

KIRKLAND RECREATION GUIDE

FALL 2022 / WINTER 2023

**TEEN
NIGHTS**
PAGE 30

**BALLOT
MEASURE**
PAGE 5

**ADULTS
50+**
PAGE 42

**HARVEST
FESTIVAL**
BACK COVER



REGISTRATION BEGINS AUGUST 24!

Online and phone-in registration begins August 24 at 7:00 AM
Sign up at KirklandParks.net or call 425-587-3336

Kirkland Outdoor Speaker Series

SPONSORED BY UMPQUA BANK

Kirkland Parks and Community Services along with our sponsor, Umpqua Bank will host a series of adventure speakers made up of outdoor enthusiasts, authors, nature photographers, kayakers, and historians. Each presentation includes a Q & A and/or book sales. You can register in advance by visiting KirklandParks.net or pay at the door.

\$5 • ALL AGES • LOCATION: HERITAGE HALL

 **UMPQUA BANK**
**Together
for better**

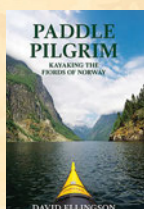


Tahoma's Biggest Stories

JEFF ANTONELIS-LAPP

#14506 • THU • 10/6 • 6-8PM

Join Jeff Antonelis-Lapp, author of *Tahoma's Biggest Stories*, as he delves into the natural and environmental history of Mount Rainier National Park. This captivating presentation takes you on a journey of discovery as Jeff discusses the presence of Native Americans at Mount Rainier over the ages and how climate change is affecting the mountain. Viewers will be taken on a virtual field trip to four archaeological sites that people have frequented, dating back over 9,000 years. The story continues as Jeff details the far-ranging effects of climate change that extend beyond the mountain's retreating glaciers.



Norway Paddle Pilgrim Adventure

DAVE ELLINGSON

#14549 • TUE • 10/18 • 6-8PM

Join Dave Ellingson as he shares through pictures and stories his epic kayak adventure on his ancestral Sogne and Hardanger Fjords in Norway. Dave Ellingson has pursued a life of adventure, learning, and discovery. Known as the "Paddle Pilgrim," Dave's kayak adventures have taken him down the Mississippi River, Erie Canal, and Hudson River to the Statue of Liberty and on the fjords of Norway.



Wilderness Photography & The Night Skies

ANDY PORTER

#14550 • TUE • 11/8 • 6-8PM

Wilderness photographer Andy Porter has produced an impressive body of work through his travels, particularly in the Pacific Northwest. In this presentation, Andy details his adventures, capturing incredible night sky images while escaping civilization, and even shares how to get started on your own adventures. This visual delight of a presentation, coupled with Andy's zest for life and experience, is a must-see.



Eastside Urban Trails

CRAIG ROMANO

#14568 • THU • 12/8 • 6-8PM

Discover your wild backyard! Come take a slideshow tour of urban trails around Bellevue, Redmond, Kirkland, Mercer Island, the Issaquah Alps, and Snoqualmie Valley with award winning guidebook author Craig Romano. Learn about local trails, parks, and preserves within and around these suburban areas. Craig visually takes you along to explore beaches, old growth forests, lakeshores, wildlife-rich wetlands, rolling hills, scenic vistas, historic sites, and vibrant communities. Trails mentioned are perfect for planning your own short or long runs and refreshing walks in our area.

The never-ending wonders and resources of Kirkland Parks and Community Services



Dear Kirkland Community Members,

We are excited to introduce many new programs this fall including an outdoor speaker series and teen activities. Our team offers programs and services to get you active, opportunities for lifelong learning, as well as community events for connecting with neighbors. Whether you are looking for teen classes, recreational sports, fitness classes, youth camps,

senior programs, preschool programs, or facility rentals, we hope this guide helps you find activities to inspire you.

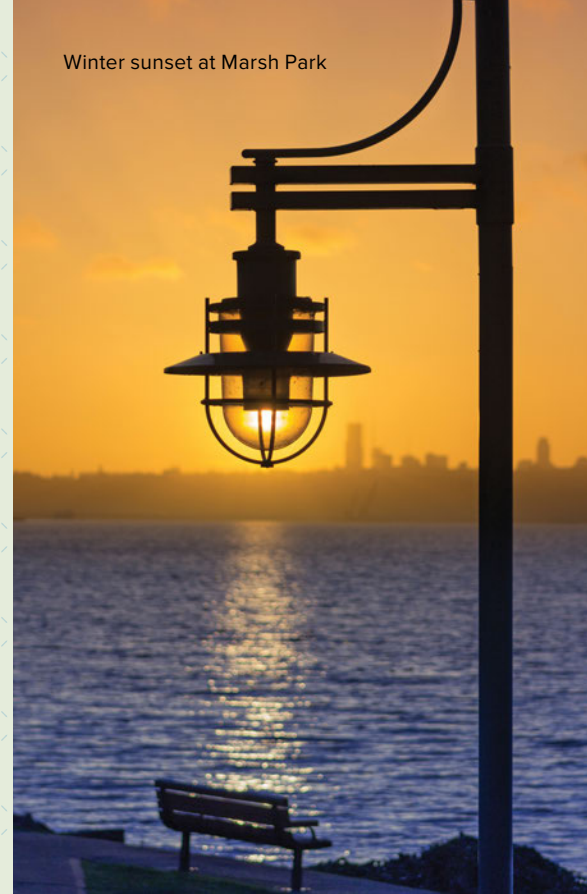
Beyond this guide, Kirkland has dozens of parks from small pocket parks to waterfront parks to large community parks. Whether sitting on a park bench or walking local trails, we invite you to explore Kirkland's beloved parks and trails.

We know the Kirkland community loves our parks, trails, and community centers and desires more. Over the next year, the city is exploring how to fund new recreational facilities, trail networks, and parks. Learn more about the process at kirklandwa.gov/Parks2023Ballot.

Hope to see you out in the parks, at a dance class, or at our new Lunar New Year celebration on January 22, 2023.

Lynn Zwaagstra
Director of Parks and Community Services

Winter sunset at Marsh Park



06 PARENT & CHILD

10 PRESCHOOL

16 CAMPS

18 YOUTH

28 TEEN

32 ADULTS

42 50+ ADULTS



KIRKLAND RECREATION GUIDE

FALL 2022 / WINTER 2023

Facilities Information & Class Locations

Kirkland City Hall
123 Fifth Ave
245-587-3330

North Kirkland Community Center (NKCC)
12421 103rd Ave NE
425-587-3350

Peter Kirk Community Center (PKCC)
352 Kirkland Ave
425-587-3360

Peter Kirk Pool
340 Kirkland Ave

Peter Kirk Park
202 Third St

132nd Square Park
13159 132nd Ave NE

Crestwoods Park
1818 Sixth St

Edith Moulton Park
13634 108th Ave NE

Heritage Hall/Park
203 Market St

Doris Cooper Houghton Beach Park
5811 Lake Washington Blvd

Juanita Beach Park
9703 NE Juanita Dr

McAuliffe Park
10824 NE 116th St

North Rose Hill Woodlands Park
9930 124th Ave NE

OO Denny Park
12032 Holmes Point Drive NE

Redwood Golf Center
13029 Redmond-Woodinville Rd NE

Sno King Ice Arena
14326 124th Ave NE

City Council


Penny Sweet, Mayor
Jay Arnold, Deputy Mayor
Neal Black
Kelli Curtis
Amy Falcone
Toby Nixon
Jon Pascal


Park Board

Amanda Judd, Chair
Mike Holland, Vice-Chair
Amy Ambrosini
Tammy Cohen
Alison Cunningham
Tessa Hansen
Roshan Parikh
Crystal Thimsen

Watch for these icons

 New Program

 Virtual Program

 Family Program

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31

Fall 2022 and Winter 2023
program registration begins
August 24, 7:00 AM
online or by phone



Three Ways to Register

Registration is first come, first served. Online registration is your best opportunity for getting into the program of your choice!



ONLINE AT KIRKLANDPARKS.NET

When enrolling online, please sign your electronic waiver and print your receipt when prompted.



WALK-IN (OPEN AT 8:00 AM)

North Kirkland Community Center
12421 103rd Ave NE

Peter Kirk Community Center
352 Kirkland Ave

Kirkland City Hall
123 Fifth Ave



PHONE-IN

425-587-3336
Monday–Friday,
8:00 AM–5:00 PM

Please have 5 digit course number and credit card information ready. On registration day, 8/24 phone line opens at 7:00 AM.

Disclaimer

This schedule of classes is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify students of the changes.

The City of Kirkland complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex. Any questions or comments, please contact the Parks and Community Services Director.

Inclement Weather

The safety of program participants is a primary consideration when determining if programs should be canceled due to inclement weather, poor or icy road conditions, poor air quality, or other events which jeopardize participant and employee safety. Excessively high or low temperatures may also cause program cancellations or alterations. The City of Kirkland follows the lead of the Lake Washington School District when determining cancellations during the school year. Outside of the school year, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels are deemed unhealthy by The Environmental Protection Agency (EPA) all outdoor classes and programs will be canceled. The Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards during periods of poor air quality. Classes and programs will be rescheduled if possible. Refunds will be considered on an individual program basis but are not guaranteed. Our inclement weather hotline is 425-587-3335.

Accommodation of Disabilities

The City of Kirkland is committed to accommodating citizens with disabilities and special needs. Kirkland Parks and Community Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our activities, please call us at 425-587-3300. TTY/TTD 425-587-3111

Alternate Formats: Persons with disabilities may request materials in alternative formats. Persons with hearing impairments may access the Washington State Telecommunications Relay Service at 711.

Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her Title VI protection has been violated may file a complaint with the City. To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or titlevicoordinator@kirklandwa.gov.

Covid 19 Safety

The safety of participants and staff is our top priority. The City of Kirkland follows local, state, and federal guidelines for COVID safety. These guidelines can change from time to time – please visit kirklandwa.gov/PlayItSafe for the most up-to-date requirements for masks, vaccinations, and other safety info.

Refunds / Cancellations / Transfers

- Refunds are granted if a request is made at least five (5) business days prior to the start of class, less a \$10.00 administrative fee for most programs. Fee applies to each class withdrawn. Please Note: Classes paid for by check or cash will be refunded by check and must be in amounts greater than \$10.
- Online registrants please note: Parks and Recreation staff must process transfers and cancellations. Online enrollments resulting in withdrawals are subject to withdrawal policies listed above. You can print your receipt when prompted to do so at end of registration process.
- 100% Refund if a class canceled by Parks and Recreation.
- Class withdrawal requested less than five (5) business days prior to the start of class will result in a refund of 50% of the registration fee. Fee applies to each class withdrawn.
- No refunds for classes that cost less than \$10.00.
- No refunds will be issued on or after the first day of class. Transfers must be requested five (5) business days prior to the start of class (except swim class notification of new level by swim instructor).
- For Rental Refund permit policies visit kirklandwa.gov/ParkRentals.
- Community Center Special Events – unless otherwise noted, special event tickets will be available until 5:00 PM seven working days prior to the event (no tickets will be sold the day of the event). Special event tickets are not refundable or transferable.



PLAY IT SAFE!

Visit kirklandwa.gov/PlayItSafe for our current mask requirements and other COVID-19 safety guidelines.



Kirkland's Park Rangers

THE UNSUNG HEROES OF KIRKLAND

This summer you may have seen some additional faces around Kirkland's parks as four seasonal park rangers joined our full-time park ranger to provide customer service and ensure a safe, welcoming, and positive experience for all park users in Kirkland's parks and natural areas.

Kirkland's park rangers provide education, enforcement, and safety resources around park rules, environmental hazards, and park services. Rangers are a regular presence at the Marina and waterfront parks, but they rotate throughout all parks as well as green spaces. Park rangers collaborate closely with Kirkland Police Department, Kirkland Animal Control, and King County Marine

Rescue Dive Unit. Whether it's animals in the park, environmental hazards, assisting parkgoers or keeping a watchful eye, the park ranger program is an essential element of our park system. Please say hello when you see them and be sure to reach out if you need their assistance as they are always happy to chat about our parks! Find more information at www.kirklandwa.gov/ParkRangers.

Next Steps for Parks & Recreation Plan

PROS PLAN AND BALLOT MEASURE

The City updated the Parks, Recreation and Open Space (PROS) Plan this year. The PROS Plan is a six-year strategic plan for managing park and recreation services and contains the community's long-term vision for Kirkland's parks, trails, open spaces and recreation system. Thank you to the over 4,700 community members who participated and provided input. Learn more about the plan at kirklandwa.gov/PlayItForward.

To accelerate park system improvements the community requested in the PROS Plan, the City is exploring a parks and recreation ballot measure for 2023. A public exploratory committee will meet throughout this fall and winter to make recommendations to City Council early in 2023. Learn more about the process at kirklandwa.gov/Parks2023Ballot.



Park Renovations

David E. Brink Park renovations were completed this summer. Renovations to the park included a new shoreline with pocket beaches, dock improvements and an accessible pathway through the park.

