of Kirkland offers a wide variety of events that reflect the incredible quality of life we enjoy. We invite local businesses, organizations, and corporations to partner with us in collaboration and promotion of their business for a truly unique marketing opportunity. The best part of sponsorship is engaging directly with customers while showing community support.

Visit kirklandwa.gov/CommunityBuildingEvents to view our Sponsorship Package Guide.

SENIOR *Farmers' Market*

NUTRITION PROGRAM

The 2024 Senior Farmer's Market Nutrition Program (SFMNP) enrollment is coming soon! The SFMNP will provide low-income seniors with a dollar value loaded card (voucher checks have been discontinued) that can be used to purchase fresh fruits and vegetables at participating King County farmers market locations.

Please note: this program is for seniors that live in King County, seniors residing in other areas in Washington will need to contact the Area Agency on Aging in their region to apply. For more information visit AgingKingCounty.org/SFMNP



NEW
LOCATIONS!

BRING
LUNCH
MONEY

Out for **Lunch** **Bunch**

11am–2pm • R \$15 / NR \$18

North Bend Bar & Grill

NORTH BEND

Homey American cuisine in a rustic, lodge like setting.

17795 • Tue 4/2

Seattle Central Culinary School - One World Restaurant

SEATTLE

Enjoy seasonally focused dining using local and sustainable ingredients in each of the artfully prepared dishes.

17796 • Thu 5/16

Roanoke Inn

MERCER ISLAND

Mercer Island's favorite tavern is also the oldest business on the island, built in 1914. Come enjoy delicious food, a cold beer, and the fun history.

17797 • Wed 6/12

Ray's Café

BALLARD

A casual waterfront restaurant with gorgeous views of the Puget Sound and Olympic Mountains.

17799 • Tue 7/2

BBQ Pete's

KENT

A casual hidden gem for delicious BBQ.

17800 • Tue 8/6



BRING
LUNCH/
DINNER
MONEY

Trip Difficulty Rating

- Mild Walking
- Moderate Walking
- Extensive Walking
(Trip may have stairs and may not be ADA accessible)

MOHAI

Explore Seattle's story from wilderness to world city at the Museum of History and Industry at your own pace on a self-guided tour. Lunch on your own at the Gourmondo Café located at the MOHAI.

BRING LUNCH \$				
17803	Tue	4/9	9:15am-3pm	R \$45/NR \$50

Skagit Valley Tulip Festival & Kiwanis Salmon BBQ

Stop in Mount Vernon for a delicious salmon BBQ lunch on the way to see the amazing colorful tulips at the 42nd Annual Tulip Festival. Lunch is included in price. Must register by 4/5 to secure reservations.

BRING ADMISSION \$ FOR TULIP FIELDS				
17804	Fri	4/19	10am-4:30pm	R \$45/NR \$50

Seattle Restaurant Week

Always popular, 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. The restaurant and location are announced one week prior to the trip. Beverages are not included in lunch price. **Bring \$30 (cash only) + tax & gratuity.**

BRING LUNCH \$				
17806	Tue	4/23	11am-2:15pm	R \$15/NR \$18

iFly Seattle

Experience the rush at this safe and fun indoor skydiving venue! Please wear well-fitting, lace-up sneakers or running shoes and casual clothes (pants and shirts without a collar). Please see website for restrictions.

BRING LUNCH \$				
17805	Tue	4/30	11:15am-4:30pm	R \$109/NR \$113

Camano Island Studio Tour

During the Annual Studio tour, you will visit many artists in their own home studios, representing diverse mediums and styles. This tour is one of the most established self-guided art tours in the Pacific Northwest. We will visit as many studios as time allows. Our first stop will be lunch at the Cookie Factory.

BRING LUNCH \$				
17807	Fri	5/10	10:30am-6:30pm	R \$29/NR \$35

Rhododendron Species Botanical Garden

This 22-acre woodland garden is home to the world's largest collection of Rhododendrons. Learn all about the garden on a guided tour with a knowledgeable docent, and then take time to explore on your own.

BRING LUNCH \$				
17808	Tue	5/21	9:15am-3:45pm	R \$35/NR \$40

All-Merciful Savior Orthodox Monastery

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

BRING LUNCH \$				
17809	Tue	5/28	8:30am-4:30pm	R \$48/NR \$58

SHOPS & SLOTS



Snoqualmie Casino & Premium Outlets

June 25 • 10 am – 4 pm

R \$25/NR \$30 • 17802

50+ ADULTS



Wild Horse Wind Farm

  The wind and sun of Kittitas County are a tremendous natural resource for producing clean, renewable energy. Enjoy a 60-minute walking tour that explores the 52-kw solar array, wind turbine blade, turbine generator, gearbox and lets you look inside the base of an active wind turbine. Please wear closed toe shoes. Tour covers 1/3 of a mile on gravel trails. Dress for the weather, wind speeds average 17 mph, and it is typically 10 degrees cooler up on the ridge.

BRING LUNCH \$

17810	Tue	6/4	9:30am-6pm
			R \$35/NR \$42



Whistlin' Jack's Outpost & Lodge

  Enjoy the beauty of Whistlin' Jack's Restaurant dining in a casual mountain setting. After lunch, spend some time exploring the area around the lodge before your return trip home.

BRING LUNCH \$

17811	Tue	6/18	9am-5pm
			R \$35/NR \$42



Olympia Farmer's Market

  As home to over 100 vendors the Olympia Farmers Market is sure to have something for everyone. Be sure to work up your appetite shopping, the next stop is lunch at a local restaurant.

