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. This drop-in community center offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere. EVERYONE IS WELCOME!

PLEASE NOTE: The Community 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 18) 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.
GET MOVING!
WITH THE KIRKLAND STEPPERS CLUB!

TUESDAYS, JUNE 11–SEPT 24
Steppers meet at PKCC, 10:15am Tuesdays except for destination trips.

The Kirkland Steppers are enjoying their 15th year of fun walking opportunities with a plethora of zany, dedicated walkers age 50+.

Steppers Club participants have the opportunity to participate in five special events during the season. Each event requires pre-registration. Please note that for the destination walks, transportation will be provided to the first 28 registrants. Other participants are encouraged to carpool.

SPECIAL EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Registration Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 24 “Finish Line” Extravaganza</td>
<td>6379</td>
</tr>
<tr>
<td>10am Walk • 11am Entertainment • 12pm Lunch Lunch sponsored by Fairwinds Redmond</td>
<td></td>
</tr>
</tbody>
</table>

June 9, 2020
Be sure to mark your calendar for the 2020 Kick-Off

YOUR $10 SUPER STEPPER “CLUB CARD” MEMBERSHIP INCLUDES:
- Membership punch card to keep track walks completed
- Three meals sponsored by Fairwinds Redmond
- Participation in community merchant discounts
- Weekly suggested walks planned with maps provided
- Reward for the highest number of walks attended
- Club giveaways

REGISTRATION #4753
Thank You Fairwinds Redmond & EvergreenHealth for sponsoring the Kirkland Steppers!

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
Fri, Sept 20 • 11am–12pm • FREE • #8173
Mon, Jan 6 • 11am–12pm • FREE • #8174

Movie & Popcorn
Join the Peter Kirk Community Center Advisory Board for a movie and popcorn. The Advisory Board has chosen some of their favorite newer releases to share with you. Everyone is welcome!

Free • 1-3pm

<table>
<thead>
<tr>
<th>Movie</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Green Book</td>
<td>Mon, Sept 16</td>
</tr>
<tr>
<td>On The Basis of Sex</td>
<td>Mon, Oct 21</td>
</tr>
<tr>
<td>Upside</td>
<td>Mon, Nov 18</td>
</tr>
<tr>
<td>Mary Poppins Returns</td>
<td>Mon, Dec 16</td>
</tr>
<tr>
<td>Five Feet Apart</td>
<td>Mon, Jan 13</td>
</tr>
<tr>
<td>Isn’t It Romantic</td>
<td>Mon, Feb 10</td>
</tr>
<tr>
<td>The Best of Enemies</td>
<td>Mon, Mar 16</td>
</tr>
</tbody>
</table>
Special Events
at the
Peter Kirk Community Center

**Taste of Retirement**
Several area housing options will be here with tantalizing treats for your taste buds. Come in and get a taste of what each option has to offer. Sample their chef’s creations and have an opportunity to talk to representatives from local area retirement communities.

October 25 • 11am–1pm
FREE
Special thanks to Choice Advisory for co-sponsoring this event. Everyone is welcome!

**Turkey Treat Blues**
Elvis is in the house and ready to entertain! Don’t miss Danny Vernon, renowned Elvis impersonator for some fun followed by a delicious holiday meal prepared by Madison House. Sign up early to celebrate Thanksgiving with all your friends, this event is sure to sell out quickly!

Advanced registration required by Nov 15!
November 22 • 11am–1pm
$9 • Register 8186

**Holiday D’Lights**
Add some merriment to your holiday season with our annual celebration featuring festive music from favorites Ryan and Stephanie Coleman. A delicious lunch prepared by Jefferson House will follow. 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 Dec 6!
December 14 • 11am–1pm
$9 • Register 8188

**19th 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 Nov 28!
December 7 • 10–11am
FREE • Register 8187

**Pizza & Bingo**
Baby it’s cold out there, come in and warm up with friendly game bingo and pizza party.

Advanced registration required by Feb 7!
February 14 • 11am–1pm
$9 • Register 8189

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See page 4 for Registration Information or Register Online at KirklandParks.net
Arts & Crafts

Watercolor Painting

**Age 18 & up** 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 Nov 11, Jan 20, Feb 17.*

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date Range</th>
<th>Time</th>
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<tr>
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<td>8596</td>
<td>Mon Oct 7-Oct 28</td>
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<td>8597</td>
<td>Mon Nov 4-Dec 2</td>
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<td>8598</td>
<td>Mon Jan 6-Feb 3</td>
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<tr>
<td>8599</td>
<td>Mon Feb 10-Mar 9</td>
<td>6:00pm-9:00pm</td>
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<tr>
<td>8600</td>
<td>Mon Mar 16-Mar 30</td>
<td>6:00pm-9:00pm</td>
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</table>

$49 R / $60 NR  PKCC  Instr: Jean Pratt-Beouy

**Oil Painting the Easy Way**

**Age 18 & up** Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC.

<table>
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<tr>
<td>8607</td>
<td>Wed Mar 4-Mar 25</td>
<td>5:30pm-8:30pm</td>
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</table>

4 classes  
$98 R / $118 NR  PKCC  Instr: Jean Pratt-Beouy

**Oil Painting**

**Age 18 & up** If you can hold a paintbrush, you can discover how to oil paint. Explore composition, color theory, and various paint application techniques. All abilities welcome. Supply list available at PKCC.