132nd Square Park will reopen this year with a new synthetic turf field with lighting, new restrooms, a new playground, additional picnic shelters, and a stormwater vault under the field to benefit the waterways that feed into Lake Washington.



More info at
kirklandwa.gov/PlayItForward

Dance & Movement

Tickle Toes-Babies in Motion

Assist your little one in a playful exploration of movement and song! Tummy time activities and props are fun for both babies and parents! Don't miss out on the fun of this new baby group. (No class 11/21 & 1/16)

AGE: 2M-1YR

14653	Mon	9/12-10/17	11:30am-12:15pm
14654	Mon	10/31-12/12	11:30am-12:15pm

R \$66/NR \$79

14656	Mon	1/9-2/13	11:30am-12:15pm
14657	Mon	2/27-3/27	11:30am-12:15pm

R \$55/NR \$66

AGE: 1-2½

14648	Mon	9/12-10/17	10:30-11:15am
14649	Mon	10/31-12/12	10:30-11:15am

R \$66/NR \$79

14650	Mon	1/9-2/13	10:30-11:15am
14651	Mon	2/27-3/27	10:30-11:15am

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

Kids in Motion

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have FUN developing large muscle motor skills. This program progresses with your children.... they'll be crawling, climbing, balancing, and bouncing their way through each class! Child must be walking! (No class 11/22 & 11/23)

MOTION I

AGE: 1½-2½

14647	Tue	9/13-10/18	9:20-10:05am
14677	Tue	11/1-12/13	9:20-10:05am
14715	Tue	1/10-2/14	9:20-10:05am
14716	Tue	2/21-3/28	9:20-10:05am

R \$54/NR \$65

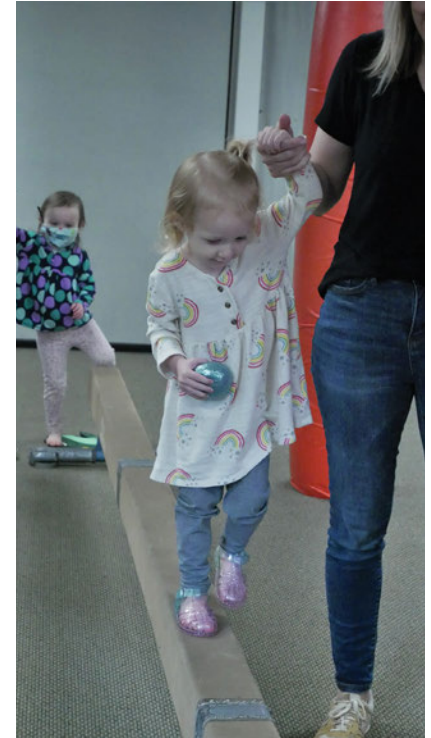
MOTION II

AGE: 2-3

14676	Wed	9/14-10/19	10:15-11am
14678	Wed	11/2-12/14	10:15-11am
14717	Wed	1/11-2/15	10:15-11am
14718	Wed	2/22-3/29	10:15-11am

R \$54/NR \$65

LOCATION: NKCC





Art & Music

Boogie and Books

Join Miss Karen as she shares whimsical and engaging stories and music with instruments to sing-along and boogie to! September and October classes will be held at the beautiful North Rose Hill Woodlands Park. Classes in November, January, February, & March will move indoors to NKCC*. All instruments will be cleaned according to COVID-19 recommendations prior to and after use. Bring a snack to enjoy in the park.

AGE: 2-3

14457	Mon	9/12-10/3	9:30-10:15am
14460	Mon	10/10-10/31	9:30-10:15am
14467	Mon	11/7-11/28	9:30-10:15am*
14484	Mon	1/30-2/27	9:30-10:15am*
14486	Mon	3/6-3/27	9:30-10:15am*

R \$50/NR \$60

AGE: 3-5

14459	Mon	9/12-10/3	11am-12pm
14462	Mon	10/10-10/31	11am-12pm
14470	Mon	11/7-11/28	11am-12pm*
14485	Mon	1/30-2/27	11am-12pm*
14487	Mon	3/6-3/27	11am-12pm*

R \$50/NR \$60

LOCATION: NORTH ROSE HILL WOODLANDS PARK

*NKCC

INSTRUCTOR: KAREN RENFROE-GIELGENS

Messy Art for Two's with Parent

Tickle your two-year-old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess!

AGE: 2

14658	Tue	9/13-9/27	10:30-11:15am
14659	Tue	10/11-10/25	10:30-11:15am
14660	Tue	11/1-11/15	10:30-11:15am
14661	Tue	11/29-12/13	10:30-11:15am
14662	Tue	1/10-1/24	10:30-11:15am
14663	Tue	2/7-2/21	10:30-11:15am
14664	Tue	3/7-3/21	10:30-11:15am

R \$27/NR \$32

LOCATION: NKCC

INSTRUCTOR: MONIQUE BAYNE

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31



NO PRE-REGISTRATION DROP IN PROGRAM

Have fun climbing, riding, pushing, pulling, and spinning! Babies and toddlers can also play with various busy boxes and toys. Adults must supervise children at all times.

FALL DATES

Wednesdays:
9/14-12/14 10am-1pm
(No class 11/23)

WINTER DATES

Wednesdays:
1/11-4/5 10am-1pm

\$3 a visit or \$25 for a 10 Visit Pass Card
LOCATION: NKCC



PARENT & CHILD

Art

Preschoolers develop observation skills, creativity, self-expression, and confidence in this class where you might make slime from hair conditioner, paint with marshmallows, and create puffy paint with shaving cream. Our supplies will challenge and entertain during this class which also incorporates seasonal and holiday art.

AGE: 2½-3½

INSTRUCTOR: MONIQUE BAYNE

LOCATION: NKCC

Knick Knack Welcome Back!

It's back to school time, so grab a smock and join the fun while we make a school bus, an apple for your eye, and more!

14665	Tue	9/13-9/27	9:30-10:15am
R \$27/NR \$32			

Jack-O-Lantern Jamboree!

Spider and pumpkins and ghosts, oh my! Don't be afraid, they're cute, friendly, and fun to make and when you are done, it's a project to take!

14667	Tue	10/11-10/25	9:30-10:15am
R \$27/NR \$32			

Wibble Wobble Gobble Gobble

We are whipping up some pumpkin pie dough, rainbow turkeys, and more in this class that will have you "thankful" you signed up!

14670	Tue	11/1-11/15	9:30-10:15am
R \$27/NR \$32			

Mittens and Mistletoe

Holiday inspired arts and craft projects are planned...think silver and gold and let the glitter unfold!

14672	Tue	11/29-12/13	9:30-10:15am
R \$27/NR \$32			

Frosty and Friends

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, and more!

14673	Tue	1/10-1/24	9:30-10:15am
R \$27/NR \$32			

Be Mine...Valentine

Roses are red, hearts are too, it's a lovable class for lovable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think!

14674	Tue	2/7-2/21	9:30-10:15am
R \$27/NR \$32			

Lucky Charms and Leprechauns

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and shamrocks are crafts you will be making. Lucky you!

14675	Tue	3/7-3/21	9:30-10:15am
R \$27/NR \$32			

Pee Wee MONSTER BASH HALLOWEEN

Wear your Halloween costume and come join the fun at the Monster Bash!

We'll have fun carnival style games and activities; the monster mash cookie walk, swamp fishing, batty bowling, feed the Rock Monster, and more. Collect small prizes and treats at each booth. It is sure to be a kooky (but not too spooky) good time. Sorry, no refunds for this event. Please leave strollers at home.





COOKING FOR PRESCHOOLERS

In this changing monthly themed parent/child cooking class, prepare to peel, pour, shred, shake, bake, mash, and more! This class is a parent/child class. (No class 11/23)

AGE: 2½-4

INSTRUCTOR: KAREN RENFROE-GIELGENS

LOCATION: MCAULIFFE PARK

Apple of My Eye

14473	Wed	9/14-10/5	10:30-11:30am
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Little Pumpkin Pie

14474	Wed	10/12-11/2	10:30-11:30am
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Oodles of Noodles

14475	Wed	11/9-12/7	10:30-11:30am
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Hugs and Chocolate Kisses

14488	Wed	2/1-2/22	10:30-11:30am
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Little Spuds and Tiny Tators

14489	Wed	3/1-3/22	10:30-11:30am
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R \$60/NR \$72

Gingerbread House

14805	Wed	12/14	10:30-11:30am
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R \$20/NR \$24



ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31

General Programs

Self Defense for Children with Parent

Keep the magic of childhood safe in these low-key, friendly, and age-appropriate safety skills classes for youth ages 5 - 8. Learn about risks facing your kids, how to frame the discussion with children, and recognize when someone may be targeting your family. This is a parent/child class.

AGE: 5-8

14557	Sat	11/19	12-1:15pm
14561	Sat	1/14	12-1:15pm

R \$40/NR \$48

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

PRESCHOOL

Dance

Ballet A

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures. Ballet slippers required. Please come with leather soled ballet slippers. (No class 11/23-11/26)

AGE: 3-4½

14819	Tue	9/13-12/13	9:30-10:15am
14755	Wed	9/14-12/14	10:15-11:00am
14757	Thu	9/15-12/15	9:30-10:15am
14759	Sat	9/17-12/17	9-9:45am
14763	Sat	9/17-12/17	11:45am-12:30pm

R \$124/NR \$149

14820	Tue	1/10-3/28	9:30-10:15am
14764	Wed	1/11-3/29	10:15-11:00am
14765	Thu	1/12-3/30	9:30-10:15am
14766	Sat	1/14-4/1	9-9:45am
14767	Sat	1/14-4/1	11:45am-12:30pm

R \$114/NR \$137

LOCATION: NKCC

Ballet B

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures. Ballet slippers required. Please wear leather soled ballet slippers! (No class 11/23-11/26)

AGE: 4-6

14825	Tue	9/13-12/13	10:25-11:10am
14769	Wed	9/14-12/14	9:20-10:05am
14770	Thu	9/15-12/15	11:20am-12:05pm
14771	Sat	9/17-12/17	9:55-10:40am

R \$124/NR \$149

14826	Tue	1/10-3/28	10:25-11:10am
14773	Wed	1/11-3/29	9:20-10:05am
14774	Thu	1/12-3/30	11:20am-12:05pm
14775	Sat	1/14-4/1	9:55-10:40am

R \$114/NR \$137

LOCATION: NKCC

Ballet/Tap Combo A

This class will introduce the beginning movements of ballet and tap. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required. Please wear leather soled ballet slippers! (No class 11/23-11/26)

AGE: 3-4½

14777	Thu	9/15-12/15	10:25-11:10am
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R \$124/NR \$149

14778	Thu	1/12-3/30	10:25-11:10am
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R \$114/NR \$137

LOCATION: NKCC

Ballet/Tap Combo B

Ballet and Tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required. Please wear leather soled ballet slippers! (No class 11/23-11/26)

AGE: 4-6

14779	Mon	9/12-12/12	4:30-5:15pm
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R \$124/NR \$149

14781	Mon	1/9-3/27	4:30-5:15pm
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R \$95/NR \$114

AGE: 5-7

14780	Mon	9/12-12/12	5:30-6:15pm
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R \$124/NR \$149

14782	Mon	1/9-3/27	5:30-6:15pm
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R \$95/NR \$114

LOCATION: NKCC

Tiny Tappers

Your little one will be delighted with the movement and sounds of this exciting preschool dance class. Miss Katie has numerous years of experience in tap and would love to share her passion for this dance form with your child. Tap or dress shoes required. (No class 11/22)

AGE: 3-5

14812	Tue	9/13-12/13	11:20am-12:05pm
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R \$124/NR \$149

14818	Tue	1/10-3/28	11:20am-12:05pm
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R \$114/NR \$137

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS



Preschool Class Requirements:

- Children must be able to follow directions and participate in small group settings without a parent present.
- Please take your child to the bathroom before class.
- No siblings other than infants in carriers; registered participants only.
- Refer to class description for "no class" dates.
- Please be on time for drop-off and pick-up.
- If we cancel an individual class, we will make it up when the schedule allows. If the schedule does not allow for a make-up class, a refund will be issued (see Refund Policy on page 4). No make-ups are available for missed classes.

Most classes held at:
North Kirkland Community Center
12421 103rd Ave NE • 425-587-3350

**DON'T FORGET
YOUR DANCE
SHOES**

Please check class descriptions for the required ballet slippers or tap shoes.



Preschool Art & Music

Art Lab

Let's investigate the science behind famous art techniques! We'll also experiment with chemical reactions to create original artwork. Prepare your artist to get messy and use their 5 senses! (No class 11/21 & 1/16)

AGE: 3½-5

14642	Mon	9/12-10/17	9:30-10:15am
14643	Mon	10/31-12/12	9:30-10:15am

R \$54/NR \$65

14645	Mon	1/9-2/13	9:30-10:15am
14646	Mon	2/27-3/27	9:30-10:15am

R \$45/NR \$54

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

Crescendo Kids Piano Classes by Move Over Mozart

Piano at home is not required but is recommended. Recitals are scheduled throughout the year. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. (No class 11/24)

Mask Requirement -The instructor for this class strongly prefers all participants wear a mask. If you cannot adhere to that preference, please do not sign up for this program.

