



## PETER KIRK COMMUNITY CENTER

352 KIRKLAND AVE • KIRKLAND WA 98033

425.587.3360

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

### OUR MISSION

To achieve the goal of promoting wellness of body, mind and spirit, the Community Center offers a wide variety of activities and services. On any given day or evening, you will see people participating in fitness classes, a wide range of art and life-long learning classes, fun special events, intergenerational programs, and van trips. The Community Center also provides a wide range of health, legal and financial services, a nutritional hot lunch four days a week and operates the Meals on Wheels Program, delivering to the homebound in Kirkland.

This drop-in facility offers the opportunity for fun, friendship and socialization in a warm and friendly atmosphere.

### EVERYONE IS WELCOME

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom facilities by 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 XX) or contact EvergreenHealth Community Healthcare Access Team at 425.899.3200 for other options.

### ENDORSEMENTS

Classes, workshops, services and events offered at the Peter Kirk Community Center are selected for the potential recreational and educational enjoyment of, and benefit to, interested participants. We do not endorse any products or programs that are presented. Individuals are responsible for making their own informed decisions.

### CENTER HOURS

Monday – Friday, 8am-5pm, Evening hours vary

Center Closed 5/25, 7/3, 8/24, 8/25, 8/26, 8/27, 8/31

### 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.

9807	Mon	4/6	11:00am-12:00pm
9808	Fri	7/10	11:00am-12:00pm
FREE R / FREE NR			

LOCATION: PKCC

### Fraud Prevention Workshop

Consumer Protection Washington, a group of organizations and government agencies that are dedicated to educating and alerting the public on consumer issues, scams and investigations affecting residents in Washington State will be on-site for this one day event. Don't miss this great resource to learn the latest news on scams, how to protect your identity, consumer tips and more. Advanced registration required by 4/2.

AGE 50 & UP • LOCATION: PKCC

10329	Thu	4/9	1:00pm-3:30pm
FREE R / FREE NR			

### Movie and 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!

**JUDY** (RATED PG-13)

Mon 4/20 1:00pm-3:00pm

**THE HUSTLE** (RATED R)

Mon 5/18 1:00pm-3:00pm

**YESTERDAY** (RATED PG-13)

Mon 6/15 1:00pm-3:00pm

**HARRIET** (RATED PG)

Mon 7/20 1:00pm-3:00pm

**THE GOOD LIAR** (RATED R)

Mon 8/17 1:00pm-3:00pm





# GET MOVING!

WITH THE **KIRKLAND STEPPERS CLUB!**

**TUESDAYS, JUNE 9-SEPT 29**

Steppers leave from PKCC Tuesdays at 10:15am except for destination trips.

The Kirkland Steppers are enjoying their 16th year of fun walking opportunities with a plethora of zany, dedicated walkers age 50+. Waste no time lacing up your sneakers for an experience only the Steppers can provide.

Steppers Club participants have the opportunity to participate in five special events during the season. Each event requires pre-registration. Note that transportation to destination walks is limited and participants are encouraged to carpool.

<b>SPECIAL EVENTS</b>		Registration Number
<b>June 9</b>	<b>Kick-Off Celebration</b> 9am Breakfast and Giveaways • 10am Walk Continental breakfast sponsored by Fairwinds Redmond	<b>9810</b>
<b>July 14</b>	<b>Marymoor Park</b> 9:30am Leave PKCC • Return to PKCC by 1:30pm Lunch on your own at Redmond Town Center	<b>9811</b>
<b>Aug 18</b>	<b>Farrel-McWhirter Park</b> 9:30am Leave PKCC • Return to PKCC by 1:30pm Lunch at Fairwinds Redmond	<b>9813</b>
<b>Sept 29</b>	<b>Finish Line Extravaganza</b> 10am Walk • 11am Entertainment • 12pm Lunch Lunch sponsored by Fairwinds Redmond	<b>9812</b>

**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



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



## EASTSIDE SENIOR FITNESS GAMES

**TUES MAY 26**

AT PKCC

OPENING CEREMONIES

LUNCH

WELLNESS FAIR

BRAIN DECATHLON TRIVIA

**WED MAY 27**

AT PKCC

SWIMMING RELAY

BILLIARDS

**THURS MAY 28**

AT NORTHSORE SENIOR CENTER

TABLE TENNIS

PICKLEBALL

**FRI MAY 29**

AT MADISON HOUSE

SHUFFLEBOARD

BEANBAG BASEBALL

**SAT MAY 30**

AT MADISON HOUSE

CLOSING RECEPTION

AWARDS CEREMONY

**FOR INFORMATION AND TO REGISTER FOR ALL EVENTS, VISIT [KIRKLANDPARKS.NET](http://KIRKLANDPARKS.NET) OR CALL 425-587-3360.**

## ARTS &amp; CRAFTS

**Pastel Drawing** **NEW!**

Learn to use the brilliant glowing colors of pastels to draw creatively, while learning techniques of this versatile medium. This class is designed for all students, some drawing skills helpful. Continuing students should bring a project to work on.

