**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: Young Rembrandts

**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

$85 R / $102 NR PKCC Instr: Maya Sereda

**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.

- **8411** Wed Sept 11-Sept 25 6:30pm-8:00pm
- **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

$64 R / $77 NR NKCC Instr: Artlander Instructors

**8416** Wed Mar 4-Mar 25 6:30pm-8:00pm

$85 R / $102 NR NK CC 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

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Specialized Recreation
See page 34
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.

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

**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

**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

**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

See page 4 for Registration Information or Register Online at KirklandParks.net
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 **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  Thu  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  Thu  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.