AGE: 3½-4

14427	Tue	9/20-12/13	4:10-4:40pm
14428	Tue	9/20-12/13	5:20-5:50pm
14432	Thu	9/15-12/15	4:10-4:40pm
14433	Thu	9/15-12/15	5:20-5:50pm

R \$234/NR \$280

14441	Tue	1/17-3/28	4:10-4:40pm
14442	Tue	1/17-3/28	5:20-5:50pm
14446	Thu	1/19-3/30	4:10-4:40pm
14447	Thu	1/19-3/30	5:20-5:50pm

R \$180/NR \$216

AGE: 5-6

14429	Tue	9/20-12/13	4:45-5:15pm
14430	Tue	9/20-12/13	5:55-6:25pm
14434	Thu	9/15-12/15	4:45-5:15pm
14435	Thu	9/15-12/15	5:55-6:25pm

R \$234/NR \$280

14443	Tue	1/17-3/28	4:45-5:15pm
14444	Tue	1/17-3/28	5:55-6:25pm
14448	Thu	1/19-3/30	4:45-5:15pm
14449	Thu	1/19-3/30	5:55-6:25pm

R \$180/NR \$216

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL

Mini Musical Theater

NEW What's more fun than twirling around a dance floor? Twirling and singing at the top of your lungs! This musical theatre class will encourage imagination and improv, creative movement and dance, and singing like nobody is watching. But we will be watching! On the last day of class, we invite family and friends to a short performance of Herding Cats (not really), but there will be a short performance so you can come and see what we've been up to!

AGE: 3-5

14813	Tue	9/13-10/18	11:10-11:55am
14815	Tue	11/1-12/13	11:10-11:55am
14816	Tue	1/10-2/14	11:10-11:55am
14817	Tue	2/21-3/28	11:10-11:55am

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: KATE KINGERY



**Friday
1/13
6:30-8:30 PM**

Snowflake BALL

**AGES:
3-9**

Dance the night away with your special guest.
Everyone is invited to participate in this enchanting evening that includes music, a thematic craft, and light refreshments.

Dress to impress so the photographer can capture what is sure to be a treasured memory!

#14194 • \$35 • Location: NKCC

PRESCHOOL



Movement & Gymnastics

Little Tumblers 1

FUNDamental tumbling for children on their own. Emphasis is placed on coordination, technique, and FUN! Instruction on floor, beam, and bars. Please dress comfortably in shorts, T-shirts or leotards. *No clothing with buttons or zippers. (No class 11/11, 11/23, & 11/25)

AGE: 3-4

14609	Wed	9/14-10/19	2:30-3:15pm
14611	Wed	9/14-10/19	3:30-4:15pm
14607	Wed	11/2-12/14	2:30-3:15pm
14608	Wed	11/2-12/14	3:30-4:15pm
14613	Wed	1/11-2/15	2:30-3:15pm
14616	Wed	1/11-2/15	3:30-4:15pm
14615*	Wed	3/1-3/29	2:30-3:15pm
14617*	Wed	3/1-3/29	3:30-4:15pm

R \$54/NR \$65 / *R \$45/NR \$54

14623	Fri	9/16-10/21	9:30-10:15am
14618	Fri	9/16-10/21	10:30-11:15am
14624*	Fri	11/4-12/16	9:30-10:15am
14619*	Fri	11/4-12/16	10:30-11:15am
14629	Fri	1/13-2/17	9:30-10:15am
14620	Fri	1/13-2/17	10:30-11:15am
14630*	Fri	3/3-3/31	9:30-10:15am
14622*	Fri	3/3-3/31	10:30-11:15am

R \$54/NR \$65 / *R \$45/NR \$54

LOCATION: NKCC

Little Tumblers 2

This class for children on their own requires previous tumbling experience. Review tumbling skills and advance to the next level with additional work on all apparatus. Please dress comfortably in shorts, T-shirts or leotards. *No clothing with buttons or zippers. Tumblers 2 is by teacher permission only! (No class 11/11, 11/23, & 11/25)

AGE: 4-6

14829	Wed	9/14/10/19	4:30-5:15pm
14637	Fri	9/16-10/21	11:30am-12:15pm
14830	Wed	11/2-12/14	4:30-5:15pm
14831	Wed	1/11-2/15	4:30-5:15pm
14639	Fri	1/13-2/17	11:30am-12:15pm

R \$54/NR \$65

14638	Fri	11/4-12/16	11:30am-12:15pm
14832	Wed	3/1-3/29	4:30-5:15pm
14640	Fri	3/3-3/31	11:30am-12:15pm

R \$45/NR \$54

LOCATION: NKCC

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31

Kids In Motion A

Up and over, under and through, balls and streamers, tunnels, and YOU! Meet friends, build confidence, and have FUN developing their large muscle motor skills. These 45-minute classes are for children only. (No class 11/22)

AGE: 2½-3

14679	Tue	9/13-10/18	11:10-11:55am
14681	Tue	11/1-12/13	11:10-11:55am
14719	Tue	1/10-2/14	11:10-11:55am
14723	Tue	2/21-3/28	11:10-11:55am

R \$54/NR \$65

LOCATION: NKCC

Kids In Motion B

This program progresses with your child...they'll be crawling, climbing, balancing, and bouncing! These 45-minute classes are for children only. (No class 11/23)

AGE: 3-4

14680	Wed	9/14-10/19	12:05-12:50pm
14682	Wed	11/2-12/14	12:05-12:50pm
14721	Wed	1/11-2/15	12:05-12:50pm
14724	Wed	2/22-3/29	12:05-12:50pm

R \$54/NR \$65

LOCATION: NKCC

Yoga Puppies

NEW Introduce your child to yoga through this exciting and fun class where we discover our inner puppies and learn other great animal moves. Your puppy will be learning skills to help invigorate them as well as calm them and encourage a lifetime love of yoga. Please bring a mat for use on the hardwood floor. (No class 11/21)

AGE: 3-5

14686	Mon	9/12-10/17	9:15-10am
14687	Mon	10/2-12/5	9:15-10am

~~R \$54/NR \$70~~

14688	Mon	1/9-2/13	9:15-10am
14689	Mon	2/27-3/27	9:15-10am

R \$48/NR \$58

LOCATION: NKCC

INSTRUCTOR: GAYNOR MILES

**\$75
DEPOSIT
REQUIRED
#13025**



PeriWinkle Outdoor PRESCHOOL

3½-5 • SEPT. 13-JUNE 15

T/TH • 9:30 AM-12:30 PM

NORTH ROSE HILL WOODLANDS PARK

INSTRUCTORS:

JESSICA ANDERSON & FRANCESCA PREBLE

PeriWinkle Outdoor Preschool is a play-based program for active children who love to explore nature. With supervision from their teachers and a 1:6 ratio, children will gain self-confidence and self-awareness as they grow in their love of nature. A \$75 non-refundable deposit is collected once per school year per registered child. Participant families will be contacted with information regarding the preschool open house, payments, what to expect, and how to prepare for school.



**Preschool payments are
R \$275/NR \$330 per
month for ten months.**

**YOUR LOGO
HERE!**

Become a partner in your community! Sponsor an Event!

Corporate and business Sponsorship through Kirkland Parks and Community Services offers unique and diverse opportunities to promote your business, allowing us to provide innovative, free, and low-cost events to community members. Sponsorship provides high visibility through printed materials like our recreation guide, banners, posters, and signage, including digital and social media posts covering a broad audience. Sponsoring an event spans a three-to-six-month exposure period, reaching thousands of Kirkland residents and businesses! We're currently producing our 2023 activity guide. If interested, please get in touch with us now to meet publication deadlines. Sponsor payments need not be due until closer to the event date.

For more information, contact Maryke Burgess, Recreation Supervisor, at mburgess@kirklandwa.gov or 425-587-3330.

**YOUR COMPANY
NAME ON
DIGITAL, PRINT,
AND SOCIAL
MEDIA!**



PRESCHOOL

Special Interest

Playschool Prep

NEW

Through science, art, literacy, and sensory activities, we will engage your child's social, cognitive and language skills in this fun play-based class. We will use large motor activities to encourage interactive and imaginative play. We want playschool to be a fun introduction to a classroom setting, while helping your littlest learner build confidence in their language and social skills through sensory activities and parallel play. We will engage in circle times, STEAM activities and beginning literacy appreciation! (No class 11/23)

PLAYSCHOOL PREP FOR TWO'S

AGE: 2-3

14597	Wed	9/14-12/14	9:30-10:30am
14598	Wed	1/11-3/29	9:30-10:30am

R \$130/NR \$156

PLAYSCHOOL PREP FOR THREE'S

AND FOUR'S

AGE: 3-4

14605	Wed	9/14-12/14	10:45am-12pm
			R \$162/NR \$194
14606	Wed	1/11-3/29	10:45am-12pm

R \$150/NR \$180

LOCATION: NKCC

INSTRUCTOR: JESSICA ANDERSON

Snapology Jr. Scientists- All About Animals

Do you know what mammal is the largest on Earth, or how a caterpillar becomes a butterfly? We invite your little zoologist to analyze the differences between vertebrate and invertebrate, construct their way through the butterfly and frog life cycle, build reptiles, and examine the differences and similarities between insects and arachnids using Kid K'NEX® pieces. Your child will be too busy exploring the animal world to realize that they are gaining critical social, motor, and developmental skills. (No class 10/28, 11/11 & 11/25)

AGE: 4-6

14610	Fri	10/7-12/16	9:45-10:45am
			R \$175/NR \$210

LOCATION: NKCC

INSTRUCTOR: SNAPOLOGY

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31

Snapology Jr. Scientists- Shapes, Colors, & Counting

Concept and reasoning development begins very early for children and is a key component for preschool and kindergarten readiness. Your little one will identify basic shapes, where those shapes appear in their environment, and recognize colors and numbers in a variety of ways.

AGE: 4-6

14628	Fri	1/13-2/17	9:45-10:45am
			R \$135/NR \$162

LOCATION: NKCC

INSTRUCTOR: SNAPOLOGY

Snapology- Discovering Dinosaurs

In Discovering Dinosaurs, your little paleontologists will explore what dinosaurs ate and when they lived while constructing their very own dinosaur model out of DUPLO® blocks. Through stories, building, and games, your little learners will be busy exploring the prehistoric world while gaining critical social and developmental skills without even realizing it!

AGE: 4-6

14636	Fri	2/24-3/31	9:45-10:45am
			R \$135/NR \$162

LOCATION: NKCC

INSTRUCTOR: SNAPOLOGY





Sports

Pee Wee Basketball League

The Pee Wee Basketball League is focused on fun, participation, and socialization. Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching, and running/agility that are needed to participate in organized basketball.

AGE: 3-4

14515 Sat 10/29-12/10 8am-12pm

AGE: 5-6

14516 Sat 10/29-12/10 12-5pm

R \$84/NR \$100

LOCATION: FINN HILL MIDDLE SCHOOL GYM

ICE SKATING CLASS

See page 21

Cooking

Creating in the Kitchen

Your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! (No class 11/23)

AGE: 3½-5

14476	Wed	9/14-10/5	2-3pm
14478	Wed	10/12-11/2	2-3pm
14480	Wed	11/9-12/7	2-3pm
14490	Wed	2/1-2/22	2-3pm
14492	Wed	3/1-3/22	2-3pm

R \$72/NR \$86

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS



Fri 3/24
6:30-
8:30pm

Mermaid Ball

**Come along and follow me
to the bottom of the sea
where we'll join in the
Jamboree at the Mermaid Ball!**

Enjoy refreshments,
dancing, a mermaid craft,
and a commemorative
photo at our 5th annual
Mermaid Ball.

If you've loved our
winter themed ball,
wait till you see our
"under the sea" theme!

**Make a splash with your little
mermaid and sign up early for
this event before it's sold out!**

14587 – \$35

LOCATION: NKCC

All genders and gender
identities welcome, come
with the adult guardian
of your choice. *Sorry, no
refunds for this event.*

AGES
3-10



SCHOOL BREAK YOUTH CAMPS

Cooking

Kirkland Kids Holiday Cooking Camp

Come learn basic kitchen skills while you enjoy making delicious and nutritious food. Each day of camp will be a different meal: breakfast, lunch and dinner. Come join the fun!

AGE: 6-10

14482 Mon-Wed 12/19-12/21 2-4pm
R \$135/NR \$162

LOCATION: MCAULIFFE PARK
INSTRUCTOR: KAREN RENFROE-GIELGENS



Winter Break Snapology Sampler Camp

Explore a variety of Snapology classes all in one week! Day 1-Escape Snapology-students will play various games using their budding S.T.E.A.M. skills. Day 2-Fidget Spinner Science-each participant will take their fidget spinner home to use for themselves or to give as a gift. Day 3-Holiday Creator Club-a fun holiday themed make-n-take workshop with LEGO®. Day 4-How the Grinch Stole LEGO®-students will practice strong building strategies, develop teamwork and critical thinking skills, and learn that the value in the holidays comes from more than just the presents we give and receive. Each participant will also have a fun Seussical make-n-take craft to bring home.