**No class 4/9, 5/28**

10241	Thur	4/2-4/30	1:00pm-3:00pm
10242	Thur	5/7-6/4	1:00pm-3:00pm
10243	Thur	6/11-7/2	1:00pm-3:00pm
10244	Thur	7/9-7/30	1:00pm-3:00pm

\$50 R / \$60 NR

LOCATION: PKCC

INSTRUCTOR: JOAN FREEMAN

**Needle Craft Group**

Have fun, socialize and work on your hand work

AGE 18 & UP

9756	Wed	4/1-8/19	10:00am-12:00pm
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FREE R / FREE NR

LOCATION: PKCC

**Oil Painting** **NEW!**

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.

**No class 5/25, 6/29.**

10237	Mon	4/6-4/27	10:00am-12:00pm
10238	Mon	5/4-6/1	10:00am-12:00pm
10239	Mon	6/8-7/6	10:00am-12:00pm
10240	Mon	7/13-8/3	10:00am-12:00pm

\$50 R / \$60 NR

LOCATION: PKCC

INSTRUCTOR: JOAN FREEMAN

**Open Art Studio**

Bring your art supplies and come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday Afternoons from 1-3pm. Check in at the front desk. For more information call 425-587-3360. Fee is \$4.00 per visit.

**No class 4/21, 4/28**

9755	Tue	4/7-8/18	1:00pm-3:00pm
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\$4 R / \$4 NR

LOCATION: PKCC



**EVENING  
ART CLASSES**  
SEE PAGE 54

## FITNESS

**Let's Get Balanced** **NEW!**

Everyone from the youngest exerciser to the oldest can benefit from balance training exercises. All functional movements require a working balance system from getting up out of a chair to walking to dancing to sprinting and everything in between. Good balance prevents injury, improves athletic performance and eases activities of daily life as you go about your day.

**No class 4/9**

10403	Thur	4/2-4/30	9:45am-10:15am
10404	Thur	5/7-5/28	9:45am-10:15am
10405	Thur	6/4-6/25	9:45am-10:15am
10406	Thur	7/2-7/23	9:45am-10:15am
10407	Thur	7/30-8/20	9:45am-10:15am

\$18 R / \$22 NR

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

**Enhance Fitness**

This unique, comprehensive program developed by the U of W and Group Health Studies is safe for adults age 50+ with a wide range of physical abilities. Program includes stretching, low-impact aerobics, walking, balance training, strength exercises and motivation.

- Lifetime is a covered benefit for persons covered by Medicare Parts A and B and enrolled in a Group Health Medicare + Choice (M+C) plan
- Class meets Mon, Wed and Fri
- 15 classes per session
- Registration begins 1 week prior to the first class of the session
- **Call 425.587.3360 for session dates/times**

**No class 5/15, 5/25, 7/3, 8/24, 8/26, 8/28, 8/31**

R \$52 / NR \$62

INSTRUCTOR: GINA CASANOVA

**Pilates Plus**

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.

**No class 5/15, 5/25**

9656	Mon, Wed, Fri	4/3-4/24	8:00am-8:45am
9662	Mon, Wed, Fri	4/27-5/20	8:00am-8:45am
9663	Mon, Wed, Fri	5/22-6/15	8:00am-8:45am
9664	Mon, Wed, Fri	6/17-7/10	8:00am-8:45am

\$75 R / \$90 NR

9665	Mon, Wed, Fri	7/13-8/3	8:00am-8:45am
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\$60 R / \$72 NR

LOCATION: PKCC

INSTRUCTOR: GINA CASANOVA

## FITNESS

### Tighten & Tone Aerobics

Join Jane 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 5/21, 5/26, 6/9**

9671	Tue, Thur	4/2-4/28	8:30am-9:30am
9672	Tue, Thur	4/30-6/2	8:30am-9:30am
9673	Tue, Thur	6/4-7/2	8:30am-9:30am
9674	Tue, Thur	7/7-7/30	8:30am-9:30am

\$50 R / \$60 NR

9675	Tue, Thur	8/4-8/20	8:30am-9:30am
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\$38 R / \$46 NR

**LOCATION: PKCC**

**INSTRUCTOR: JANE MILLER**

### Zumba Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome. Wear athletic shoes.

**No class 4/9**

9666	Thur	4/2-4/30	10:30am-11:30am
9667	Thur	5/7-5/28	10:30am-11:30am
9668	Thur	6/4-6/25	10:30am-11:30am
9669	Thur	7/2-7/23	10:30am-11:30am
9670	Thur	7/30-8/20	10:30am-11:30am

\$35 R / \$42 NR

**LOCATION: PKCC**

**INSTRUCTOR: JOAN WILDE**

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! No partner needed. This class will not be pro-rated.