<table>
<thead>
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<th>Date Range</th>
<th>Time</th>
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<td>8609</td>
<td>Mon Oct 21-Dec 9</td>
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<tr>
<td>8610</td>
<td>Mon Jan 6-Feb 24</td>
<td>9:30am-11:30am</td>
</tr>
<tr>
<td>8611</td>
<td>Mon Mar 2-Apr 6</td>
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</tbody>
</table>

$46 R / $55 NR  PKCC  Instr: Danielle Barlow

**Ikebana—The Art of Japanese Flower Arranging**

**All Ages** Experience the world of Ikebana and learn how to make simple and elegant arrangements with relatively few floral materials—a real “plus” in today’s economic climate. Students will learn concepts of line, space, mass, color, texture and more while creating basic styles of moribana (shallow vase) and nageire (tall vase) arrangements. Taught by Diane Elliott, a certified instructor with the Sogetsu School of Ikebana. Fee for floral materials $32 paid to instructor on first day of class. Please bring flower scissors, a broad, shallow vase and a large kenzan (flower frog) to first class.

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Date Range</th>
<th>Time</th>
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<tbody>
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<tr>
<td>8170</td>
<td>Tue Jan 14-Feb 4</td>
<td>6:30pm-8:30pm</td>
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</table>

$64 R / $72 NR  PKCC  Instr: Diane Elliott

**Needle Craft Group**

Have fun, socialize and work on your hand work. *No class Aug 28.*

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Date Range</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>10am-12pm</td>
<td></td>
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</table>

FREE  PKCC

**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. *No class Aug 27.*

Per visit fee: $4

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Time</th>
<th>Place</th>
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<tbody>
<tr>
<td></td>
<td>1-3pm</td>
<td>FREE</td>
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</tbody>
</table>

FREE  PKCC
**Dance**

**Line Dancing**

**Age 18 & up** 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 Sept 24.**

- **8164** Tue Sept 10-Oct 22 10:00am-11:00am
- **8165** Tue Oct 29-Dec 10 10:00am-11:00am
- **8166** Tue Jan 7-Feb 11 10:00am-11:00am
- **8167** Tue Feb 18-Mar 17 10:00am-11:00am
- **$35 R / $42 NR** PKCC Instr: Eloise Chinn

Drop-in fee $7

**Golf Instruction**

**Age 18 & up** 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.

**4 classes**

- **8384** Fri Sept 6-Sept 27 10:00am-11:00am
- **8535** Fri Oct 4-Oct 25 10:00am-11:00am
- **8536** Fri Nov 1-Nov 22 10:00am-11:00am
- **8537** Fri Feb 7-Feb 28 10:00am-11:00am
- **8538** Fri Mar 6-Mar 27 10:00am-11:00am
- **$89 R / $99 NR** Off Site Instr: Redwood Golf Center

**Softball**

**Age 55 & up** If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the new 2020 season is underway! The teams, “Houghton Hornets”, “Moss Bay Hawks” and “Kirkland Owls” were a hit in 2019! After a long winter break, team players are now dusting off their bats to begin practice in March 2020. Everyone is gearing up for another fantastic season of league play, May through July. These three 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 Mialovich at 425.827.1109 or Jerry Standal at 425.827.1198.
**Fitness**

**Zumba Gold**  
**Age 18 & up** Zumba’ Gold modifies Zumba’ fitness to non-impact moves and pacing suitting 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.

<table>
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<td>8530</td>
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<td>8531</td>
<td>Mon Sept 15-Dec 2 5:20pm-6:05pm</td>
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<td>Mon Dec 9-Feb 3 5:20pm-6:05pm</td>
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<tr>
<td>8533</td>
<td>Mon Feb 10-Mar 23 5:20pm-6:05pm</td>
<td></td>
</tr>
<tr>
<td>$35 R / $42 NR</td>
<td>PKCC</td>
<td>Instr: Marco Carrabba</td>
</tr>
</tbody>
</table>

**Stretch & Tone**  
**Age 18 & up** This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you “active” again. *No class Oct 25, Nov 11, Nov 22, Nov 29, Nov 30, Jan 20.*