AGE: 5-10

14621 Mon-Thu 12/19-12/22 9am-12pm
R \$200/NR \$240

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY

Winter Break Snapology Robotics Camp

Students will explore the world of robotics as they follow instructions to build various models that teach the fundamentals of robotic design. They will develop linear thinking and beginner coding skills while expanding their engineering abilities and creative problem-solving skills. With a partner they will use sensors, build and utilize simple machines, explore the utility of gears and axles, and use coding and engineering design to solve practical robotic challenges. Your student will be challenged in fun ways that will captivate their interests and grow their technical skills.

AGE: 5-10

14626 Tue-Thu 12/27-12/29 9am-12pm

R \$180/NR \$216

LOCATION: NKCC
INSTRUCTOR: SNAPOLOGY



Princess Camp

Princess Dance Camp

In this magical camp, ballerina Miss Marika will whisk you away to enchanting lands through stories, music and dance. Try your "wings" and your wands on Princess Fairies day and don't forget your slippers on the final day of camp, because you will be attending the Princess Ball.

AGE: 5-8

14596 Mon-Fri 4/10-4/14 9:30am-12pm
R \$120/NR \$148

LOCATION: NKCC





Winter Wonderland Camp

Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

AGE: 5-8

14590 Mon-Thu 12/19-12/22 9am-12pm
R \$175/NR \$210

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Bash'em Bots Camp

Design your custom LEGO® bot to take on any challenge. Mix and match chassis designs using wheels, treads, or walking legs. Combine these with tools like drills, hammers, and battering rams as you refine your masterpiece by sparring with friends and overcoming obstacles. Apply real-world engineering and physics concepts to help you bash and crash your way to victory.

AGE: 8-14

14591 Mon-Thu 12/19-12/22 1-4 pm
R \$175/NR \$210

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

Spring into STEM-Spring Break Camp

Celebrate the coming of spring! Build chirping birds, design blossoming flowers, and take a ride on a paddle boat. Design and build as never before and explore your craziest ideas.

AGE: 5-9

14594 Mon-Fri 4/10-4/14 9am-12pm
R \$215/NR \$258

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

STEM+Pokemon-Full Day Camp

Build projects inspired by cool machines while applying real-world concepts and join Ash and Pikachu to explore the vast world of Pokemon. Build and catch favorite Pokemon, rescue Pikachu from team Rocket, and take a ride on S.S. Anne to uncover rare and mystic Pokemon.

AGE: 5-9

14592 Thu, Fri 2/16-2/17 9am-4pm
R \$175/NR \$210

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES



Mad Science Super Science Sampler

Mad Science comes in all shapes and sizes as our campers will discover in this exciting week of science activities. Become an engineer and build bridges, domes, cubes, and pyramids. Assemble and control pulleys, levers, catapults, and simple machines. Use chemistry to make your own sidewalk chalk and bath bombs. Behold birds and beasts as we discover the animal kingdom!

AGE: 6-11

14683 Mon-Fri 4/10-4/14 9am-12pm
R \$269/NR \$323

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE

Mad Science Creative Contraptions

Join us on a journey of discovery. Each day campers are given fun challenges which they overcome using basic materials, simple machines, tips from fabulous inventors and most important of all....Their mind! Follow in the footsteps of da Vinci, Edison and the Wright Brothers. Construct catapults and forts, fabricate innovative flying machines, and design your own gizmo prototypes.

AGE: 6-11

14685 Mon-Fri 4/10-4/14 1-4pm
R \$269/NR \$323

LOCATION: NKCC
INSTRUCTOR: MAD SCIENCE

Art & Music

Musical Theatre for Kids

NEW Do you love to perform? Then join us for musical theatre class! Just like the triple threats on Broadway, we will learn to tell stories through singing, dancing, and acting. We will work on dance, vocal, and acting techniques while rehearsing for an end of the season musical theatre performance.

MUSICAL THEATRE 1

AGE: 5-7

14821	Tue	9/13-12/13	4:30-5:30pm
R \$130/NR \$156			
14822	Tue	1/10-3/28	4:30-5:30pm
R \$114/NR \$137			

MUSICAL THEATRE 2

AGE: 8-11

14823	Tue	9/13-12/13	5:45-6:45pm
R \$130/NR \$156			
14824	Tue	1/10-3/28	5:45-6:45pm
R \$114/NR \$137			

LOCATION: NKCC

Crescendo Kids Piano Classes by Move Over Mozart

Piano at home is not required but is recommended. Recitals are scheduled throughout the year. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. (No class 11/24)

Mask Requirement -The instructor for this class strongly prefers all participants wear a mask. If you cannot adhere to that preference, please do not sign up for this program.

AGE: 7-9

14431	Tue	9/20-12/20	6:30-7pm
14436	Thu	9/22-12/15	6:30-7pm
R \$234/NR \$280			
14445	Tue	1/17-3/28	6:30-7pm
14453	Thu	1/19-3/30	6:30-7pm
R \$180/NR \$216			

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL

MORE CLASSES FOR AGES 5-6

See page 11



Cooking

Creating in the Kitchen

Your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time! (No class 11/23)

AGE: 6-10

14477	Wed	9/14-10/5	3:30-4:30pm
14479	Wed	10/12-11/2	3:30-4:30pm
14481	Wed	11/9-12/7	3:30-4:30pm
14491	Wed	2/1-2/22	3:30-4:30pm
14493	Wed	3/1-3/22	3:30-4:30pm
R \$72/NR \$86			

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS



Special Interest



Brick Art and Design Lab

Edgar Degas, a famous artist, once said, 'Art is not what you see, but what you make others see'. As your child learns about different types of art and the periods they were created, students will be interpreting what they see and creating their own works of art using LEGO® bricks. Through Snapology's interactive Art History class, children will learn about Da Vinci's Mona Lisa, Van Gogh's Starry Night, Wright's Falling Water, and many more! (No class 10/31)

AGE: 5-11

14614	Mon	10/3-12/12	5-6pm
R \$220/NR \$264			

LOCATION: NKCC

INSTRUCTOR: SNAPOLOGY

Planes, Trains, & Automobiles

Children will explore the world of transportation while building models of their favorite forms of transportation as they learn about energy, wheels and axles, air resistance, and more. (No class 2/20)

AGE: 5-10

14641	Mon	1/23-3/27	5-6pm
R \$199/NR \$239			

LOCATION: NKCC

INSTRUCTOR: SNAPOLOGY



Play Well Teknologies with Lego® Programs

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects! Design and build as never before and explore your craziest ideas in a supportive environment. Camp held at Heritage Hall, 203 Market Street.

Spooktacular Halloween Workshop

Build spooky ghosts and other moving decorations, learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO bricks, we know your Halloween display will be simply “gourd-geous”!

AGE: 6-12

14588	Sat	10/29	9am-12pm
R \$45/NR \$54			

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES
WITH LEGO®

Discover Pi Day

Have you ever tried building circles with LEGO? Get tips from the pros this Pi Day and celebrate all things circular in the workshop. Use LEGO pieces to investigate pi and calculate that famous ratio, then take your building skills to the next level with other circle-inspired projects.

AGE: 6-12

14593	Sat	3/11	9am-12pm
R \$45/NR \$54			

LOCATION: HERITAGE HALL
INSTRUCTOR: PLAY-WELL TEKNOLOGIES
WITH LEGO®

SAFETY CLASSES by SUPERSITTERS LLC

Babysitting 101

Students completing this course will be better prepared to provide a safer and more positive infant/child-care experience. We cover parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Babysitting 101 handbook and a course completion card included. Bring a morning snack, a sack lunch, and a drink.

AGE: 11-15

14494	Sat	9/24	9am-2pm
14495	Sat	10/29	9am-2pm
14496	Sat	11/26	9am-2pm
14497	Sat	1/21	9am-2pm
14498	Sat	2/18	9am-2pm
14499	Sat	3/18	9am-2pm

R \$60/NR \$72

LOCATION: NKCC
INSTRUCTOR: SUPER SITTERS LLC

Home Alone Safe Kids 101

When is your child ready to stay home alone? What should they know about first aid, choking, fire prevention or aggressive dogs? Wondering how to initiate the discussion on abuse, abduction, or digital safety, like cyberbullying or sexting? We'll teach your child how to be safer at home and in the community! Safe Kids 101 book included. Bring a water bottle and snack.

AGE: 9-13

14577	Sat	10/22	9am-12pm
14578	Sat	12/10	9am-12pm
14580	Sat	1/28	9am-12pm
14581	Sat	2/25	9am-12pm
14582	Sat	3/25	9am-12pm

R \$45/NR \$54

LOCATION: NKCC
INSTRUCTOR: SUPER SITTERS LLC

YOUTH



Dance, Movement & Gymnastics

Ballet 1

Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor and center work. Parents invited to watch day, on the last day of class. Leather-soled ballet shoes required. Prerequisite for 5 year olds: Preschool Dance B or equivalent experience. (No class 11/26)

AGE: 5-7

14783	Sat	9/17-12/17	10:50-11:35am
R \$124/NR \$149			
14784	Sat	1/14-4/1	10:50-11:35am
R \$114/NR \$137			

LOCATION: NKCC

Hip Hop

Through the art of Hip Hop dance, this class encourages athleticism, self-expression, confidence, and a feeling of accomplishment. (No class 11/23)

AGE: 5-7

14732	Wed	9/14-10/19	5:30-6:15pm
14735	Wed	11/2-12/14	5:30-6:15pm
14738	Wed	1/11-2/15	5:30-6:15pm
14741	Wed	2/22-3/29	5:30-6:15pm

R \$57/NR \$68

LOCATION: NKCC

Hip Hop Youth

Bust a move in this fun, high energy, street dance style class taught to "cleaned-up" versions of fast paced Hip Hop music. For newbies and kids with experience. (No class 11/23)

AGE: 7-11

14733	Wed	9/14-10/19	6:30-7:15pm
14736	Wed	11/2-12/14	6:30-7:15pm
14739	Wed	1/11-2/15	6:30-7:15pm
14743	Wed	2/22-3/29	6:30-7:15pm

R \$57/NR \$68

LOCATION: NKCC

**DON'T FORGET
YOUR DANCE
SHOES**

Please check class descriptions for the required ballet slippers or tap shoes.





Elementary Tumbling

Coordination is the basis for any sport and dance genre, but also for something as simple as running! Work on coordination with Miss Christie's help on the beam, bar, and springboard, but also learn handstands and cartwheels. This class for the older elementary student is perfect for beginners and those with some tumbling experience. (No class 11/23)

AGE: 7-10

14833	Wed	9/14-10/19	5:30-6:15pm
14834	Wed	11/2-12/14	5:30-6:15pm
14835	Wed	1/11-2/15	5:30-6:15pm
R \$54/NR \$65			
14836	Wed	3/1-3/29	5:30-6:15pm
R \$45/NR \$54			

LOCATION: NKCC

Sports/Fitness

Dream Team Cheer Squad

Be a part of the Kirkland Parks cheer squad! You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform too including at a Seattle Storm and UW game! Previous experience not required. Cheer classes are run by Eastside Dream Elite Cheer & Dance, east sidedreamelite.com. (Some extra costs may be incurred for this class). (No class 11/24)

AGE: 7-15

14583	Thu	9/22-10/27	6-7:30pm
14584	Thu	11/3-12/15	6-7:30pm
14585	Thu	1/5-2/9	6-7:30pm
14586	Thu	3/2-4/6	6-7:30pm
R \$100/NR \$120			

LOCATION: NKCC

INSTRUCTOR: EASTSIDE DREAM ELITE

Ice Skating

Classes include rental skates, 30 minutes of professional instruction, and 30 minutes of practice skating time. A few class series consist of additional non-instruction practice days. Before the first class, you will receive an email from Sno-King Kirkland with important detailed class information such as when to arrive and what to wear. *The registration deadline is two weeks before the first class. (No class 9/23, 10/21, 11/22, 11/25, 2/22)*

AGE: 4+

14440	Fri	9/9-12/2	6:05-7:05pm
10 CLASSES			R \$375/NR \$450
14438	Tue	9/13-12/6	10:45-11:45am
12 CLASSES			R \$450/NR \$540
14507	Tue	1/3-3/21	10:45-11:45am
12 CLASSES			R \$450/NR \$540
14439	Wed	1/4-3/29	6:05-7:05pm
12 CLASSES			R \$450/NR \$540

LOCATION: SNO KING ICE ARENA

INSTRUCTOR: SNO KING ICE ARENA ICE SKATING

Bend & Breath After School Yoga

NEW Help your child relax and recharge after their busy day at school. They will learn the basic skills of yoga and meditation in this fun and engaging class. A perfect way to end the day calmly and happily. Please bring a mat for use on the hardwood floor.