**DROP-IN RATE \$7**

9636	Tue	4/7-5/12	10:00am-11:00am
9638	Tue	5/19-6/30	10:00am-11:00am

\$35 R / \$42 NR

**LOCATION: PKCC**

**INSTRUCTOR: ELOISE CHINN**

### Yoga for Beginners

With over 20 years' experience teaching Yoga, Sally 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!

**No class 5/25, 7/3**

#### MONDAYS

9720	Mon	4/13-5/4	10:00am-11:00am
9721	Mon	5/11-6/8	10:00am-11:00am

\$40 R / \$48 NR

#### WEDNESDAYS

9722	Wed	4/15-5/6	10:00am-11:00am
9723	Wed	5/13-6/3	10:00am-11:00am

\$40 R / \$48 NR

9724	Wed	6/10-6/17	10:00am-11:00am
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\$20 R / \$24 NR

#### THURSDAYS

9725	Thur	4/16-5/7	9:15am-10:15am
9726	Thur	5/14-6/4	9:15am-10:15am

\$40 R / \$46 NR

9727	Thur	6/11-6/18	9:15am-10:15am
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\$20 R / \$22 NR

**LOCATION: PKCC**

**INSTRUCTOR: SALLY RODICH**

### Tai Chi & Meridian Stretching (Bilingual)

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 well-being. This class will be taught in English and Chinese. Bring grabbing socks and mat or rug. Please note the date changes for this session.

**No class 7/23**

9644	Thur	4/23-5/21	3:00pm-4:15pm
9645	Thur	6/4-7/2	3:00pm-4:15pm
9646	Thur	7/16-8/20	3:00pm-4:15pm

\$50 R / \$60 NR

**LOCATION: PKCC**

**INSTRUCTOR: HELEN HUANG**

## SPORTS

### Golf Instruction

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, Woodinville4 classes

9555	Fri	4/3-4/24	10:00am-11:00am
9556	Fri	5/1-5/22	10:00am-11:00am
9557	Fri	6/5-6/26	10:00am-11:00am
9558	Fri	7/3-7/24	10:00am-11:00am
9559	Fri	8/7-8/28	10:00am-11:00am

\$89 R / \$99 NR

**LOCATION: OFF SITE LOCATIONS**

**INSTRUCTOR: REDWOOD GOLF CENTER**

### Softball Recruitment is in Full Swing!

*If you are age 55+ and have played softball or simply want to play (no experience required), recruitment for the 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 425.827.1109 or Jerry Standal 425.827.1198.**



## ENHANCE<sup>®</sup>WELLNESS

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance<sup>®</sup>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 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<sup>®</sup>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: 425.286.1029 or emails LydiaB@mynorthshore.org.

### Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Worker is available to you, the caregiver, to manage and improve your own health. Services include consultation, connecting with community resources, coping with stress, and enhancing your own health and wellness. Please call for an individual appointment.

**Mondays by appointment.**

**Call Cindy Tang, MS, 425.286.1047 or email CindyT@mynorthshore.org. FREE.**

### 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.

**Call Cindy Tang, MS, 425.286.1047 or email CindyT@mynorthshore.org to schedule an appointment.**

### Community Resource Specialist Consultation **NEW!**

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

**Services include:**

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

**This is a FREE service. Please call for an individual appointment.**

**Wednesdays by appointment.  
Call Gul Subaykan at 425-286-1072 or email guls@mynorthshore.org.**

### Enhance<sup>®</sup>Wellness Social Work Consultation

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

**Mondays by appointment.  
Call Cindy Tang, MS, 425.286.1047 or email CindyT@mynorthshore.org. FREE.**

## SUPPORT GROUPS

### Coffee Hour

**2ND & 4TH MONDAY OF THE 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. Will not meet 5/25 & 8/24.

**COORDINATED BY CINDY TANG, MSW**

### Caregiver Support Group

**FIRST MONDAY OF THE 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.

**FACILITATED BY CINDY TANG, MSW**



## Veterans Benefits Panel **NEW!**

Are you a veteran and have you ever wondered what benefits are available to veterans? Please join us for an informative panel with representatives from Veterans Affairs & Aging and Disability Services. Stacy Kerns from the Washington Department of Affairs will address VA service and non-service connected benefits including SSI and SSDI. You will receive information on basic qualifications, necessary paperwork and how the process usually works. She will also be available to answer questions on VA benefits and make appointments with you for further assistance. Navy Veteran and PEARLS (Program to Encourage Active, Rewarding Lives) Counselor Suzet Tave will be here to tell you more about the PEARLS program and how she can help you. PEARLS counselors meet individually and help identify and solve problems that are linked to making you feel sad, down, or hopeless. PEARLS offer short-term intervention that supplements services to veterans, veteran spouses and spouse survivors who are 55+ in King County. Pre-registration required.

9728 Daily 4/15 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

PRESENTERS: STACY KERNS, VETERAN BENEFITS SPECIALIST/WA DEPT. OF VETERAN AFFAIRS AND SUZET TAVE, NAVY VETERAN & PEARLS COUNSELOR, AGING & DISABILITY SERVICES.