<table>
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<tr>
<td>8512</td>
<td>Thur Sept 5-Sept 26 10:30am-11:30am</td>
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<td>8513</td>
<td>Thur Oct 3-Oct 24 10:30am-11:30am</td>
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<td>8514</td>
<td>Thur Oct 31-Nov 21 10:30am-11:30am</td>
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<td>8515</td>
<td>Thur Dec 5-Dec 26 10:30am-11:30am</td>
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<tr>
<td>8516</td>
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<td>8517</td>
<td>Thur Jan 30-Feb 20 10:30am-11:30am</td>
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<tr>
<td>8518</td>
<td>Thur Feb 27-Mar 19 10:30am-11:30am</td>
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<tr>
<td>$35 R / $42 NR</td>
<td>PKCC</td>
<td>Instr: Joan Wilde</td>
</tr>
</tbody>
</table>

**Tighten & Tone Aerobics**  
**Age 18 & up** Join Jane Miller for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better. Bring exercise mat, weights and bands to class. *No class Nov 28, Dec 24, Dec 26, Dec 31.*

<table>
<thead>
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<tr>
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<td>8120</td>
<td>Tue, Thu Oct 1-Oct 24 8:30am-9:30am</td>
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<td>Tue, Thu Oct 29-Nov 21 8:30am-9:30am</td>
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<td>Tue, Thu Feb 4-Feb 27 8:30am-9:30am</td>
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<td>8125</td>
<td>Tue, Thu Mar 3-Mar 26 8:30am-9:30am</td>
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<tr>
<td>$50 R / $60 NR</td>
<td>PKCC</td>
<td>Instr: Jane Miller</td>
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</table>

**Pilates Plus**  
**All Ages** Begin with 15 minutes of easy to follow, low impact aerobics followed by a combination of standing and mat Pilates for strength and balance to ensure a full body workout. Class will end with slow stretching to improve flexibility, lengthen muscles and reduce risk of injury. Please bring a mat and towel with you to class. All levels welcome.

<table>
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<td>Mon, Fri Oct 4-Oct 1 8:00am-8:45am</td>
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<td>Mon, Fri Nov 4-Dec 9 8:00am-8:45am</td>
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<tr>
<td>8691</td>
<td>Mon, Fri Dec 16-Jan 10 8:00am-8:45am</td>
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<td>8692</td>
<td>Mon, Fri Jan 13-Feb 10 8:00am-8:45am</td>
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<tr>
<td>8693</td>
<td>Mon, Fri Feb 21-Mar 16 8:00am-8:45am</td>
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<tr>
<td>$60 R / $72 NR</td>
<td>PKCC</td>
<td>Instr: Gina Casanova</td>
</tr>
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</table>

**Tai Chi & Meridian Stretching (Bilingual)**  
**All Ages** 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. This class will be taught in English and Chinese. Bring grabbing socks and mat or rug.

<table>
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<tr>
<td>$40 R / $48 NR</td>
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<td>Instr: Helen Huang</td>
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**Yoga**

**Yoga For Beginners**  
**Age 18 & up** With over 20 years’ experience teaching Yoga, Sally Rodich 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!

<table>
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<tr>
<td>$40 R / $48 NR</td>
<td>PKCC</td>
<td>Instr: Sally Rodich</td>
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**Yoga For Beginners**  
**Age 18 & up** With over 20 years’ experience teaching Yoga, Sally Rodich 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!
**Yoga Fun for Everyone**

**Age 18 & up** You have heard about the benefits of yoga... here’s your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

- 8149 Mon Sept 9-Oct 14 5:30pm-6:30pm
- 8150 Mon Oct 21-Dec 16 5:30pm-6:30pm
- 8151 Mon Jan 6-Feb 24 5:30pm-6:30pm
- 8152 Mon Mar 2-Mar 30 5:30pm-6:30pm
- $50 R / $60 NR PKCC Instr: Sally Rodich

- 8153 Wed Sept 4-Oct 9 5:30pm-6:45pm
- 8154 Wed Oct 16-Dec 4 5:30pm-6:45pm
- 8155 Wed Jan 8-Feb 12 5:30pm-6:45pm
- 8156 Wed Feb 19-Mar 25 5:30pm-6:45pm
- $75 R / $90 NR PKCC Instr: Sally Rodich

**Games**

**Ping Pong (Table Tennis)**
Open to players of all abilities. Call 425.587.3360 or stop by the front desk for availability.

**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**
**Thursdays at 11am**
Party Bridge is open to players of all abilities. Make new friends and find compatible partners. All are welcome to join.

**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.

**Video / DVD Movie Checkout**
Our movie checkout library has grown. If you have videos or DVDs 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.

**Mystery Book Club**
**Meets 1st Wednesday of each month, 12:30–2pm • FREE**
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!
Computer Classes

Class participants should bring their own laptop or iPad; some PCs are available but no Mac computers are available at PKCC.

Windows & More

**Age 18 & up** Join this interactive workshop to learn how to transfer photos from your smartphone to your computer, how to sync your calendar, how to create letter without installing office, what you need to know about privacy settings and more. Discuss tricks & tips to save you time and make it easier to use your computer as well as where to get help if you ever need it. Please have your devices updated and charged and bring your passwords.