AGE: 5-8

14690	Wed	9/14-10/19	3:30-4:15pm
14691	Wed	10/26-12/7	3:30-4:15pm
R \$58/NR \$70			
14692	Wed	1/11-2/8	3:30-4:15pm
14693	Wed	2/22-3/22	3:30-4:15pm
R \$48/NR \$58			

LOCATION: NKCC

INSTRUCTOR: GAYNOR MILES



ASK US
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YOUTH



Capoeira

This exciting Brazilian martial art incorporates music and dance with a physical and mental discipline so that participants develop self-confidence and coordination. (No class 11/21 & 11/23)

AGE: 6-15

14224	Mon, Wed	9/7-10/3	6-7pm
14225	Mon, Wed	10/5-10/31	6-7pm
14226	Mon, Wed	11/2-12/5	6-7pm
14227	Mon, Wed	12/7-1/11	6-7pm
14228	Mon, Wed	1/18-2/13	6-7pm
14229	Mon, Wed	2/15-3/15	6-7pm

8 CLASSES R \$140/NR \$168

14230	Mon, Wed	3/20-3/29	6-7pm
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4 CLASSES R \$70/NR \$84

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ

ASK US
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Flag Football

NEW Kirkland Night Lights! This non-contact program is a perfect way for kids to learn foundational football skills, get active, meet new friends, and have fun! Leagues are separated into 1st/2nd Grade, 3rd/4th Grade and 5th/6th Grade. Teams will practice once per week and play games on Friday night. Teams are Coed. Mouth guards are not required but recommended. Balls and Flag Belts are provided. Teams will play 8 regular season games (no playoffs). Max roster is 10.

1ST/2ND GRADE

AGE: 6-8

14527	Tue, Wed, Fri	10/18-12/9	5-8pm
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R \$135/NR \$162

LOCATION: TBD

3RD/4TH GRADE

AGE: 8-10

14528	Tue, Wed, Fri	10/18-12/9	5-8pm
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R \$135/NR \$162

LOCATION: TBD

5TH/6TH GRADE

AGE: 10-12

14528	Tue, Wed, Fri	10/18-12/9	5-8pm
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R \$135/NR \$162

LOCATION: TBD

Lil Hoopers Basketball

NEW Lil' Hoopers is an introductory basketball program run in a fun environment! Designed for players in Kindergarten, 1st and 2nd Grade to learn the basics of basketball and gain the confidence they need to dribble, shoot and score! Teams will practice and play games on Saturdays.

KINDERGARTEN AGE: 5-6

14543	Sat	1/14-3/4	9am-4pm (times vary)
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1ST GRADE BOYS AGE: 6-7

14545	Sat	1/14-3/4	9am-4pm (times vary)
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1ST GRADE GIRLS AGE: 6-7

14544	Sat	1/14-3/4	9am-4pm (times vary)
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2ND GRADE BOYS AGE: 7-8

14547	Sat	1/14-3/4	9am-4pm (times vary)
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2ND GRADE GIRLS AGE: 7-8

14546	Sat	1/14-3/4	9am-4pm (times vary)
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R \$125/NR \$150

LOCATION: FINN HILL MIDDLE SCHOOL GYM

COACHES NEEDED!

Visit kirklandwa.gov/Government/City-Managers-Office/Volunteer-Opportunities#section-5

Youth BASKETBALL LEAGUE

Grades
3rd-6th

Registration Deadline:
November 4th

FEE: \$143 R / \$172 NR

To register please visit:
KirklandParks.net or call **426.587.3336**

The purpose of the City of Kirkland's Youth Basketball League is to give each child the opportunity to learn the importance of good sportsmanship and fair play in competition. Our volunteer coaches will strive to teach the basic rules, skills, and techniques involved in basketball so that each child may play and enjoy the game. Through basketball, we hope to provide all players the opportunity to create friendships, learn new skills and have FUN!

BOYS LEAGUE		GIRLS LEAGUE	
14393	3rd Grade Boys	14389	3rd Grade Girls
14394	4th Grade Boys	14390	4th Grade Girls
14395	5th Grade Boys	14391	5th Grade Girls
14396	6th Grade Boys	14392	6th Grade Girls

Teams are formed in order of registration with a 10 player limit. We use the first 1-10 registrants at the same school to form the first team, and then the next 11-20 forming the second team and so on. Some schools will form multiple teams. In some cases, schools of the same grade and gender will be combined to form teams. We do not take coach or teammate requests. The Season Begins November 28th, your coach will contact the players by phone or email the week of November 20. The coach will provide you with information

on practice time and location of practice.

Games start, Saturday, January 14, 2023. Each team is scheduled for 8 games, with one make-up date available in event of inclement weather. Games are played on Saturdays between 8:00 AM to 5:00 PM.

Practices begin the week of November 28. Teams will practice at least once a week. Practice times will vary depending on school availability; gym time is available from 5:00 PM to 9:00 PM on weeknights.

Please register by your child's grade and gender preference. Youth Basketball participants can play with the gender group with which they identify. When prompted, please select the school your child attends. Teams are formed by school, grade, and gender.



AGES
8-14

STAFF NEEDED!

We are hiring Youth Sports Facility Leads and Youth Sports Officials for the 2022-23 season. Pay ranges \$14.75 – \$18.51 an hour. Shifts are on Saturdays between 8:00 AM and 5:00 PM. Minimum age for Youth Sport Officials is 16 years of age. Minimum age of Youth Sports Facility Leads is 18 years of age. Training is provided.

For more information call 425-587-3334 or visit kirklandwa.gov/ParksJobs to apply.

VOLUNTEER COACHES NEEDED!

If you would like to be a coach, please visit kirklandwa.gov/Volunteer

YOUTH



FENCING by KAIZEN ACADEMY

Learn a new sport and the basics of fencing technique, competition and recreation. Hone your focusing skills and increase your fitness level. Bring sport shoes, water bottle and sweatpants (no jeans). One-time equipment fee of \$35 payable to instructor on first day of class.

Beginning Fencing

Do you have a budding D'artagnan or Rey in your family? In this beginning fencing class students learn the basics of fencing technique, competition, recreation, and sport. A great way for kids to learn an exciting new sport, hone their focusing skills, and increase their fitness. No class Nov. 24. Children younger than 8 must have instructor permission to enroll. Masks are required for all participants. Class location address is 9620 153rd Ave NE #A5 in Redmond

AGE: 8-18

14566	Thu	9/15-10/20	4:30-5:30pm
14567	Thu	11/3-12/15	4:30-5:30pm
14728	Thu	1/12-2/16	4:30-5:30pm
14729	Thu	2/23-3/30	4:30-5:30pm

R \$156/NR \$187

LOCATION: KAIZEN ACADEMY
INSTRUCTOR: KEVIN MAR

Kendo

Come join us to learn the ancient Japanese art of sword fighting! Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Class is open for ages 8 and up. Beginning classes are taught in a roughly 10-week curriculum, focusing on the fundamentals, starting with proper etiquette, footwork, and sword handling.

BEGINNERS KENDO

Beginning students should arrive at least 20 minutes early for the first class. Please wear loose-fitting exercise clothes, and please note that Kendo is practiced barefoot. Beginners are required to pay a \$50 additional equipment fee for a bokken (wood sword), and a shinai (bamboo sword). A sword bag will also be available for purchase with the swords for an additional \$10, but this is optional. Students continuing beyond the beginner class will have the opportunity to spar in armor with more advanced students. This class is taught all together, kids and adults.

AGE: 8+

14518	Tue	9/27-12/13	6-7:30pm	R \$120/NR \$144
14520	Tue	1/3-3/7	6-7:30pm	R \$100/NR \$120

LOCATION: NKCC

INTERMEDIATE/ADVANCED KENDO

This class is for both intermediate and advanced students. Advanced students are people who are already in armor. Intermediate students are people who have completed the beginner's class in the previous quarter and wish to continue on to further improve their skills. Half of the class time will be spent on drills with the advanced group. Halfway through the quarter, intermediate students will be asked to purchase uniforms. Details will be discussed further during class.

AGE: 8+

14519	Tue	9/27-12/13	7-9pm	R \$120/NR \$144
14521	Tue	1/3-3/7	7-9pm	R \$100/NR \$120

LOCATION: NKCC

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Free Events

FOR ALL AGES

HALLOWEEN BINGO DRIVE-IN & COSTUME PARADE

OCT 28 • 6:00 PM & 8:00 PM
JUANITA BEACH PARK

Play boo bingo in your vehicle with our giant LED movie screen and wear your costume for the costume parade. Bingo cards are provided, and prize baskets are awarded to winners! Bring some snacks and a highlighter pen. Two sessions to choose from.

Visit KirklandParks.net to reserve your time and vehicle size or call us at 425-587-3330.



DÍA DE LOS MUERTOS

OCT 29 • 2:30–4:30 PM
PETER KIRK COMMUNITY CENTER

Acompáñenos a celebrar el Día de los Muertos para recordar a nuestros familiares antepasados, y disfrutar actividades tradicionales, comida, música, y más.

Para más información, visite
kirklandwa.gov/CommunityEvents

Join us to celebrate Día de los Muertos as we remember our loved ones, enjoy traditional activities, food, music, and more.

LUNAR NEW YEAR

JAN 22 • 6:30–8:30 PM
PETER KIRK COMMUNITY CENTER

农历新年

1月22日, 晚上 6:30-8:30

Peter Kirk 社区中心

了解农历新年及其传统庆祝方式!

参与包括手工艺品、美食、舞蹈和文化展示等内容的活动。

如需了解完整的详细内容, 请访问
kirklandwa.gov/CommunityEvents网站。

For complete details, visit
kirklandwa.gov/CommunityEvents



Learn about the Lunar New Year, and how it's traditionally celebrated!
Enjoy activities that include crafts, food, dancing and cultural demonstrations



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Trackers Earth

Trackers Earth Outdoor Apprenticeship Programs

This outdoor skill-building program is offered in three sessions during the school year (approximately one class per month, three classes per session). During each program meeting, Trackers Earth Mentors teach participants outdoor wilderness survival, farm craft, fishing, and animal tracking. Participants learn and build on Trackers Guilds with each class: Rangers (stealth, archery); Wilders (animal care, gardening, outdoor cooking); Mariners (exploration of rivers, lakes, with fishing and cooking); and Artisans (nature crafting). For the best experience, registration for all three sessions is encouraged.

AGE: 5-6 ROVERS PROGRAM

14748	Sat	9/24-11/5	8am-3:30pm
14752	Sat	1/14-2/25	8am-3:30pm
14753	Sat	3/18-5/6	8am-3:30pm

AGE: 7-8

14751	Sat	9/24-11/5	8am-3:30pm
14754	Sat	1/14-2/25	8am-3:30pm
14756	Sat	3/18-5/6	8am-3:30pm

AGE: 9-10

14760	Sat	9/24-11/5	8am-3:30pm
14761	Sat	1/14-2/25	8am-3:30pm
14762	Sat	3/18-5/6	8am-3:30pm

R \$325/NR \$390

LOCATION: MCAULIFFE PARK
INSTRUCTOR: TRACKERS EARTH

Trackers Earth Outdoor Adventure Apprenticeship: Hike, Paddle, Climb

Join Trackers for an epic outdoor adventure! Apprentices, with a team of friends, learn from Trackers Earth Mentors the fundamentals of navigation, boat and water safety, rock climbing, and backcountry exploration skills. They learn wilderness survival, boating, and climbing skills during three separate sessions over nine months (one class approximately per month). Registration for each of the three sessions is recommended for best results.

AGE: 11-12

14785	Sat	9/24-11/5	8am-3:30pm
14786	Sat	1/14-2/25	8am-3:30pm
14787	Sat	3/18-5/6	8am-3:30pm

AGE: 13-17

14788	Sat	9/24-11/5	8am-3:30pm
14789	Sat	1/14-2/25	8am-3:30pm
14790	Sat	3/18-5/6	8am-3:30pm

R \$325/NR \$390

LOCATION: MCAULIFFE PARK
INSTRUCTOR: TRACKERS EARTH

Note program drop-off and pick-up is at McAuliffe Park, however, this program travels by Trackers Earth bus/van to various parks in the region, like Lake Sammamish State Park, OO Denny Park, etc.





Trackers Earth

OUTDOOR EXPLORATION DAYS



Choose your Trackers Guild Adventure! Trackers Earth offers multiple single Outdoor Adventure Days to introduce kids and families to Trackers' Earth and their focus on nature-based skills, like fishing, kayaking, archery, animal tracking, and more! Instructors mentor in hands-on skill-building and teamwork. Themes vary, and some programs are offered for kids and their adult family members to join in the fun too! Visit kirklandparks.net for complete theme details.

