

Wellness Cooking Workshops

Stay Energized, Reduce Fatigue, and Gain Control of Your Overall Health

Susanne Park, Holistic Health & Nutrition Coach & wellness educator is bringing a series of cooking workshops to Kirkland Parks to help our busy community learn how to stay energized, reduce fatigue, and gain control of their overall health. Using the principles of clean eating, she takes the mystery out of eating well and helps her clients have fun making the transition to a healthier lifestyle. Susanne is a graduate of the Institute for Integrative Nutrition, she also coaches clients one on one, facilitates online group clean eating programs, teaches group and private cooking classes and has a line of superfood cookies available for purchase online and at select retail locations. Participants will either be tasting and/or participating in making menu items. See individual classes for descriptions and menus. Infants in carriers are welcome.



Dinner on a Dime

Age 18–Adult

Want to eat healthier but don't feel like your budget will allow it? Don't be lured by "bad food" coupons, learn how to outsmart the marketing and make nutritious meals on a dime. Pumpkin Chili over Brown Rice and Black Bean Brownies.

5662	Thur	Sep 13	10am–11:15am
5663	Thur	Sep 13	7pm–8:15pm
5664	Thur	Jan 10	10am–11:15am
5665	Thur	Jan 10	7pm–8:15pm
\$38 R / \$46 NR NKCC Instr: Susanne Park			

**Parent & Child
Cooking Series Page 14**

Greens for Skinny Jeans

Age 18–Adult

Do you ever wander past the displays of leafy greens in the produce section of your grocery store and think, "I wonder how to cook that?" Greens are the most missing ingredient in the Standard American Diet (SAD), but are some of the most nutritious and least expensive foods on the planet. In this class you will learn how to make massaged kale and apple salad, steamed greens, and salty kale chips.

5671	Thur	Oct 11	10am–11:15am
5672	Thur	Oct 11	7pm–8:15pm
5673	Thur	Feb 21	10am–11:15am
5674	Sat	Feb 21	9:30am–10:45am
\$38 R / \$46 NR NKCC Instr: Susanne Park			

Menu Planning SOS

Age 18–Adult

Not planning for meals in advance is sabotage! Don't be caught off guard, you'll end up in the nearest fast food drive thru. Learn how to prep and prepare meals for home and on the go that optimize nutrition for a busy lifestyle. Menu includes whole grains with a variety of veggies and delicious sauces.

5675	Thur	Oct 25	10am–11:15am
5676	Thur	Oct 25	7pm–8:15pm
5677	Thur	Mar 14	10am–11:15am
5678	Thur	Mar 14	7pm–8pm
\$38 R / \$46 NR NKCC Instr: Susanne Park			

Salad in a Jar

Age 18–Adult

Learn to layer grains, greens, proteins, dressings, even fruit in a convenient, pack ahead, portable mason jar. It's the healthy "to go": food for work, picnics, and even new meal planning buffet parties! All you need are a few jars and the right choices. You'll leave with a premade lunch in a jar. *Instructor will collect a supply fee of \$10 at beginning of class!*

5679	Thur	Nov 8	10am–11:15am
5680	Sat	Nov 10	9:30am–10:45am
5681	Thur	Mar 21	10am–11:15am
5682	Sat	Mar 23	9:30am–10:45am
\$38 R / \$46 NR NKCC Instr: Susanne Park			

Smoothie Solutions

Age 18–Adult

Learn how to blend up nutritious smoothies and get the scoop on the health benefits you'll receive when they're included into your diet on a regular basis. We'll be blending up some tasty, quick and easy recipes to boost your energy levels! Menu includes very berry, chocolate chia, and green goddess.

5666	Thur	Sep 27	10am–11:15am
5667	Thur	Sep 27	7pm–8:15pm
5669	Thur	Feb 7	10am–11:15am
5670	Thur	Feb 7	7pm–8:15pm
\$38 R / \$46 NR NKCC Instr: Susanne Park			

Computer Classes

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

Android Beginners Workshop

Age 18-Adult

Have you recently started using an Android phone and/or tablet and need help. In this workshop you will learn the basics of Android and be able to ask questions. *Plan to bring your Android phone and/or tablet fully charged and also bring the passwords for your accounts.*

5575 Thur Sep 6-27 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

Android Intermediate Workshop

Age 18-Adult

Have used your Android phone and/or tablet for a while and are ready to learn more? Here is your opportunity to ask questions and learn from other attendees with similar challenges. Discover more useful apps and tips to help you. *Plan to bring your phone and/or tablet fully charged and also the passwords for your accounts.*

5576 Thur Feb 7-28 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

Computers for Beginners

Age 18-Adult

If you are a new computer user or have difficulty using one, this class is for you. You will have an opportunity to ask questions. Plan to bring your own laptop fully charged. If you do not have a laptop, we do have a few laptops for class use. We will be using Windows 10.