<table>
<thead>
<tr>
<th>Code</th>
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<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
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<td>Feb 6-Feb 27</td>
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$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.

**4 classes**

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

Android & More

**Age 18 & up** Join this interactive workshop to learn how to transfer photos, how to make your font larger, the best security settings and more. Plan to bring your devices updated and charged and also the passwords for your accounts.

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

One-on-One Computer Assistance

Need help with your Apple or Android smartphone or tablet? Need help with Windows or Office? Uncomfortable asking questions in class?

Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Enjoy one-on-one tutoring with Sally Ann Mowrey.

Advanced registration required; call 425.587.3360.

Special Interest

**Conversational Spanish**

**All Ages** Habla Espanol! Learn the basics and practice your skills to become more confident in your ability to speak Spanish while also learning about the culture, foods and traditions of many Spanish speaking countries.

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<td>8864</td>
<td>Wed</td>
<td>Feb 19-Mar 25</td>
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$60 R / $72 NR PKCC

**Medicare Classes**

**Medicare—Getting Started**

**Age 18 & up** 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.

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<td>8171</td>
<td>Thur</td>
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FREE PKCC

**Medicare—Open Enrollment**

**Age 18 & up** If you need help navigating Medicare's annual open enrollment, Oct 15–Dec 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.

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<td>8172</td>
<td>Thur</td>
<td>Oct 3</td>
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FREE PKCC

**SHIBA Statewide Health Insurance Benefits Advisor (SHIBA)**

**All Ages** 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.
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 800.750.2227 or visit www.clearpointfinancialsolutions.org

**Income Tax Assistance**
Volunteer Tax Advisors will help you prepare your 2019 tax return. Appointments are available on Fridays from 9am–1pm, February 7–April 10. No fee.
Appointments required; please call 425.587.3360.

**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**
Social Security office is open 7am–7pm, Monday–Friday.
If you have questions please call 800.772.1213 or visit www.ssa.gov

Legal Services

**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.

**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 visit www.4seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

**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

See page 4 for Registration Information or Register Online at KirklandParks.net
Enhance®Wellness
Support Groups and Classes

Enhance®Wellness
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 taking action 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 by appointment.
Call Lydia Barnsley, LPN,
425.286.1029

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. FREE.
Contact Lydia Barnsley, LPN 425.286.1029 or Cindy Tang, MSW 425.286.1047 to schedule an appointment.

Support Groups

Coffee Hour
2nd & 4th Mondays of each month
9:30–10:30am
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. No meeting Nov 11.
Coordinated by Cindy Tang, MSW,
425.286.1047

Caregiver Support Group
First Monday of each month
10:30–11:30am
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.
Coordinated by Cindy Tang, MSW,
425.286.1047 and Janet Zielasko, MS, LSW
Community Presentation on Kidney Health

Learn why kidneys are so important to our health and how to keep them healthy. This program teaches kidney basics: how your kidneys work and practical tips and tools to maintain healthy kidneys. Also learn about nutrition basics for kidney health and tips for eating healthy if you have chronic kidney disease. This session also includes some food preparation demonstration and food tasting. **Presenter: Puget Sound Kidney Center Representatives.**

8715 Fri Sept 27 2:00pm-4:00pm
FREE PKCC

Listening More Carefully and Expressing More Clearly

We talk and interact with people each and everyday. Communication is essential to our health and well being. Often the words we choose to say...or not say...can have a major impact on our relationships. Learn new tips and strategies to improve your listening skills. **Presenter: Janet Zielasko, MS, LSW**

8716 Fri Nov 1 1:00pm-2:30pm
FREE PKCC

Matter of Balance

**Age 18 & up** Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk of falls. In this 8 week session workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or fear of falling, or for those who use assistive devices to avoid falls. Wear comfortable clothes and shoes. **Facilitated by Cindy Tang, MSW and Lydia Barnsley, LPN**

8617 Fri Jan 10-Feb 28 1:00pm-3:00pm
FREE PKCC

Powerful Tools for Caregivers

A six week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive sessions, discussions and brainstorming to help you take the “tools” you choose and put them into action in your life. **Facilitated by Cindy Tang, MSW and Lydia Barnsley, LPN**

8620 Mon Mar 6-Apr 10 1:00pm-3:00pm
FREE PKCC

Living Well with Chronic Conditions

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration or isolation? If you respond “yes” to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well! (Minimum of 8 or class cancels.) **Facilitated by Janet Zielasko, MS, LSW and Cindy Tang, MSW**

8622 Mon Mar 30-May 4 1:00pm-3:00pm
FREE 6 classes PKCC

Understanding Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease. **Presenter: Hazel Brown, Alzheimer’s Association Representative**

8624 Mon Sept 23 1:00pm-2:30pm
FREE PKCC

Effective Communication Strategies

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class will help participants learn to understand and enter the world of the person with dementia and implement techniques for improving communication. It will also provide a brief overview of dementia basics. **Presenter: Hazel Brown, Alzheimer’s Association Representative**

8625 Mon Dec 16 1:00pm-3:00pm
FREE PKCC

See page 4 for Registration Information or Register Online at KirklandParks.net
### Trouble Choosing Supplements? NEW!