BRING LUNCH \$

17812	Thu	7/11	9:30am-4pm
			R \$24/NR \$29



Mt. Rainier Scenic Railroad

  Have fun on this 12-mile round trip excursion between Elbe and Mineral aboard a vintage 100-year-old steam engine. Enjoy lunch after the train before heading back home. Home pick-up not available for this trip.

BRING LUNCH \$

17813	Thu	7/18	8:15am-4:30pm
			R \$65/NR \$71



Port Townsend

  Enjoy a leisurely day in Port Townsend. Lunch and explore on your own. Ferry fare included in price.

BRING LUNCH \$

17815	Tue	7/23	9am-5pm
			R \$48/NR \$58

Snohomish



  You will have approximately 4 hours to treasure hunt in the charming stores, enjoy lunch on your own and maybe even grab an ice cream cone.

BRING LUNCH \$

17816	Tue	7/30	10am-4pm
			R \$22/NR \$26





Gig Harbor & Narrows Bridge Boat Tour

  Enjoy the adventure of being out on the water and seeing the sights of wildlife, scenic Mt Rainier, and the Olympic Mountains. Continue to enjoy the waterfront views at dinner at Anthony's, before heading back home.

BRING DINNER \$

17817	Tue	8/13	1:30-8:30pm
			R \$86/NR \$92

Chuckanut Drive to Fairhaven

  Take a scenic drive-up Highway 9 on the way to Chuckanut Drive, a 24-mile byway that travels along the Chuckanut Mountains, the only place where the Cascades meet the sea. Enjoy approximately 4 hours in the lively town of Fairhaven to shop, before returning to Kirkland via I-5.

BRING LUNCH \$

17819	Tue	8/20	9:30am-6pm
			R \$30/NR \$36

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% refund minus a \$10 processing fee. Cancellations requested Van Trip Day receive no refund.
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 425-286-1026 no more than 2 weeks before the trip and no later than 48 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.



CITY OF KIRKLAND
SENIOR COUNCIL

Join the Kirkland Senior Council



WHAT IS THE KIRKLAND SENIOR COUNCIL?

The City Council established the Senior Council in 2002 to ensure Kirkland remains a safe, vibrant community for residents ages 50 and older. The members of the Council are a group of concerned citizens like you.

THE KIRKLAND SENIOR COUNCIL WELCOMES YOUR IDEAS, QUESTIONS, AND SUGGESTIONS!

Meetings are held the second Tuesday of the month at 1:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue. For more information, contact Betsy Maxwell at 425-587-3360 or email scouncil@kirklandwa.gov.

14th ANNUAL

SENIOR ART SHOW

CREATIVITY IS AGELESS
JUNE 7-21

RECEPTION JUNE 7 FROM 5:00 PM TO 7:00 PM
MERRILL GARDENS, 14 MAIN STREET SOUTH

FREE
EVENT

OILS AND ACRYLICS
WATERCOLOR
SCULPTURE
PHOTOGRAPHY
QUILTS
PASTEL & DRAWINGS
OTHER MEDIA



For more information on how
to participate email
scouncil@kirklandwa.gov

CITY OF KIRKLAND
SENIOR COUNCIL

Three Ways to Register

Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!



ONLINE AT KIRKLANDPARKS.NET

When enrolling online, please sign your electronic waiver and print your receipt when prompted.

VIEW REGISTRATION TIPS AT
KIRKLANDWA.GOV/RECREATIONGUIDE



WALK-IN (OPEN AT 8:00 AM)

North Kirkland Community Center
12421 103rd Ave NE

Peter Kirk Community Center
352 Kirkland Ave

Kirkland City Hall
123 Fifth Ave



PHONE-IN

425-587-3336
Monday–Friday,
8:00 AM–5:00 PM

Please have 5 digit course number and credit card information ready.
On registration day, 3/19 & 3/20 phone line opens at 7AM or 3/21 at 8AM.

All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.



Please visit www.kirklandwa.gov/Recreation for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, please call us at 425-587-3300. TTY/TTD 425-587-3111

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 73). Contact EvergreenHealth Community Health Care Access Team at 425-899-3200 for other options.

Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. When school is not in session, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels in Kirkland are deemed unhealthy according to the Environmental Protection Agency's (EPA) website www.airnow.gov, all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed. Our inclement weather hotline is 425-587-3335.

Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her Title VI protection has been violated may file a complaint with the City.

To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or titlevicoordinator@kirklandwa.gov.

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en titlevicoordinator@kirklandwa.gov.

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em titlevicoordinator@kirklandwa.gov.

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте titlevicoordinator@kirklandwa.gov.

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 titlevicoordinator@kirklandwa.gov 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc titlevicoordinator@kirklandwa.gov.

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 titlevicoordinator@kirklandwa.gov로 제VI편 코디네이터에게 문의하십시오.

Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at eparks@kirklandwa.gov or call 425-587-3330.
- Some programs have specific cancellation requirements outside our general cancellation policy listed below. For detailed information, please see our Refund and Cancellation Policies at www.kirklandwa.gov/Recreation.

- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (Exception: progressive level transfers directed by program instructor.)
- Visit www.kirklandwa.gov/ParkRentals for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.

Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website www.kirklandparks.net will be most up to date.

WATCH FOR THESE ICONS



New Program



Virtual Program



Family Program