

Adult Special Interest

Art

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.*

8595	Mon	Sept 9-Sept 30	6:00pm-9:00pm
8596	Mon	Oct 7-Oct 28	6:00pm-9:00pm
8597	Mon	Nov 4-Dec 2	6:00pm-9:00pm
8598	Mon	Jan 6-Feb 3	6:00pm-9:00pm
8599	Mon	Feb 10-Mar 9	6:00pm-9:00pm
\$65 R / \$78 NR	PKCC	Instr: Jean Pratt-Beouy	
8600	Mon	Mar 16-Mar 30	6:00pm-9:00pm
\$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.

4 classes

8602	Wed	Sept 4-Sept 25	5:30pm-8:30pm
8603	Wed	Oct 2-Oct 23	5:30pm-8:30pm
8604	Wed	Oct 30-Nov 20	5:30pm-8:30pm
8605	Wed	Jan 8-Jan 29	5:30pm-8:30pm
8606	Wed	Feb 5-Feb 26	5:30pm-8:30pm
8607	Wed	Mar 4-Mar 25	5:30pm-8:30pm
\$98 R / \$118 NR	PKCC	Instr: Jean Pratt-Beouy	

Specialized Recreation

See page 34

Adult Drawing

Age 18-99 Looking for a fun way to expand your artistic horizons? Develop enhanced observational drawing skills as you investigate line, value, form, perspective, texture, and color while working with a variety of drawing materials. Students will focus on learning how to see the world around them and how to translate this newly found vision into the two-dimensional world of drawing. A great class to start with if you don't have much experience. Price includes all art materials. Instructor Artlander Instructors

8411	Wed	Sept 11-Sept 25	6:30pm-8:00pm
\$64 R / \$77 NR	NKCC	Instr: Young Rembrandts	
8412	Wed	Oct 2-Oct 23	6:30pm-8:00pm
8413	Wed	Oct 30-Nov 27	6:30pm-8:00pm
8414	Wed	Jan 8-Jan 29	6:30pm-8:00pm
8415	Wed	Feb 5-Feb 26	6:30pm-8:00pm
8416	Wed	Mar 4-Mar 25	6:30pm-8:00pm
\$85 R / \$102 NR	NKCC	Instr: Maya Sereda	

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 Elliot, 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.

8169	Tue	Oct 22-Nov 12	6:30pm-8:30pm
8170	Tue	Jan 14-Feb 4	6:30pm-8:30pm
\$64 R / \$72 NR	PKCC	Instr: Diane Elliott	



Chess

Original Board Game of Thrones

Age 18 & up Want to learn how to play a game of chess? This class for beginners will teach you all the rules you need to know to play a full game of chess as well as basic principles and tactics!

8889	Sat	Sept 21-Oct 26	11:00am-11:45am
8890	Sat	Jan 25-Mar 7	11:00am-11:45am
\$140 R / \$168 NR	NKCC	Instr: Carlos Portillo	



See Youth Chess on page 26!

Special Interest

Women's Self Defense

Age 18 & up 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.

8341 Sat Jan 4 11:00am-4:00pm
\$114 R / \$137 NR NKCC Instr: STRATEGIC LIVING, LLC

TopNotch Infant Safety

Age 13 & up This course is designed for expectant and new parents, grandparents and other family members as well as childcare providers and babysitters. While certification cards are not issued, about one third of the course is spent practicing infant CPR and choking rescue technique. The class covers a broad range of infant safety and injury prevention topics: Car Seat Safety, water safety, burn and fire safety, choking, suffocation and safe sleep, falls, entrapment and strangulation, poison safety, outdoor safety, illness guidelines, escape and emergency plans, and many other safety issues in addition to resources. If registering as a couple call our main line at 425-587-3336 to receive registration discount.

8339 Sat Oct 12 9:00am-12:00pm
\$43 R / \$52 NR NKCC Instr: Cindy Tucker

8340 Sat Feb 8 9:00am-12:00pm
\$45 R / \$54 NR NKCC Instr: Cindy Tucker

Voice Overs—Now is Your Time!

Age 18 & up 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!

8259 Wed Sept 11 7:00pm-9:00pm

8260 Wed Jan 29 7:00pm-9:00pm
\$37 R / \$44 NR NKCC Instr: Lisa Levine

Infant Massage

Age 1 & under Infant Massage is an ancient tradition of providing nurturing touch as a way of communicating and bonding with your baby. But did you know that it can also help your baby sleep better, relieve wind, colic and constipation? That's not all, it's a natural boost to your baby's immune system, it helps them to develop muscle tone and coordination and so much more. Certified Infant Massage Instructor Heng Ma. Please bring cold pressed, organic, unscented vegetable oil, towels, mats or blankets for babies massage comfort. Babies should not be massaged while sleeping or eating, and if they are sick should remain at home.

8356 Wed Sept 18-Oct 16 10:00am-11:00am

8357 Wed Jan 15-Feb 12 10:00am-11:00am
\$135 R / \$162 NR NKCC Instr: Heng Ma



Ugly Holiday Sweater Workshop

Age 13 & up Why buy an ugly Christmas sweater this year when you can create a one-of-a-kind contest winner in this fun-filled workshop. Bring your own sweater from home to life with tinsel, ornaments, and holiday pizzazz! Also make a matching "ugly" headband to go with it! If you don't have a sweater... undecorated sweaters will be available for sale at class. These make cute kids sweaters too, create one for everyone in the family! Limit of 3 sweaters per registered participant. Materials fee payable to instructor on day of class: \$15 (includes 1 headband and embellishments for 1 sweater & headband, each additional sweater décor is \$12).

8358 Sat Nov 16 9:30am-12:30pm

\$49 R / \$59 NR NKCC Instr: Karalee Wiserman



Guitar

Beginning Guitar Turbo Charge

Age 15 & up This fast-paced course covers all the basics—from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class.

8621 Mon Sept 16-Nov 4 6:30pm-7:30pm

8623 Mon Jan 6-Mar 9 6:30pm-7:30pm
\$98 R / \$118 NR NKCC Instr: Scott Lawson

Guitar Song Workshop

Age 15 & up A great sequel for those who have taken the Beginning Guitar Turbo Charge class with a focus on songs. Or for intermediate players who know basic major and minor chords, and maybe even starting to get into barre chords. Learn and practice your favorite songs using basic techniques. Acoustic and Electric.

8618 Mon Sept 16-Nov 4 5:15pm-6:15pm

8619 Mon Jan 6-Mar 9 5:15pm-6:15pm
\$98 R / \$118 NR NKCC Instr: Scott Lawson

Adult Special Interest

Computer Classes

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

Windows & More **NEW!**

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 . Please have your devices updated and charged and bring your passwords.

8696	Thur	Sept 5-Sept 26	1:30pm-3:00pm
8697	Thur	Feb 6-Feb 27	1:30pm-3:00pm
\$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

8699	Thur	Oct 3-Oct 24	1:30pm-3:00pm
8700	Thur	Mar 5-Apr 2	1:30pm-3:00pm
\$35 R / \$42 NR	PKCC	Instr: Sally Ann Mowrey	

Android & More **NEW!**

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.

8695	Thur	Jan 9-30	1:30pm-3:00pm
\$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.

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.

8171	Thur	Sept 19	1:00pm-2:30pm
FREE		PKCC	

Medicare—Open Enrollment

Age 18 & up 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.

8172	Thur	Oct 3	1:00pm-2:30pm
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