## Living Well with Diabetes/Pre-Diabetes

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar and avoid problems. It can leave you feeling tired and depressed and unable to do the things you love. Update your knowledge with the latest information and strategies in this free 6 session workshop. Make sure you are in charge—not your diabetes. Pre-registration required.

9729 Fri 4/17-5/22 1:00pm-3:30pm  
FREE R / FREE NR

LOCATION: PKCC

FACILITATORS: LYDIA BARNSLEY, LPN AND JANET ZIELASKO, MS, LSW

## Mandala—Creative Tool for Mindfulness **NEW!**

Mandala- loosely translated means “circle”, but it is more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and reduce calmness. When drawing a mandala you work on focusing from the center of the circle to the outer edge. Learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels and whatever you may wish to include in making this creative tool for mindfulness.

9730 Mon 4/20 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

## Managing Chronic Pain **NEW!**

The Chronic Pain Self-Management Program is a FREE 6-week workshop that teaches practical skills that can help with the day-to-day management of chronic pain, with a focus on increasing a participant’s confidence and motivation needed to manage the daily challenges of living with chronic pain.

Minimum of 8 or class cancels. Pre-registration required.

9733 Mon 5/11-6/22 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

FACILITATED BY JANET ZIELASKO, MS, LSW AND CINDY TANG, MSW

## Legal and Financial Planning for Alzheimer’s Disease **NEW!**

If you or someone you know is affected by Alzheimer’s disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place. Pre-registration required.

9734 Fri 5/29 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

PRESENTER: REPRESENTATIVE FROM THE ALZHEIMER’S ASSOCIATION,

## Cannabis Education, Product Information and Medicinal Uses

Join our certified medical consultants to learn about the medicinal & recreational benefits of cannabis. We will focus on how to navigate product quality, dosage and safe use information to determine what’s best suited for you. Cannabis can provide relief for sleep issues, appetite loss, chronic pain, inflammation, anxiety, tremors/spasms and more. With so many products in today’s market we will cover everything from bath salts, soda, tinctures and treats! This educational discussion will be dedicated to answering cannabis questions and concerns.

9735 Mon 7/13 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

PRESENTERS: REPRESENTATIVE FROM THE NOVEL TREE, CERTIFIED MEDICAL CONSULTANT

## 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.

9736 Fri 8/7 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

PRESENTER: PUGET SOUND KIDNEY CENTER REPRESENTATIVES

## Mindfulness Practice: Living a Healthier & Happier Life

“When you change the way you look at things, the things you look at will change.” Please join us for a ninety-minute presentation with a specialist who will discuss about mindfulness and meditation. Mindfulness is the state of active, open awareness of the present. You observe your thoughts and feelings without judgment. Learn how to be mindful and control your focus of attention!

9737 Mon 8/17 1:00pm-2:30pm  
FREE R / FREE NR

LOCATION: PKCC

PRESENTER: SOUND GENERATIONS

# EvergreenHealth HEALTH AND NUTRITION CLASSES

FREE

## Why am I Dizzy? **NEW!**

Learn the symptoms and causes of balance disorders related to the inner ear. Also, what you doctor will need to know to help you and what can be done to manage your symptoms.

Fri 4/3 12:45pm-2:00pm

## The Low-Down on High Blood Pressure

Get the low-down on hypertension, risk factors and the latest treatment options. Explore how diet, exercise and medication can affect your blood pressure.

Fri 4/17 12:45pm-2:00pm

## The Art of Positive Thinking **NEW!**

Do you know the words we use and the thoughts we have can actually make us sick? Join this discussion on the power of positive thinking and self-talk.

Fri 5/1 12:45pm-2:00pm

## 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.

Fri 5/22 8:30am-10:30am

## Summer Nutrition

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

Fri 6/5 12:45pm-2:00pm

## You & Your Medication

Take an active role in your healthcare by learning more about the medications you take every day. A pharmacist will discuss common drug interactions and side effects, how aging affects medication and how to effectively communicate with your pharmacist.

Fri 6/19 12:45pm-2:00pm

## Preventative Eye Care

Learn steps to help prevent glaucoma, macular degeneration and other eye diseases.

Fri 7/10 12:45pm-2:00pm

## Melt Away Tension

### with Acupressure **NEW!**

Use your fingers to melt away your tension. Join this fun, interactive and effective class. Acupressure your way to better health!

Fri 7/24 12:45pm-2:00pm

## Light on Your Feet

Are tired, aching feet slowing you down? Explore common foot ailments, treatment options and the best shoes and products available to keep you light on your feet.

Fri 8/7 12:45pm-2:00pm

## The Arthritis & Diet Connection

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 8/21 12:45pm-2:00pm

TO REGISTER FOR EVERGREEN HEALTH CLASSES,  
CALL 425.899.3000 AND PRESS 1.