FAMILY KAYAK ADVENTURE WITH TRACKERS EARTH – A TEEN AND FAMILY EXPERIENCE

Join Trackers Guilds for an outdoor water adventure. Launching from Waverly Beach Park, participants explore Lake Washington and Yarrow Bay by kayak and stop for lunch at a local Kirkland Park (pre-packaged lunch not included and is to be provided by participants). Learn essential watercraft techniques and water safety skills. Discover wildlife in and along beautiful waterways: eagles, osprey, deer, otters, and many more! This program is offered for youth 12 and older plus an adult family member(s). Note each participant is required to pre-register to participate.

AGE: 12+

14704	Sun	9/25	10am-2pm
R \$78/NR \$94			

LOCATION: WAVERLY BEACH PARK
INSTRUCTOR: TRACKERS EARTH

FAMILY FISHING & OUTDOOR COOKING

Join the Mariners Guild! Embark on a fall fishing adventure at a local stock pond. Rig your own pole and learn to clean, cook, and eat your catch outside. Fishing license required for ages 14+.

AGE: 7+

14712	Sat	10/1	10am-2pm
14714	Sun	3/26	10am-2pm

R \$78/NR \$94

LOCATION: BEAVER LAKE PARK
INSTRUCTOR: TRACKERS EARTH

FAMILY ARCHERY & WILDERNESS SURVIVAL

Join the Rangers Guild! Train in skills of wilderness survival, tracking, and stealth. Blend in with the forest and learn the ways of the wild.

AGE: 7+

14713	Sat	10/22	10am-2pm
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R \$78/NR \$94

LOCATION: HANS JENSEN GROUP CAMPGROUND
INSTRUCTOR: TRACKERS EARTH

AGES
7+



10AM-2PM
R \$78/NR \$94

TEENS



Simple Eats for Teens

Our Simple Eats for Teens workshop introduces “cooking without a kitchen” using microwaves, electric skillets and just a few ingredients. It’s like making something out of nothing! Learn all about recipe comprehension and cooking safety.



FALL EDITION

Pumpkin pasta and apple tarts.

AGE: 12-18

14387	Sat	9/17	11am-1pm
R \$38/NR \$45			

LOCATION: PKCC

INSTRUCTOR: KAREN RENFROE-GIELGENS

BAKING EDITION

Chocolate chip banana bread and delicious cranberry-orange scones from scratch.

AGE: 13-18

14388	Sat	11/5	10:30am-1pm
R \$42/NR \$50			

LOCATION: MCAULIFFE PARK ATRIUM



Teen Basketball Open Gym

Teen Basketball Open Gym allows teens in our area to learn the importance of good sportsmanship and fair play, along with skills in specific sports. This season’s open gyms will focus on basketball with the assistance of volunteer coaches. Our coaches will strive to teach the basic rules, skills, and techniques involved in basketball so that each teen may play and enjoy the game. In addition, through basketball, we hope to provide all players the opportunity to create friendships, learn new skills and have FUN!

AGE: 13-19

14924	Thu	12/8	7-9pm
14925	Thu	1/12	7-9pm
14926	Thu	2/9	7-9pm
14927	Thu	3/9	7-9pm

FREE

LOCATION: KIRKLAND MIDDLE SCHOOL



Ceramics for Teens-Basics of Hand Building

NEW

In this workshop, students will have the opportunity to experiment with form and texture as they learn the basics of hand building and construction with clay. Students will be encouraged to explore the relationship between functional objects and art objects.

AGE: 13-18

14500	Sat	9/24	2-5pm
R \$32/NR \$38			

LOCATION: KIRKLAND ARTS CENTER

INSTRUCTOR: KIRKLAND ARTS CENTER





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JUNIOR ACHIEVEMENT

Job Skills

Job skills don't come naturally, they are learned. Come out of this class feeling confident and prepared for a job! Junior Achievement volunteers will teach the basics of interviewing, resume writing, and workplace etiquette. The program includes improving verbal and written skills for the workplace, cell phones in the workplace and much more. Workbooks and handouts are included.

AGE: 14-18

14424 Mon, Wed 9/19-9/26 6-8pm
Free

Finances

NEW

Learning how to budget is empowering and fun! Junior Achievement volunteers will teach you everything you need to know about managing your finances such as setting boundaries, creating a budget, savings, the importance of credit, debt and much more. Workbooks and handouts are included.

AGE: 14-18

14423 Mon, Wed 9/28-10/10 6-8pm
Free

Instructor:
Junior
Achievement

Location:
PKCC

Self Defense for Teen Girls

This 3-hour class will educate teen girls about potentially risky situations: dating violence, how assailants target and test potential victims, personal safety, and more. Students will learn strikes to vulnerable targets, releases from grabs, and how to safely remove oneself from threatening situations.

AGE: 14-19

14559 Sat 11/19 1:45-4:45pm

R \$79/NR \$95

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

SERVICES

TEEN TRAFFIC COURT

Have you or someone you know just been given a traffic ticket by a Kirkland Officer? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, Woodinville, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record. To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11740 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. For questions, please call the Kirkland Municipal Court, 425-587-3160 or Kirkland Youth Services, 425-587-3323.

HIP HOP CLASSES

See page 21

TEEN KAYAK ADVENTURE

See page 27

TEENS

Teen Nights at Peter Kirk Community Center (PKCC) are free programs that offer a safe space for teens ages 13-19 to hang out with friends and enjoy activities such as trivia, art, movies, music, and more! Pre-registration is appreciated but not required.



Teen Nights



Grab a group of friends and come as you are to enjoy a fun-filled game night! Bankrupt other teens in Monopoly, skip a friend in Uno or shout Sorry! as you knock your opponents off the board. With snacks, drinks, and a wide variety of games, you're almost guaranteed never to get bored!

AGE: 13-19
14420 FRI 9/23 6-9PM
LOCATION: PKCC



Detectives and murder weapons and suspects, Oh My! Join us for a night of mystery as we bring the game Clue to life! Can you solve the murder?

AGE: 13-19
14420 FRI 10/7 6-9 PM
LOCATION: PKCC



Show off your knowledge on a variety of topics and battle it out with other teams to come out on top! Trivia night includes friendly competition, snacks, drinks, and a great time to be had by all.

AGE: 13-19
14420 FRI 11/4 6-9 PM
LOCATION: PKCC

A Focus on Teens

Parks and Community Services was awarded a grant from the Association of Washington Cities' Summer Experiences and Enrichment for Kids (SEEK) fund for a pilot program for teens through outdoor adventure trips. The grant, combined with support from the Kirkland City Council, allowed us to successfully launch several recreation opportunities for teens in Kirkland this past summer.

The program focused on providing safe, welcoming, and free outdoor experiences for youth ages 11-19. Teens participated in 17 guided outdoor activities, including hiking, river floating, kayaking, and outdoor yoga. Transportation was provided, along with daypacks and even hiking boots for those who needed proper footwear. When REI learned about the SEEK program during the early planning

stages, they offered a deep discount on the cost of equipment and helped with proper shoe fittings.

Kirkland City Council also supported monthly teen nights. Events included movies and ice cream, hosting music and games in the park, and a video game tournament using our big LED screen. In addition, a variety of cooking, art, and life skills classes for teens are scheduled for the fall.

"The Seek Outdoor Adventure fills a huge area of need in our community. The format is also ideal in that it gives the teens an opportunity to be active, meet other teens in the community, participate in the program with siblings/friends, and foster a love for the natural beauty we have around us."

— Parent of SEEK Outdoor Adventures teen



APPLY FOR A RECREATION SCHOLARSHIP

Kirkland Parks and Community Services offers Kirkland residents of all ages and abilities the opportunity to participate in diverse, rewarding, and high-quality recreation programs that are accessible and affordable. We try to make every opportunity available, regardless of income. Scholarship opportunities are available to those who might not be able to participate because of income.

Scholarship limits have been increased to \$450 per Kirkland resident and may be used throughout the year.

NEW!
Scholarship recipients can register for classes online!

GIVE THE GIFT OF RECREATION

KIRKLAND PARKS AND COMMUNITY SERVICES
RECREATION SCHOLARSHIP FUND

DID YOU KNOW?

A donation of \$44 contributes toward a child's swim lessons or \$27 helps a 50+ adult to enjoy a van trip with friends.

For more details, visit kirklandwa.gov/RecreationScholarships

Donations are welcomed to support the Scholarship Program! Additional information can be found at <https://bit.ly/39kwzmJ>

ADULTS



Arts & Crafts

Watercolor Painting

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.

AGE: 18+			
14173	Tue	9/6-9/27	6-9 pm
14174	Tue	10/4-10/25	6-9 pm
14175	Tue	11/1-11/22	6-9 pm
14176	Tue	11/29-12/20	6-9 pm
14177	Tue	1/3-1/24	6-9 pm
14178	Tue	1/31-2/21	6-9 pm
14179	Tue	2/28-3/21	6-9 pm

R \$65/NR \$78

LOCATION: PKCC
INSTRUCTOR: JEAN PRATT-BEUOY

Oil Painting the Easy Way

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. (No classes 11/24 & 12/29)

AGE: 18+			
14166	Thu	9/8-9/29	5:30-8:30pm
14167	Thu	10/6-10/27	5:30-8:30pm
14168	Thu	11/3-12/1	5:30-8:30pm
14169	Thu	12/8-1/5	5:30-8:30pm
14170	Thu	1/12-2/2	5:30-8:30pm
14171	Thu	2/9-3/2	5:30-8:30pm
14172	Thu	3/9-3/30	5:30-8:30pm

R \$65/NR \$78

LOCATION: PKCC
INSTRUCTOR: JEAN PRATT-BEUOY



THANK YOU

Thank you to Kirkland community members for participating in our Outdoor Movie Series this past summer and to our generous sponsor, Ziply Fiber for their support.

The Outdoor Movie Series will be back next summer!

Dance

Tap Happy Adults

Learn new skills and increase positive endorphins through the joy of Tap Dancing! This beginner level class offers you a great workout to upbeat music without feeling the effort of a monotonous workout. Learn routines and tap dance techniques, while developing balance, strength, flexibility and rhythm. We will be dancing to everything from Classic Rock, and America's Top 40 to Big Band, Jazz and Broadway Musicals. If it has a beat, and feels good, we will be dancing to it...Tap or Character shoes please. (No class 11/21, 1/16 & 2/20)

AGE: 16+

14793	Mon	9/12-12/12	6:30-7:30pm
R \$143/NR \$171			
14794	Mon	1/9-3/27	6:30-7:30pm
R \$110/NR \$132			

LOCATION: NKCC

INSTRUCTOR: KATIE JARVIS

Adult Capoeira

NEW Fun, healthy fitness, self defense, confidence, music, culture & community. Capoeira is for everyone....any level no experience necessary just come and enjoy. (No class 11/21 & 11/23)

AGE: 16+

14869	Mon, Wed	9/7-10/3	8:15-9:15pm
14870	Mon, Wed	10/5-10/31	8:15-9:15pm
14871	Mon, Wed	11/2-12/5	8:15-9:15pm
14872	Mon, Wed	12/7-1/11	8:15-9:15pm
14873	Mon, Wed	1/18-2/13	8:15-9:15pm
14874	Mon, Wed	2/15-3/15	8:15-9:15pm
R \$140 / NR \$168			
14875	Mon, Wed	3/20-3/29	8:15-9:15pm
R \$70 / NR \$84			

LOCATION: PKCC

INSTRUCTOR: PROFESSOR FABRICIO

Hip Hop

NEW Join this fun Hip Hop class that offers a great aerobic workout also. Dance, move and sweat to choreography and music that is guaranteed to motivate!!! All levels are welcome. (No class 11/21, 12/26, 1/2, 1/16 & 2/20)

AGE: 14+

14218	Mon	9/12-10/3	7:15-8:15pm
14219	Mon	10/10-10/31	7:15-8:15pm
14220	Mon	11/7-12/5	7:15-8:15pm
14221	Mon	12/12-1/23	7:15-8:15pm
14222	Mon	1/30-2/27	7:15-8:15pm
14223	Mon	3/6-3/27	7:15-8:15pm

R \$70/NR \$84

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ

LINE DANCING CLASSES

See page 45



ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31

PARTNER DANCING



BALLROOM

It's time to learn to dance. Easy basics in Fox Trot, Waltz and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing. Adults & teens, couples only, no singles due to COVID.

AGE: 16+

14562	Thu	9/15-10/13	7-8pm
14600	Thu	1/12-2/9	7-8pm

R \$65/NR \$78

WEST COAST SWING

The coolest, smoothest, and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz, and R & B to Top 40 Pop of all eras. Adults & teens, couples only, no singles due to COVID.

AGE: 16+

14563	Thu	9/15-10/13	8-9pm
14599	Thu	1/12-2/9	8-9pm

R \$65/NR \$78

EAST COAST SWING

The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class. Adults & teens. Due to COVID, couples only please, no singles.

AGE: 16+

14564	Thu	10/20-11/17	7-8pm
14601	Thu	2/16-3/16	7-8pm

R \$65/NR \$78

SALSA

Hot! Hot! Hot! Solid basic turns in Salsa and Merengue. Dance the night away! Adults & teens. Due to COVID, couples only no singles.