There are so many types and brands of supplements on the market today that it is hard to know which are right for you. Learn about quality, brands and absorbability of supplements. This class should make your next visit to the vitamin store less challenging.

**Fri Sept 6** 12:45pm-2:00pm

**FREE PKC C**

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### What Can You Do About Psoriasis? NEW!

Discover ways to control the inflammation, redness, aching and itchiness of psoriasis and prevent secondary infections. To register, call 425.899.3000 and press 1.

**Fri Sept 20** 12:45pm-2:00pm

**FREE PKC C**

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### Skin Cancer Screen NEW!

Don’t miss this opportunity for a board-certified dermatologist to assess areas of concern, including your back and backs of legs. Please wear a tank top and shorts underneath your clothes since the screening is at the community center. You can expect your exam to be approximately ten minutes. The outcome of this event will provide you with information if you need follow up care addressing any areas of concern. Biopsies are not performed at this event. Sponsored by EvergreenHealth. To register, call 425.899.3000 and press 1.

**Sat Oct 26** 9:00am-3:00pm

**FREE PKC C**

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### The Arthritis & Diet Connection NEW!

Discover the connection diet, nutrients and food allergies may have with causing and relieving arthritis pain. The role of the immune system will also be reviewed.

**Fri Oct 4** 12:45pm-2:00pm

**FREE PKC C**

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### Plantar Faciitis NEW!

The most common cause for heel pain is plantar fasciitis. Patients usually experience pain when taking their first steps in the morning, with symptoms lessening as walking continues. Learn what you can do to relieve this discomfort.

**Fri Oct 18** 12:45pm-2:00pm

**FREE PKC C**

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### Macular Degeneration NEW!

Macular degeneration is the leading cause of blindness in people over the age of 50. Review the early signs of macular degeneration and how it is treated.

**Fri Nov 1** 12:45pm-2:00pm

**FREE PKC C**

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### 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.

**Fri Nov 15** 8:30am-10:30am

**FREE PKC C**

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### Improve Your Hearing

Explore techniques for improving communication skills and maximizing your hearing. Discover lip-reading basics and how to deal with noisy places.

**Fri Dec 6** 12:45pm-2:00pm

**FREE PKC C**

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### Headaches Are Not Due to a Shortage of Aspirin NEW!

Mechanical restrictions of the cervical spine are a common cause of headaches. Discover how chiropractic medicine addresses the bones, nerves and tissue of the spine to correct structural causes of headache pain without drugs.

**Fri Dec 20** 12:45pm-2:00pm

**FREE PKC C**
**Mediterranean Lifestyle**  
Improve your understanding of how to take care of your health with a healthy lifestyle. A dietitian will provide information on how to practically apply the Mediterranean diet principles to your life.  
Fri  Jan 3  12:45pm-2:00pm  
FREE  PKCC

**Memory Matters**  
Explore the principles of memory and a range of memory problems, including causes, diagnosis and treatment options. Sponsored by EvergreenHealth. To register, call 425.899.3000 and press 1.  
Fri  Jan 17  12:45-2:00pm  
FREE  PKCC

**Mood Food and Why Women Eat Chocolate**  
Discover why women crave chocolate and why some chocolates are better for you than others. Also examine the relationship the carbohydrates and sugar have with chocolate.  
Fri  Feb 7  12:45pm-2:00pm  
FREE  PKCC

**The Tell-Tale Heart**  
Learn to recognize the warning signals of heart disease and raise your awareness of risk factors. You will get the facts on the latest medical research and lifestyle recommendations.  
Fri  Feb 21  12:45-2:00pm  
FREE  PKCC

**The Vegetarian Diet**  
Explore benefits and challenges of a vegetarian lifestyle and realistic strategies to achieve it.  
Fri  Mar 6  12:45pm-2:00pm  
FREE  PKCC

**Restless Leg Syndrome**  
Age 50 & up Discuss restless leg syndrome and what steps you can take to alleviate your discomfort.  
Fri  Mar 20  12:45pm-2:00pm  
FREE  PKCC

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

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**GOT AN EVENT? WE’VE GOT SPACE.**


The Peter Kirk Community Center, North Kirkland Community Center, and Heritage Hall can meet these needs and more. Facilities feature hardwood floors, full kitchens (except Heritage Hall) and usage of tables and chairs.