## Moving to a Simpler Life

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

9732 Tue 4/21-4/28 1:00pm-3:00pm

FACILITATED BY MINDY GARNER,  
ELDER MOVE ALLIANCE

## Aging & Options for Care **NEW!**

Join us for an in-depth look at the needs for care while we age. Learn about the different options for care available in our community, the levels of care and the different types of settings of living. Having the knowledge, being aware and being prepared will help you make good decisions for planning ahead.

9731 Tue 4/21 10:00am-11:00am  
FREE R / FREE NR

FACILITATED BY TIBI BOTOCAN,  
A1 SENIOR CARE ADVISORS



## HEALTH SERVICES

### 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.

### 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 [info@fancyfeet.com](mailto:info@fancyfeet.com).

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available. For info call 425.587.3360.

### Lunch Nutrition Program

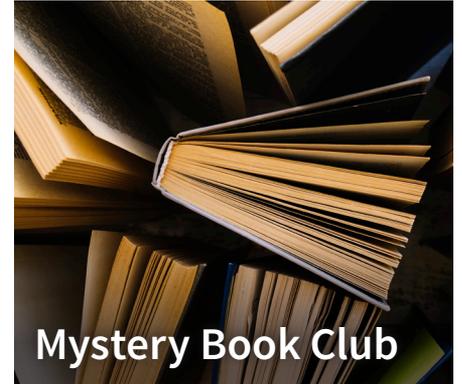
Nutritious meals served at 12pm, Mon, Tues., Wed and Friday. Check-in is first come, first served starting at 11am. Lunch is \$4 donation for persons 60+; all others \$6.

### 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](http://www.kcwics.org).



## Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome! Group meets the 1st Wednesday of each month, 1-2pm. Free!

4/1-6/3      12:30pm-2:00pm  
7/1-9/9      12:30pm-2:00pm



## Games

### CHECKERS, CHESS, SCRABBLE, BACKGAMMON AND CRIBBAGE

Enjoy any one of these games that are available. Ask for the playing pieces at the front desk.

### DROP-IN PARTY BRIDGE

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

### 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!

## 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](http://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 go to [www.clearpoint.org](http://www.clearpoint.org).

### Property Tax Exemption Program

Did you know that state law provides a tax benefit program for senior citizens and disabled veterans? 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 \$58,423. For more information or to see if you qualify call 206-296-3920 or pick up an exemption guide and application at the Peter Kirk Community Center.

### Social Security

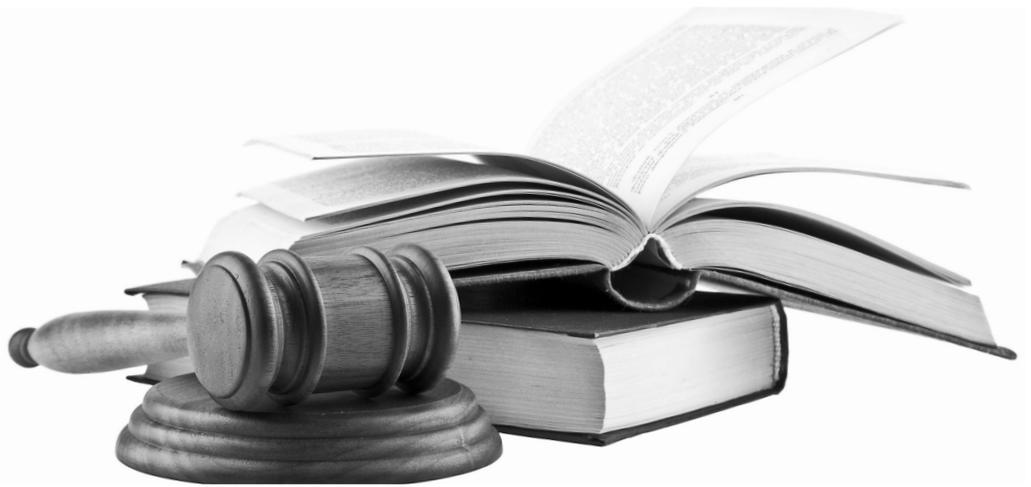
Open 7am-7pm weekdays. Call 1.800.772.1213 or go to [www.ssa.gov](http://www.ssa.gov).

### Income Tax Assistance

A trained AARP Tax Aide Volunteer will help you prepare your 2019 tax return. Appointments are available on Fridays from 9am-2pm, February 7-April 10 at the Peter Kirk Community Center. Please call 425-587-3360 as appointments are required.

4841 Fri 2/7-4/10 9:00am-2:00pm  
FREE R / FREE NR

LOCATION: PKCC



## LEGAL SERVICES

### Senior Rights Assistance

A volunteer program that provides free information, referral and support on health insurance, legal and consumer issues. They also sponsor the Elderlaw legal clinic with the Washington Bar Association.

For more information call 1.800.972.9990, email [SRA@soundgenerations.org](mailto:SRA@soundgenerations.org) or go to [www.soundgenerations.org/get-help/legal-financial/your-rights](http://www.soundgenerations.org/get-help/legal-financial/your-rights).