AGE: 16+

14565	Thu	10/20-11/17	8-9pm
14602	Thu	2/16-3/16	8-9pm

\$65/NR \$78

LOCATION: NKCC

ADULTS



Ballet Basics



Have you always wanted to take a ballet class, but something got in the way? Now that you have the time, do you feel like you're too old and it's too late? Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult basic ballet class offers something for everyone, from young adults to seniors. Ballet is a fun way to tone and tighten your body while learning fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence, and body-centered awareness. This class is for those with little or no dance training but who want to embrace one of the most beautiful and graceful dance styles. (No class 11/23, 12/26, 1/2, 1/16, 2/20)

AGE: 18+

14290	Mon	9/12-10/17	7-8pm
14291	Mon	10/24-11/28	7-8pm
14292	Mon	12/5-1/30	7-8pm
14293	Mon	2/6-3/20	7-8pm
14294	Wed	9/7-10/12	6-7pm
14295	Wed	10/19-11/30	6-7pm
14296	Wed	12/7-1/11	6-7pm
14297	Wed	1/18-2/22	6-7pm

6 classes R \$54/NR \$54

14298 Wed 3/1-3/29 6-7pm

5 classes R \$45/NR \$45

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA

Ballet-Open Level



Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability. (No class 11/23)

AGE: 18+

14299	Wed	9/7-10/12	7:15-8:15pm
14300	Wed	10/19-11/30	7:15-8:15pm
14301	Wed	12/7-1/11	7:15-8:15pm
14302	Wed	1/18-2/22	7:15-8:15pm

6 classes R \$54/NR \$54

14303 Wed 3/1-3/29 7:15-8:15pm

5 classes R \$45/NR \$45

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: MARCO CARRABBA



Pikaki Beginning and Intermediate Hula

The Pikaki Class teaches the basic steps and hand motions for those new to hula and those who want to improve existing skills. Emphasis is on the basic movements of hula in a comfortable and friendly environment. Hula basics are reviewed consistently, as we continue on to more difficult hulas, both kahiko (ancient) and 'auana (modern). Culture and language are also taught regarding the specific dance learned. Students will progress to 'ilima class at the teacher's discretion. Please wear comfy clothing (shorts or pants and t-shirts) No jeans please.

AGE: 18+

14919	Sun	9/11-11/13	12-1pm
14922	Sun	1/15-3/19	12-1pm

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: MAKANAOKALANI

Ilima Advanced Hula

The 'Ilima class is for the dancer with a more extensive background with kahiko, 'auana, hula implements and some performing experience. This class will continue with review of the basics, continue to learn 'olelo (language) skills pertaining to their hula with focus on general technique, and performance skills. Wear pa'u skirt, no jeans please.

AGE: 18+

14922	Sun	9/11-11/13	11am-12pm
14923	Sun	1/15-3/19	11am-12pm

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: MAKANAOKALANI

ASK US
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Adult Fitness

Yoga Fun for Everyone



You have heard about the benefits of yoga...here's your chance to begin in a relaxed environment. Join this four-week class and increase your flexibility, strength, balance and stamina. Learn 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! Optional equipment to use includes 3-5 lb hand weights (2 unopened soup cans will also work) and a yoga mat. (No class 11/7, 1/16 & 2/6)

AGE: 18+

14360	Mon	9/12-10/3	5:30-6:30pm
14361	Mon	10/17-11/14	5:30-6:30pm
14362	Mon	11/28-12/19	5:30-6:30pm
14363	Mon	1/29-2/13	5:30-6:30pm
14364	Mon	2/27-3/20	5:30-6:30pm

\$32

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: SALLY RODICH

Yin Yoga



Finish your day with a beautiful Yin class. During Yin we hold each posture for longer than normal. This class is an excellent way to alleviate pain and tension and stretch away your stress. The class is slow paced and suitable for yogis of all levels. (No class 11/23)

AGE: 16+

14700	Wed	9/14-10/13	6-7pm
14707	Wed	11/2-12/14	6-7pm
R \$60/NR \$72			
14709	Wed	1/11-2/8	6-7pm
14711	Wed	2/22-3/22	6-7pm
R \$50/NR \$60			

LOCATION: NKCC
INSTRUCTOR: GAYNOR MILES

Vinyasa Morning Flow Yoga

Start your day off right with a beautiful vinyasa slow flow class. Gently charge up your body with morning sun salutations and mindful movements guaranteed to set you up for the day ahead. This class is suitable for all yoga levels. (No class 11/21 & 11/23)

AGE: 16+

14694	Mon	9/12-10/17	8-9am
14695	Mon	10/31-12/12	8-9am
14696	Mon	1/9-2/13	8-9am
14698	Mon	2/27-3/27	8-9am
14700	Wed	9/14-10/16	8-9am
14701	Wed	11/2-12/14	8-9am
14702	Wed	1/11-2/15	8-9am
14703	Wed	2/22-3/29	8-9am

R \$60/NR \$72

LOCATION: NKCC
INSTRUCTOR: GAYNOR MILES

MORE YOGA CLASSES

See page 47



COMMUNITY BONFIRES at the Park!

SATURDAY • 12/10

Marina Park 2:10pm to 2:30pm
Juanita Beach Park 5:35pm to 5:55pm

MONDAY • 12/19

OO Denny Park 5:35pm to 5:55pm

Kirkland Parks and Community Services warmly welcomes the community to enjoy bonfires accompanying Argosy Cruises' Christmas Ship Festival.

Bonfires can be canceled due to inclement weather, burn bans, etc. Call the Bonfire Hotline for day of updates 425-587-3345.

ADULTS

Cardio Boxing

NEW

Cardio Boxing provides a great high-intensity workout! Each forty-five-minute class features eight circuit exercises consisting of five rounds of boxing, hitting the bags three minutes per round, and thirty seconds of active rest in between. Round six is three and a half mins of core and lower body, using body, medicine ball, or resistance bands. Round seven is three and a half minutes of upper body with weights; round eight, about three minutes of light cardio. Cool off with some five minutes of workout and stretches.

*Students need to have their own hand wraps and boxing gloves. Hand wraps are essential for wrist protections

AGE: 18+				
14556	Wed	9/7-11/9	7-8 pm	
R \$125/NR \$150				

LOCATION: NKCC
INSTRUCTOR: SHARON GO-ADAMS

Rock Steady Boxing (RSB)

Taught by certified Affiliate Coaches, Rock Steady Boxing (RSB) is an evidence-based boxing fitness class designed specifically to help fight the effects of Parkinson's Disease. Noncontact boxing drills, strength, balance, cardio and coordination activities are provided with a "tough love" approach and create the basis for functional improvements for people with any level of Parkinson's. In addition to improved strength and function, participants enjoy a new sense of confidence and build supportive relationships with fellow class members. Participants must receive medical clearance, complete a \$40 assessment, and receive Affiliate Coach approval prior to joining class.

AGE: 18+				
10 VISIT PASS CARD				
Tu,Th,F	9/13-12/22	10:15am-1pm		
Tu,Th,F	1/10-3/31	10:15am-1pm		
\$120				

LOCATION: NKCC
INSTRUCTOR: JOLEEN LESTER

Cardio and Core

Enjoy the fun of group fitness once again! This basic fitness class is perfect for returning to working out with friends! Neglected muscles and joints will love this energetic warm-up, followed by results-based cardio and strength training. Finally, core conditioning and a soothing cool-down will help restore things to working order. Please bring a mat to class and arrive a few minutes early to set up your personal workout space.

AGE: 16+				
14746	Mon	9/12-12/19	6-7pm	
14726	Tue	9/13-12/20	9-10am	
14749	Wed	9/14-12/21	6-7pm	
14744	Thu	9/15-12/22	9-10am	
R \$90/NR \$108				
14747	Mon	1/23-3/27	6-7pm	
14727	Tue	1/17-3/28	9-10am	
14750	Wed	1/18-3/29	6-7pm	
14745	Thu	1/19-3/30	9-10am	
R \$90/NR \$108				

LOCATION: NKCC
INSTRUCTOR: JOLEEN LESTER

ASK US
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Saturday Cardio Classes with Laura – Retro Dance

Get your groove on and dance to your favorite music from the 50s to the 90s! With short, easy-to-learn routines, you'll burn calories, gain muscle tone, increase balance, and improve coordination. No previous dance experience is needed, so get ready to have fun and break a sweat!

AGE: 16+

14803	Sat	10/1-11/12	9-10am
14804	Sat	1/14-3/4	9-10am

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: LAURA MILLER

Strength & Stretch



Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem. This class will help you to maintain your fitness all in the comfort of your home! Use things you have at home to create strength. Walls, chairs, books, canned soup and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use, please feel free. Zoom login information will be sent prior to class. (No class 11/25 and 3/17)

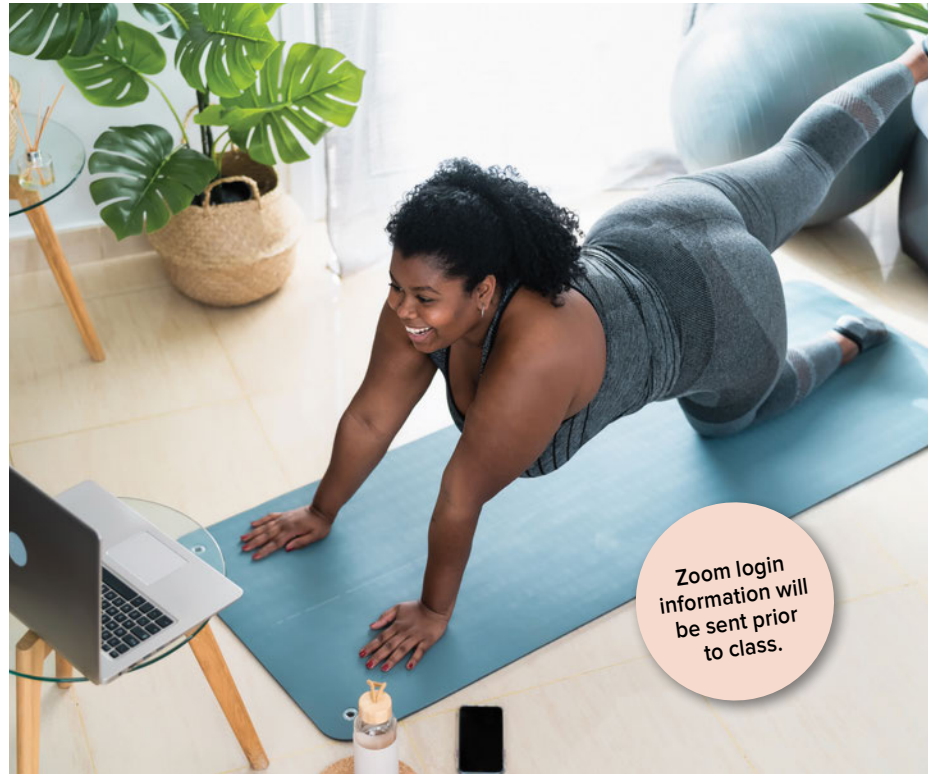
AGE: 18+

14366	Fri	9/16-10/14	10-11am
14367	Fri	10/21-11/18	10-11am
14368	Fri	12/2-1/13	10-11am
14369	Fri	1/20-2/17	10-11am
14370	Fri	2/24-3/24	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH



Zoom login
information will
be sent prior
to class.

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 wellbeing.

AGE: 18+

14322	Thu	9/22-10/27	3-4:15pm
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R \$65/NR \$75

INSTRUCTOR: HELEN HUANG

LOCATION PKCC

Tai Chi & Meridian Stretching (Bilingual)



6 classes. Zoom login information will be sent prior to class. (No class 1/16 & 2/20)

AGE: 18+

14319	Mon	9/19-10/24	4:45-6pm
14320	Mon	11/14-12/19	4:45-6pm
14321	Mon	1/9-2/27	4:45-6pm

\$55

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: HELEN HUANG



ZUMBA CLASS

See page 46

ADULTS

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Redmond. 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.

AGE: 18+

14283	Fri	9/2-9/23	10-11am
14284	Fri	10/7-10/28	10-11am
14285	Fri	11/4-11/25	10-11am
14286	Fri	12/2-12/23	10-11am
14287	Fri	1/6-1/27	10-11am
14288	Fri	2/3-2/24	10-11am
14289	Fri	3/3-3/24	10-11am

R \$120/NR \$144

LOCATION: REDWOOD GOLF CENTER, 13029
REDMOND-WOODINVILLE RD NE, REDMOND

OPEN GYM

Open Gym is at Kamiakin Middle School on Sunday evenings from 5-8pm. Volleyball and basketball courts are available to use.

Participants may drop-in for \$5 or purchase a 10-visit pass card for \$40. Passes must be bought on-site. (No open gym 11/27, 12/18, & 12/25)

AGE: 18+

Sun	9/11-5/21	5-8 pm
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\$5 drop-in or \$40 pass

LOCATION: KAMIAKIN MIDDLE SCHOOL

ICE SKATING

See page 21



Join a VOLLEYBALL LEAGUE

Volleyball leagues are offered year-round including indoor volleyball during the fall, winter and spring. Several skill divisions are offered.