For information and availability visit kirklandparks.net and select “Rentals–Indoor”

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**Peter Kirk Comm. Center**  
352 Kirkland Ave, Kirkland  
425.587.3360

**North Kirkland Comm. Center**  
12421 103rd Ave NE, Kirkland  
425.587.3350

**Heritage Hall**  
203 Market St, Kirkland  
425.587.3330

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See page 4 for Registration Information or Register Online at KirklandParks.net
Health Services

Foot Care
Foot care service is provided by Sylvia Thomson, RN a certified Foot Care Nurse on Wednesdays, by appointment only, for a fee of $45 payable at the time of service. Each foot care appointment includes safe and modern nail care; a comprehensive foot and footwear assessment; if any risk factors are found resources and recommendations to best fit your foot care needs will be offered. Manicures are also available for an additional $15.
For appointments, call 509.392.3943 or email therapeuticworks@gmail.com.

Lunch Nutrition Program
Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am.
$4 donation for 60+. All others $6

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 206.650.3272

Meals on Wheels
Nutritional frozen meals are available for the home bound. Liquid supplements are available.
For information call 425.587.3360

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

Community Resources

Sound Generations
Information and referral on a wide variety of senior related issues.
Call 206.448.3110 or go to www.soundgenerations.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

Evergreen Community Health Access
Assists low income and uninsured residents who face barriers access affordable and quality health and social services.
Call 425.899.3200 or go to www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network

AARP Area Office
American Association of Retired Persons. Call 888.687.2277 or go to www.aarp.org/states/wa

Benefits Check 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.

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 ............ 206.328.5787
Jewish Family Services ............ 206.461.3240

Health Services

Oral Health Care

Foot Care

Lunch Nutrition Program

Community Resources

Sound Generations

Bridge Ministries for Disability Concerns

Evergreen Community Health Access

AARP Area Office

Benefits Check Online

Adult Day Centers

Respite Care Program

Respite Care Services on the Eastside
Chinese, Latino and South Asian Services

Educational & Recreational Programs Accessible to Chinese, Latino and South Asian Seniors

Programs and services available to all seniors are now more easily accessible to Chinese, Latino and South Asian seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff member, 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
Tuesdays  Ongoing  11:15am-12:15pm

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
Tuesdays  Ongoing Apr–May  10am–12pm
Tuesdays  Ongoing Jun–Sep  1pm-3pm

Latino Services – Wednesdays
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. Free
1st Wednesday of each month  10am–11:45am

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  Ongoing  12:45pm–2pm

South Asian Services – Fridays NEW!
For more information email us at directorcommunity@iaww.org.

Interactive Wellness Program
Explore new ways to address mind, body and spirit with mindful meditation and chair yoga, hot lunch, music, bingo and art. A community resources coordinator will be present to answer questions, address concerns and provide information and assistance. Free
Fri  Ongoing  10am–3pm

Employment

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 info, call 206.684.0500 or email seniors@seattle.gov

AARP—Smart Driver
Age 50 & up 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.
8701 Wed, Thur Sept 11-Sept 12  12:30pm-4:45pm
8702 Wed, Thur Nov 13-Nov 14  12:30pm-4:45pm
8703 Wed, Thur Jan 8-Jan 9  12:30pm-4:45pm
8714 Wed, Thur Mar 11-Mar 12  12:30pm-4:45pm

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
• Health Clinic
For more information call Patrick at 425.587.3012.
**Access**
Transportation to appointments, grocery shopping and the Peter Kirk Community 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 800.542.7876, TTY: 206.684.1739

**Hopelink**
Transportation to medical appointments for individuals with Medicaid coupons.
Call 800.923.7433 or go to www.hopelink.org/need-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

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### Daily Van Transportation

The Peter Kirk Community Center van operates Monday–Friday, with reservations taken up to 5 p.m. 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, 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. The Kirkland Senior Van Coordinator can assist you with filling out the Access application.

**Questions? Please call Mari, the Peter Kirk Community Center Van Driver, at 425.587.3363.**

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

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### 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. Must have Access to participate.
To receive a schedule or make an appointment, call 425.587.3363

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<td>Wed Sept 11</td>
<td>Grocery Outlet</td>
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<td>Wed Sept 18</td>
<td>Fred Meyer</td>
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<td>Wed Sept 25</td>
<td>Safeway</td>
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<td>QFC</td>
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<td>Fred Meyer</td>
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<tr>
<td>Wed Nov 6</td>
<td>Grocery Outlet</td>
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<tr>
<td>Wed Nov 13</td>
<td>Fred Meyer</td>
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<tr>
<td>Wed Nov 20</td>
<td>Safeway</td>
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<tr>
<td>Tues Nov 26</td>
<td>QFC</td>
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<tr>
<td>Wed Dec 4</td>
<td>Trader Joe’s</td>
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<tr>
<td>Wed Dec 11</td>
<td>Fred Meyer</td>
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<tr>
<td>Wed Dec 18</td>
<td>Safeway</td>
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<tr>
<td>Wed Jan 8</td>
<td>QFC</td>
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<td>Fred Meyer</td>
</tr>
</tbody>
</table>
# Out for Lunch Bunch