### 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

### 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.

## CHINESE, LATINO & SOUTH ASIAN SERVICES

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 Meon Yu at the Chinese Information & Services Center, 206.624.5633.

#### 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.

9700	Tue	4/7-6/30	10:00am-12:00pm
9701	Tue	7/7-8/18	12:00pm-2:00pm
FREE R / FREE NR			

LOCATION: PKCC

### LATINO SERVICES—WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206.764.8044.

#### 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. Meets the 1st Wednesday of the month.

AGE 50 & UP

9702	Fri	4/1-8/19	10:00am-3:00pm
FREE R / FREE NR			

LOCATION: PKCC

### SOUTH ASIAN SERVICES—FRIDAYS

For more information email [directorcommunity@iaww.org](mailto:directorcommunity@iaww.org)

#### Interactive Wellness Program for South Asian Seniors

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.

No class 8/30.

AGE 50 & UP

7995	Fri	4/5-8/23	10:00am-3:00pm
FREE R / FREE NR			

LOCATION: PKCC

## COMPUTER CLASSES

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

### 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? Enjoy one-on-one tutoring with Sally Ann Mowrey! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Advanced registration required, call 425.587.3360.

Resident \$35 / Non-Resident \$42



### Android & More

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.

AGE 18 & UP

9748	Thur	4/9-4/30	1:30pm-3:00pm
FREE R / \$42 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY ANN MOWREY

### Windows & More

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.

AGE 18 & UP

9749	Thur	5/7-5/28	1:30pm-3:00pm
FREE R / \$42 NR			

LOCATION: PKCC

INSTRUCTOR: SALLY ANN MOWREY

## 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](http://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](http://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](http://www.evergreenhospital.org/for_patients/medical_services/evergreen_care_network)

### AARP Area Office

Call 1.888.687.2277 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Online

[www.BenefitsCheckUp.org](http://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 (Catholic Comm. Services.)**  
206.328.5787

**Jewish Family Services**  
206.461.3240

## EMPLOYMENT

### Employment Service

Low income seniors looking for part-time work. Call Senior Employment Service/AARP, 206.624.6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org).

### 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](mailto:seniors@seattle.gov).

### 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

**For more information call Patrick at 425.587.3012.**

# TRANSPORTATION OPTIONS

## 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.**

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 space is 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.

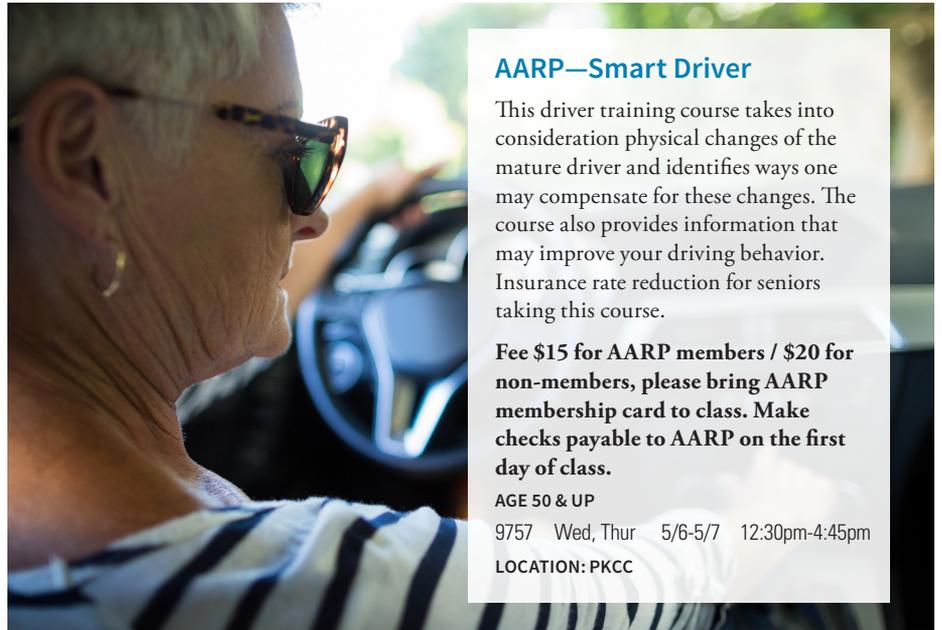
The Kirkland Senior Van is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.

**To schedule a ride, please call 425.286.1026 or email [nscdispatch@mynorthshore.org](mailto:nscdispatch@mynorthshore.org).**

## 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.**



### AARP—Smart Driver

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.**

AGE 50 & UP

9757 Wed, Thur 5/6-5/7 12:30pm-4:45pm

LOCATION: PKCC

## Access

Transportation to appointments, grocery shopping and the Peter Kirk Community Center. **To schedule, call 206.205.5000 or toll-free 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](http://www.soundgenerations.org).**

## Metro Regional Reduced Fare Permit

Reduced fare passes for ages 65+ and disabled, Fee \$3.