5577 Thur Oct 11-Nov 1 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

iPad & iPhone Workshop

All Ages

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

Participants must provide their own iPad or iPhone

5579 Thur Jan 4-25 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey

One-on-One Computer Assistance

Baffled by your software program? Uncomfortable asking questions in class? Can't figure out that new digital camera? Need to create a customized database or query? Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge.

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

Windows Intermediate Workshop

Age 18-Adult

If you have used Windows in the past and want to learn more this class is for you. Learn to make your computer experience easier with tips and tricks to save you time. Plan to bring your own laptop fully charged and also the passwords for your accounts. If you do not have a laptop, we do have a few laptops for class use. Be sure you have installed the latest updates on your laptop. This class will focus on Windows 10. *No class on 3/14.*

5578 Thur Mar 7-Apr 4 1:30pm-3pm
\$35 R / \$42 NR PKCC Instr: Sally Ann Mowrey



Real Estate

Home Buyers Workshop

Age 18-Adult

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

5451 Wed Sep 12 7pm-9pm
5452 Wed Mar 13 7pm-9pm
\$12 R / \$14 NR PKCC Instr: Kim Prater

Home Sellers Workshop

Age 18-Adult

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

5449 Mon Sep 19 7pm-9pm
5450 Mon Feb 13 7pm-9pm
\$12 R / \$14 NR PKCC Instr: Kim Prater

The "New" Reverse Mortgage

Age 18-Adult

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 having 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. Join local Reverse Mortgage Specialist Kim Prater for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

5453 Mon Oct 17 7pm-9pm
5454 Mon Jan 16 7pm-9pm
\$12 R / \$14 NR PKCC Instr: Kim Prater

Medicare Classes

Medicare—Getting Started

Age 18–Adult

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

- Medicare A,B and C
- Help you to understand your Medicare benefits and options
- Help paying for Medicare if you qualify

Registration required, seating is limited.

Sponsored by SHIBA.

5089	Thur	Sep 20	1pm–2:30pm
FREE			PKCC

Medicare—Open Enrollment

Age 18–Adult

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

5090	Thur	Oct 18	1pm–2:30pm
FREE			PKCC

Statewide Health Insurance Benefits Advisor (SHIBA)

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

Appointments required, call 425.587.3360



General Interest

Put Your Garden to Bed

Age 18–Adult

Fall is the perfect time to incorporate some easy soil building techniques into your pea patch garden to ensure healthy beds for next spring’s planting. You have lots of options for your winter garden, including growing a cover crop, mulching your beds, planting some garlic or just letting a couple of kale plants hang out till next spring. Come prepared to do some outdoor soil sampling and plantings. *Must be a registered gardener at one of our 3 Community Gardens in order to register for this class.*

4958	Thur	Sep 27	10am–12pm
FREE		McAuliffe Park	Instr: Tilth Alliance

Women’s Self Defense

Age 18–Adult

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

5057	Sat	Jan 12	11am–4pm
\$114 R / \$137 NR		NKCC	Instr: STRATEGIC LIVING, LLC

Hypnosis for Weight Loss

Age 18–Adult

During this fun and motivational class, you will get to enjoy four short hypnosis sessions designed to help you eat smaller—and healthier!—portions, enjoy your “playtime,” and feel your feelings instead of eating them. Instructor Bob Felix is a long-time hypnotherapist certified with the National Guild of Hypnotists

Location: Heritage Hall 203 Market St. Kirkland

5327	Thur	Oct 4	6:30pm–9:30pm
5328	Thur	Feb 7	6:30pm–9:30pm
\$29 R / \$35 NR		Heritage Park	Instr: Robert Felix

Voice Overs — Now is Your Time!

Age 18–Adult

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

5076	Tue	Nov 27	7pm–9pm
5077	Mon	Jan 28	7pm–9pm
\$37 R / \$44 NR		NKCC	Instr: Lisa Levine