11am–2pm • Resident $13 / Non-Resident $16 • Bring lunch money

*All trips include sales tax*

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cactus</strong></td>
<td>Alki Beach, large, roll-up garage doors, outdoor patio, perfect sunset view of the Olympics.</td>
</tr>
<tr>
<td><strong>Hops N Drops</strong></td>
<td>Lynnwood, restaurant design and menu reflect atmosphere for gathering, enjoying iced cold beer, 100% Angus beef burger and hand-shaken, real fruit, icy drops.</td>
</tr>
<tr>
<td><strong>Duvall Grill &amp; Tap Room</strong></td>
<td>Duvall, delicious classic grill-fare.</td>
</tr>
<tr>
<td><strong>Coho Café</strong></td>
<td>Issaquah, offering exciting and affordably priced dishes emphasizing Pacific Northwest seafood.</td>
</tr>
<tr>
<td><strong>Grazie's Ristorante</strong></td>
<td>Bothell, serving authentic Italian food for over 20 years.</td>
</tr>
<tr>
<td><strong>Cask &amp; Trotter</strong></td>
<td>Lynnwood, while their backbone is BBQ, they also serve a variety of other items cooked daily.</td>
</tr>
<tr>
<td><strong>Murphy's Pub</strong></td>
<td>Seattle, originally opened in 1981, known as Seattle's first Irish Pub, don't miss the opportunity for some authentic Irish fare.</td>
</tr>
</tbody>
</table>

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# Shops & Slots

**Age 21 & up**

- **Snoqualmie Casino & Outlet Mall**
  - Thursday, November 14
  - 10am–4pm
  - R $21 / NR $25 • #8235 • Bring lunch $
  - Tulalip Casino & Seattle Premium Outlets
  - Thursday, March 5
  - 10am–4pm
  - R $21 / NR $25 • #8236 • Bring lunch $

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# Attention Riders

For everyone’s comfort, please refrain from the use of fragrant personal products while participating in programs and trips. Thank you for your consideration!

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# PKCC Parking Options

Parking available with permit in the front lot—please see staff for permit. Parking available in the public parking lot below the library. Street parking available.
PKCC Van Trips

Outback Kangaroo Farm
Thurs Sept 5 8540 8:30am–3:30pm
R $35 / NR $41 Bring lunch $
You are off to the farm for an entertaining and informative tour where you will see kangaroos, wallabies, lemurs, miniature goats and more. Before heading back stop for a casual lunch at Nutty’s Junkyard Grill.

Cashmere & Cotlets
Thurs Sept 12 8541 8:30am–6pm
R $31 / NR $37 Bring lunch $
Enjoy the fall colors as you head over to Eastern Washington for the day. Stop at the nostalgic 59er Diner for lunch and spend some time browsing the antique mall. Then you are off to tour the Aplets & Cotlets Candy Factory in Cashmere.

Seike Japanese Garden
Thurs Sept 19 8542 9am–2:15pm
R $23 / NR $27 Bring lunch $
Opened in 2006 this garden is a treasure located in the Highline SeaTac Botanical Gardens. Join us to learn the interesting history of this garden and how it was saved and relocated by four different governments.

Olympia Farmers Market
Thurs Oct 3 8543 9am–4:15pm
R $24 / NR $29 Bring lunch $
Explore this large Farmer’s Market offering organic produce, local crafts, baked goods, meats, seafood, dairy products and plants. After working up an appetite relax and enjoy lunch at a local favorite, the Terrace Falls Restaurant, overlooking the beautiful Tumwater Falls.

Oktoberfest in Leavenworth
Fri Oct 11 8544 1pm–9:15pm
R $35 / NR $42 Bring lunch $
Oktoberfest in Leavenworth is the next best thing to being in Munich! Enjoy live music, German food, arts, crafts and so much more.

Van Trip Planning Meeting
Friday, Oct 18 • 11am–12pm • PKCC
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 and summer 2020 van trips.

Tacoma Holiday Food & Gift Festival
Fri Oct 18 8545 9am–4pm
R $43/ NR $48 Bring lunch $
Spend the day browsing arts & crafts, unique gifts and specialty foods, with over 550 booths there is something here for everyone.

Mystery Trip #1
Thurs Oct 31 8546 9am–6pm
R $55 / NR $62 Bring lunch $
Bells started ringing and chains rattled loud, where we are going can draw quite a crowd. Bring lunch $

Seattle Art Museum
Nov 21 8547 9:15am–3:30pm
R $20 / NR $24 Bring lunch $ and museum admission $
Explore this world-class museum on your own. Be sure to work up your appetite, enjoy a late lunch at Henry’s Tavern.