Thur 4/16, 6/18, 8/20 10:00am-11:00am

LOCATION: PKCC

## Hopelink Transportation Resources

Transportation to medical appointments for individuals with Medicaid coupons. **Call 1-800-923-7433 or go to [www.hope-link.org/need-help/transportation](http://www.hope-link.org/need-help/transportation)**

## Getting Around Puget Sound (GAPS)

Would you like to go the store, library and other destinations without driving? Talk to Hopelink staff and volunteers about where you want to go and get help planning your trip. It's easy and free!

ALL AGES

Thur 4/16, 6/18, 8/20 9:00am-11:00am  
FREE R / FREE NR

LOCATION: PKCC

# PKCC VAN TRIPS



## Van Trip Planning Meeting

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 Fall 2020 & Winter 2021 van trips.

**Friday, Apr 17**  
**11am–12pm**  
**PKCC**



## Shops & Slots AGE 21 & UP

### TULALIP CASINO & SEATTLE PREMIUM OUTLETS

9761    Thur    5/7    10:00am-4:00pm  
 \$21 R / \$25 NR

### SNOQUALMIE CASINO & OUTLET MALL

9762    Thur    7/30    10:00am-4:00pm  
 \$21 R / \$25 NR



## OUT FOR LUNCH BUNCH

### JENO'S (MONROE) **NEW!**

Serving delicious Italian cuisine since 1970.  
 9763    Thur    4/9    11:00am-2:00pm  
 \$13 R / \$16 NR

### THE ATTIC AT SALISH LODGE (SNOQUALMIE FALLS) **NEW!**

Casual and comfortable at its best, featuring a stone hearth pizza oven, furniture to relax in, and a completely updated bar offering specialty cocktails featuring our own Salish Honey, seasonally inspired cocktails, and private label wines. The menu features pizzas and sandwiches hand-crafted and fired in an artisan pizza oven.  
 9764    Thur    5/14    11:00am-2:00pm  
 \$13 R / \$16 NR

### ENDOLYNE JOE'S (ALKI) **NEW!**

Joe's jumps at breakfast, lunch and dinner daily with a tasty menu of updated American classics. They keep things interesting by taking the rest of the menu for a spin through the Americas each quarter.  
 9765    Thur    6/11    11:00am-2:00pm  
 \$13 R / \$16 NR

### CARNATION CAFE (CARNATION)

A casual approach to fine cuisine located in the heart of downtown Carnation.  
 9766    Thur    7/9    11:00am-2:00pm  
 \$13 R / \$16 NR

### BURIEN FISH HOUSE **NEW!**

Delicious fish in a casual environment.  
 9767    Thur    8/13    11:00am-2:00pm  
 \$13 R / \$16 NR



Pike Place Market

## Rhododendron Species Botanical Garden **NEW!**

This 22-acre woodland garden is home to world's largest collection of Rhododendrons. Learn all about the garden on a guided tour with a knowledgeable docent and then take time to explore on your own. Bring lunch money.  
 10424    Thur    4/2    8:45am-3:30pm  
 \$22 R / \$26 NR

## LaConner Tulip Festival Cracked Crab Cruise

This 2 ½ hour cruise features a Dungeness crab lunch, beautiful scenery, fun narrative from your Captain and passage underneath Deception Pass. On your way home visit the Skagit Valley tulip fields. Must sign up by 4/1 to secure reservations.  
 10425    Thur    4/16    8:30am-5:00pm  
 \$122 R / \$129 NR



Whale Watching

### Spring Gray Whale Watching Tour



Each spring, majestic gray whales migrate from the southern waters north to Alaska. In March and April they pass through the Strait of Juan de Fuca and Puget Sound, providing an excellent opportunity to visit and learn about these whales. Enjoy lunch at Arnie's in Edmonds after your fun day at sea. Must sign up by 4/2 to secure reservations.

10426	Thur	4/30	9:15am-3:30pm
			\$123 R / \$129 NR

### Vashon Island



Spend the day exploring the "Heart of the Sound" that's just a short ferry ride away. Bring lunch money.

10427	Thur	5/21	8:30am-4:00pm
			\$40 R / \$45 NR

#### TRIP DIFFICULTY RATING

 MILD WALKING

 MODERATE WALKING

 EXTENSIVE WALKING  
TRIP MAY HAVE STAIRS AND  
MAY NOT BE ADA ACCESSIBLE

### Woodland Park Zoo



Discover the amazing animals and experiences at Woodland Parks Zoo's 92 acres of natural habitats ranging from humid rain forests, coastal deserts and rain forests like the Pacific Northwest. Stop for a late lunch on your way home at Stanford's in Northgate. Bring lunch money.

10428	Thur	5/28	8:30am-3:30pm
			\$37 R / \$42 NR

### Little Bit Therapeutic

#### Riding Tour



Come learn more about this unique riding center that was opened in 1976 to help transform the lives of people with disabilities and how it has grown to be one of the largest nationally accredited therapeutic horsemanship programs in the United States. Bring lunch money.

10429	Thur	6/4	10:00am-3:00pm
			\$20 R / \$24 NR

### Pike Place Market



Did you know that one of the country's oldest farmers markets is right here in our own backyard? Enjoy time on your own to explore the stalls, shops and restaurants. Bring lunch money.

10430	Thur	6/18	10:00am-3:00pm
			\$17 R / \$20 NR



Tillicum Village

### Ocean Shores Sand & Sawdust Festival



Master carvers from all over the world come to Ocean Shores once a year to compete at this fun and entertaining festival. You will have approximately 4 hours to explore, observe, shop and eat on your own. Bring lunch money.

10431	Fri	6/26	9:00am-7:00pm
			\$35 R / \$42 NR

### Tillicum Village



Immerse yourself in history, culture and traditions of the Northwest Native American tribes. Enjoy a fire roasted fish lunch, a story telling show, as well as time to explore the beaches and gift shop. Must sign up by 6/4 to secure reservation. Bring lunch money.

10432	Thur	7/2	10:00am-5:15pm
			\$120 R / \$127 NR

MORE VAN TRIPS  
NEXT PAGE



## PKCC VAN TRIPS (CONTINUED)



Alderbrook Resort

## Snohomish &amp; The Cabbage Patch



Begin the day with lunch at the historical Cabbage Patch restaurant before exploring town on your own. You will have approximately 3 hours to treasure hunt in the charming stores and maybe even grab an ice cream cone. Bring lunch money.

10433    Thur    7/16    10:30am-4:30pm  
\$20 R / \$24 NR

Emerald Downs **NEW!**

Enjoy an early dinner on your own at the Quick Pix Café before the first race at 6:50pm. Bring lunch money and \$10 admission.

10434    Fri    7/24    3:30pm-10:00pm  
\$22 R / \$26 NR

## TRIP DIFFICULTY RATING



MILD WALKING



MODERATE WALKING



EXTENSIVE WALKING

TRIP MAY HAVE STAIRS AND  
MAY NOT BE ADA ACCESSIBLE

## Silver Reef Casino

With player friendly rules and the table limits you want; Silver Reef Casino in Ferndale is the place to play. Bring lunch money.

10435    Thur    8/6    9:00am-5:00pm  
\$27 R / \$32 NR

## Hood Canal, Elandan Gardens &amp; Alderbrook Resort

**NEW!**

Enjoy a morning ferry ride to Bremerton before setting off in search of the stunning Elandan Gardens. Be sure to work up your appetite because the next stop is a delicious lunch at Alderbrook Resort, a Northwest tradition since 1913, before returning to the ferry dock to your journey back to Kirkland. Bring lunch money.

10436    Thur    8/20    9:30am-5:00pm  
\$44 R / \$49 NR

## Chuckanut Drive &amp; The Rhody Café

Enjoy a scenic drive along Chuckanut Drive as you make your way to a delicious lunch at the Rhody Café. Bring lunch money.

10437    Thur    8/27    9:30am-5:00pm  
\$21 R / \$25 NR

## Van Trip Registration &amp; Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% refund minus a \$10 processing fee. Cancellations requested Van Trip day receive no refund.
2. Pre-purchased tickets are non-refundable. This includes all special events. (Theater, movies, cruises, etc.)
3. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the City limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425.587.3363 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.

# CITY OF 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.

## 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

Contact for more information please call 425.587.3362.

## 2019 ACCOMPLISHMENTS

- **Seniors are Artists, Too!** Over 160 pieces of photography, sculptures, paintings and quilts were displayed for the public to view.
- **Viva Volunteer Event:** 25 Non-Profit Organizations were represented and over 200 community members attended.
- **Senior Service Resource Guide:** In partnership with the Human Services team, KSC published the new bi-annual Senior Resource Guide.
- **Neighborhood Association Participation and Other Community Involvement:** Members attend Neighborhood Association meetings on a regular basis. Members also participated in Senior Lobby Day at the State Capitol, "Meet and Greet" sessions with the Eastside State Legislatures, Kirkland's City Hall for All and the Taste of Retirement at the Peter Kirk Community Center.
- **Coming of Age Again:** Published monthly articles in the Kirkland Reporter relating to issues that older adults are facing in the community.



CITY OF KIRKLAND  
SENIOR COUNCIL

12th Annual  
**Senior Art Show**  
*Creativity is Ageless*

- Oils and Acrylics
- Watercolor
- Sculpture
- Photography
- Quilts
- Pastel & Drawings
- Other Media

**June 12-24, 2020**  
Reception Friday, June 12  
Merrill Gardens / 14 Main Street South

For more information: call Penny Kahn 425.761.5489 or email [pkahn55@gmail.com](mailto:pkahn55@gmail.com)