Warm Beach Lights of Christmas
Fri Dec 13 8548 3pm–11pm
R $87/ NR $93
Take a brief walk around the enchanting lighted grounds and then settle in for a fabulous 5-course meal and live theater in the Baylight Room. Must sign up by Nov 8 to secure reservations, choose dinner entrée at time of registration.

An IMAX Experience
NEW!
Thurs Dec 19 8561 11am–5pm
R $32 / NR $36 Bring lunch $
Pacific Science Center Is home of Seattle’s Ultimate IMAX Experience with two state of the art theaters. Here is your chance to see one of their world class documentaries. Begin the day with lunch at Paddy Coyne’s.

Boeing Tour
Thurs Jan 16 8551 8:45am–3pm
R $48 / NR $53 Bring lunch $
Visit inside the working assembly plant at the largest building (by volume) in the world. Tour can be noisy, includes 2 flights of stairs and two large tunnels, the first 0.3 miles round trip the second shorter. Cameras, electronic devices (mobile phones, cameras, etc.) and personal items (purses, backpacks, bags) are not permitted on the tour; free lockers are available on-site.

Outback Kangaroo Farm
Thurs Sept 5 8540 8:30am–3:30pm
R $35 / NR $41 Bring lunch $
You are off to the farm for an entertaining and informative tour where you will see kangaroos, wallabies, lemurs, miniature goats and more. Before heading back stop for a casual lunch at Nutty’s Junkyard Grill.

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You are off to the farm for an entertaining and informative tour where you will see kangaroos, wallabies, lemurs, miniature goats and more. Before heading back stop for a casual lunch at Nutty’s Junkyard Grill.
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, or a minimum $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.

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.

Swinomish Casino
Thurs Jan 9 8550 9am—4:30pm
R $24 / NR $28 Bring lunch $
With over 800 of the latest slot machines, player friendly rules and the table limits you want, Swinomish Casino in Anacortes is the place to play.

Burlington Factory & Dave’s Famous BBQ
Thurs Jan 23 8553 9:15am—2:45pm
R $16 / NR $19 Bring lunch $ Come check out the after-Christmas sales and enjoy a delicious BBQ lunch.

Delicious Delivered NEW!
Thurs Jan 23 8571 10am—2pm
R $19 / NR $22 Bring lunch $ Meal services are all the rage these days. Here is your chance to take an insider’s tour on how these delicious meals magically appear at your door!

MOHAI
Thurs Feb 6 8558 9:15am—3:15pm
R $39 / NR $43 Bring lunch $ 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. Afterwards dine at Dukes Chowder House.

Blazing Bagel Tour NEW!
Thurs Feb 20 8572 10am—1:30pm
R $13 / NR $16 Bring lunch $ Join this fun tour to learn the interesting history behind this bagel shop that has been in Redmond since 2001. Enjoy lunch on-site after the tour.

Black Diamond Cafe & Bakery
Thurs Feb 20 8561 10:30am—4:30pm
R $20 / NR $24 Bring lunch $ Feast on a meal at Black Diamond Bakery & Café and bring home some of their famous giant cinnamon rolls for later. After lunch take some time to explore the town.

Mystery Trip #2 NEW!
Thurs Mar 19 8561 8:30am—4pm
R $34 / NR $40 Bring lunch $ I’m 62 years old and weigh 2,800 tons, what am I?

Wild Felid Advocacy Center of Washington
Thurs Mar 26 8569 8:30am—4pm
R $56 Sept NR $75 Bring lunch $ Connect with rare and endangered wildlife by meeting these beautiful cats up close and in person. This rare opportunity will give you chance to see leopard, tiger, cougar, lynx and more.

Trip Difficulty Rating
Mild Walking 
Moderate Walking 
Extensive Walking 
(Trip may have stairs and may not be ADA accessible)
JOIN THE KIRKLAND SENIOR COUNCIL

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

How does the Senior Council work?
The Senior Council meets monthly for 2 hours and members also meet through committees to identify the concerns of Kirkland’s adults age 50 and over, to advocate for their needs and to create programs that advance their well-being.

What is the relationship to the Kirkland City Council?
The Senior Council works in an advisory capacity to the City Council. Its role is to study, review, evaluate and make recommendations to the City Council and the City Manager regarding matters affecting citizens age 50 and older, in the City of Kirkland.

The Senior Council welcomes your ideas, questions and suggestions!
Meetings are Second Tuesday of the month at 1:30 p.m.
Peter Kirk Community Center
352 Kirkland Avenue
For more information, please call 425.587.3362.
To apply, visit www.kirklandwa.gov.
Applications will be accepted October 1–25, 2019.

VIVA VOLUNTEERS! FAIR
Learn about awesome volunteer opportunities in:

Health · Education · Arts · Public Safety · Pets · Housing · And more

FREE ADMISSION

Complimentary Snacks & Drinks and Door Prizes!

EVERGREEN HEALTH

City of Kirkland Recreation Classes & Programs Fall 2019 & Winter 2020