FALL 2022 VOLLEYBALL LEAGUE

AGE: 18+

14524	Women's Intermediate	Mon	9/12-11/7	7:20-9pm
14525	Women's Lower	Mon	9/12-11/7	7:20-9pm
14523	Women's Upper	Mon	9/12-11/7	7:20-9pm
14531	COED Intermediate	Tue	9/13-11/8	7:20-9pm
14530	COED Upper	Tue	9/13-11/8	7:20-9pm
14533	COED C Division	Wed	9/14-11/9	7:20-9pm
14532	COED Lower	Wed	9/14-11/9	7:20-9pm

R \$375/NR \$375

INDIVIDUAL FREE AGENT TEAM MEMBER

14534	COED C Div	Wed	9/14-11/9	7:20-9pm
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R \$50/NR \$50

LOCATION: TBD

WINTER 2023 VOLLEYBALL LEAGUE

AGE: 18+

14535	Women's Upper	Mon	1/9-3/6	7:20-9pm
14536	Women's Intermediate	Mon	1/9-3/6	7:20-9pm
14537	Women's Lower	Mon	1/9-3/6	7:20-9pm
14539	COED Intermediate	Tue	1/10-3/7	7:20-9pm
14538	COED Upper	Tue	1/10-3/7	7:20-9pm
14541	COED C Division	Wed	1/11-3/8	7:20-9pm
14540	COED Lower	Wed	1/11-3/8	7:20-9pm

R \$375/NR \$375

INDIVIDUAL FREE AGENT TEAM MEMBER

14542	COED C Div	Wed	1/11-3/8	7:20-9pm
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R \$50/NR \$50

LOCATION: TBD

SMALL GOAL SOCCER KIRKLAND

Age
18+

**COMING
SOON!**

For location &
date updates, visit
KirklandParks.net.

Fee: \$695

6V6 OUTDOOR SOCCER FOR ALL SKILL LEVELS

STARTING IN OCTOBER 2022

Men's & Coed Divisions

8 games guaranteed per team

Small Goal Soccer will provide affordable, quality, fun, fast paced soccer for all the men and women in the world. Together we will build a strong soccer community and leave no player behind. Viva!

SESSIONS

14589	COED
14552	Men's D1
14555	Men's D2



ADULTS

Adult Special Interest

Meditation: A Journey to the Present



Explore ways to lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, and body-scanning techniques. Learn to effectively release stress and better manage physical/emotional pain. Sight, sound, and taste will be incorporated in the meditation practice to set the body and mind free from anxiety, depression, and personal trauma, bringing our awareness to the present moment and enjoy living.

AGE: 18+

14323	Tue	9/6-10/25	7:30-8:30pm
14324	Tue	1/10-2/28	7:30-8:30pm

R \$65/NR \$65

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG

Self Defense for Women

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. Bring a lunch or snack and water bottle.

AGE: 18+

14560	Sat	1/14	1:45-4:45pm
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R \$89/NR \$107

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

Voiceovers

You will learn how you can begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. Learn a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

AGE: 18+

14807	Thu	11/3	6:30-8:30pm
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R \$40/NR \$48

LOCATION: NKCC
INSTRUCTOR: LISA FOSTER

REAL ESTATE

by KIM PRATER

Home Loan Workshop

Receive step by step instructions on how to refinance existing properties or how to purchase your first or even third home. Come get all your questions answered and learn the ropes of financing. A Senior Mortgage Specialist and Senior Real Estate Professional will explain why items like Home Inspection, Appraisals, Home Warranties, title, and escrow are important and the role they play. Learn how to structure the best loan, what closing costs are and how you can save money.

AGE: 18+

14413	Tue	9/13	7-9 pm
14414	Wed	2/15	7-9 pm

R \$12/NR \$14

LOCATION: PKCC
INSTRUCTOR: KIM PRATER

Home Sellers Workshop

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

AGE: 18+

14415	Wed	1/18	7-9 pm
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R \$12/NR \$14

LOCATION: PKCC
INSTRUCTOR: KIM PRATER



Federally Insured Reverse Mortgage Programs

NEW Are you or your spouse at least 62 years of age and have equity in your home? If yes, you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment (you are still responsible for taxes, insurance and maintenance). Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

AGE: 18+

14416	Tue	11/15	7-9 pm
14417	Wed	3/15	7-9 pm

R \$12/NR \$14

LOCATION: PKCC
INSTRUCTOR: KIM PRATER

KENDO CLASSES

See page 24



DOG
APPROVED!

Woof! Pop-up Off-leash Dog Parks

Owners of well-mannered canines can take their pets to fenced, off-leash dog areas for a good run or free play with other dogs. There are two permanent dog parks as well as temporary pop-up parks in Kirkland.

Jasper's Dog Park

11225 NE 120th St

Edith Moulton Park

13634 108th Ave NE

Juanita Beach Park

Pop-Up
9703 NE Juanita Drive

Snyder's Corner

Pop-Up
13267 Old Redmond Rd

Learn more about dogs in Kirkland Parks at
kirklandwa.gov/DogParks.

JUANITA

Fresh

Local

FRIDAY MARKET

Since 2007

Kirkland, Washington

**Fridays, 3 PM – 7 PM,
June – September**

Juanita Beach Park
9703 NE Juanita Drive
kirklandwa.gov/JuanitaFridayMarket

VOLUNTEER IN KIRKLAND PARKS

**Join the Green Kirkland Partnership
and help nurture natural areas
in your Kirkland Parks!**

Volunteer opportunities are available
for individuals, families, and groups at
stewardship events throughout the year.
Tools and training provided.

**GREEN
KIRKLAND**
PARTNERSHIP

Learn more at
www.GreenKirkland.org

50+ ADULTS

Peter Kirk Community Center

50+ Programs

KIRKLAND'S HUB FOR SENIOR
ACTIVITIES AND SERVICES

352 Kirkland Ave, Kirkland, WA 98033

425-587-3360

Monday–Friday: 8am-5pm

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 promote 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.

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.

EVERYONE IS WELCOME

At this time, the Center does not provide respite, adult day care, and/or services that would be provided by a trained attendant, nurse, or personal caregiver (i.e., incontinence, inability to use the restroom facilities by oneself, 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 centers (see page 55). Contact EvergreenHealth Community Healthcare Access Team at 425-899-3200 for other options.

CENTER CLOSURE DATES

Center Closed at 12:00 PM: 12/23 & 12/30

Center Closed: 9/1, 9/2, 9/5, 11/11, 11/24,
11/25, 12/26, 1/2, 1/16, 2/20



Special Events

Senior Resource Fair

Join us for this fun community event that gives adults 50 + and their families an opportunity to gather information and get answers to questions they may have. Local area agencies will provide information on services ranging from health and wellness, legal services, transportation, senior living options, and much more. This is a free, drop-in event, no registration is required.

ALL AGES

Thu 9/15 10am-12pm Free

LOCATION: PKCC

Turkey, Tunes & Holiday Wishes

Elvis will be in the house helping you celebrate Thanksgiving with all your friends. Enjoy lively musical entertainment provided by Danny Vernon followed by a delicious holiday meal prepared by Koelsch Senior Communities. Advanced registration required by 11/4!



14354 Thu 11/17 11am-1pm \$10

Holiday with the Hawks



Kick off your holiday season with this fun and unique event just for the seniors in our community. Join us and Seahawk Legends for the 12 Days of Goodness. If you are a 12 fan or love the Seahawk Legends, this is an event you will not want to miss! You will have an opportunity to get photos, autographs and hear fun stories from some of your past favorites. Special thanks to Answers for Elders for making this special opportunity possible and to Concierge Care Advisors for sponsoring the lunch. Advanced registration required by 12/2!



CONCIERGE CARE ADVISORS™
ELEVATING ELDER CARE

14355 Fri 12/9 11am-1pm Free

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, make a reservation at the time of registration. RSVP at 425-587-3360.

14356 Mon 1/9 11am-12pm Free



Lucky Leprechaun Luncheon

Pull out your green attire and your lucky charms and join us for this fun event! Start off the event with festive traditional entertainment provided by Fiddle in the Forest followed by a traditional Irish lunch. Special thanks to Concierge Care Advisors for the delicious lunch. Advanced registration required by 3/5!



CONCIERGE CARE ADVISORS™
ELEVATING ELDER CARE

14357 Fri 3/17 11am-1pm \$10



Arts & Crafts

Watercolor Painting

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.

AGE: 18+

14173	Tue	9/6-9/27	6-9pm
14174	Tue	10/4-10/25	6-9pm
14175	Tue	11/1-11/22	6-9pm
14176	Tue	11/29-12/20	6-9pm
14177	Tue	1/3-1/24	6-9pm
14178	Tue	1/31-2/21	6-9pm
14179	Tue	2/28-3/21	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

Oil Painting the Easy Way

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. (No class 11/24 & 12/29)

AGE: 18+

14166	Thu	9/8-9/29	5:30-8:30pm
14167	Thu	10/6-10/27	5:30-8:30pm
14168	Thu	11/3-12/1	5:30-8:30pm
14169	Thu	12/8-1/5	5:30-8:30pm
14170	Thu	1/12-2/2	5:30-8:30pm
14171	Thu	2/9-3/2	5:30-8:30pm
14172	Thu	3/9-3/30	5:30-8:30pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY



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 in our Pool Room.

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. Will not meet 10/31.

Tue	1-3pm	Ongoing
R \$3/NR \$4		

Needle Craft Group

Have fun, socialize, and work on your hand work.

Wed	10am-12pm	Ongoing
Free		

Literary Arts

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 is welcome! Group meets the 1st Wednesday of each month, 2-4pm

Dance

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! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated. (No class 11/22)

AGE: 18+

14309	Tue	9/6-10/11	10-11am
14310	Tue	10/18-11/29	10-11am
14311	Tue	1/3-2/7	10-11am
14312	Tue	2/21-3/28	10-11am

R \$42/NR \$50

LOCATION: PKCC

INSTRUCTOR: ELOISE CHINN

Sports

Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Redmond. 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.

AGE: 18+

14283	Fri	9/2-9/23	10-11am
14284	Fri	10/7-10/28	10-11am
14285	Fri	11/4-11/25	10-11am
14286	Fri	12/2-12/23	10-11am
14287	Fri	1/6-1/27	10-11am
14288	Fri	2/3-2/24	10-11am
14289	Fri	3/3-3/24	10-11am

R \$120/NR \$144

LOCATION: REDWOOD GOLF CENTER, 13029
REDMOND-WOODINVILLE RD NE, REDMOND

MORE DANCE CLASSES

See pages 33-34

Stage and Screen



Join your friends at the Peter Kirk Community Center for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is welcome! Registration required.

FREE • 1-3 PM

American Underdog (PG) 14154 9/19

Death on the Nile (PG-13) 14156 10/24

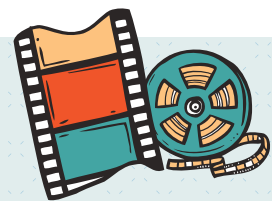
Dog (PG-13) 14157 11/21

House of Gucci (R) 14158 12/19

The 355 (PG-13) 14159 1/30

The Lost City (PG-13) 14160 2/27

Father Stu (R) 14161 3/27



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.



Zoom login
information will
be sent prior
to class.

Exercise & Fitness

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 Kaiser-Permanente Medicare + Choice (M+C) plan H. Class meets 3 times a week: Mon, Wed and Fri. 15 classes per session. (No class 9/2, 9/5, 11/11, 11/21, 11/23, 11/25, 12/9, 12/23, 12/26, 12/28, 12/30, 1/2, 1/16, 2/20 & 3/17) Call 425-587-3360 for session dates.

Mon, Wed & Fri 10:15-11:15am
R \$75 / NR \$90

Strength & Stretch



Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem. This class will help you to maintain your fitness all in the comfort of your home! Use things you have at home to create strength. Walls, chairs, books, canned soup and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use please, feel free. (No class 10/7, 11/11, 12/9, 12/23, 12/30, 2/3, & 3/17)

AGE: 18+			
14366	Fri	9/16-10/14	10-11am
14367	Fri	10/21-11/18	10-11am
14368	Fri	12/2-1/13	10-11am
14369	Fri	1/20-2/17	10-11am
14370	Fri	2/24-3/24	10-11am
\$32			

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: SALLY RODICH



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. (No class 11/22 and 12/27)

AGE: 18+			
14274	Tue	9/6-9/27	2-3 pm
14275	Tue	10/4-10/25	2-3 pm
14276	Tue	11/1-11/29	2-3 pm
14277	Tue	12/6-1/3	2-3 pm
14278	Tue	1/10-1/31	2-3 pm
14279	Tue	2/7-2/28	2-3 pm
14280	Tue	3/14-4/4	2-3 pm

R \$35/NR \$42

LOCATION: PKCC
INSTRUCTOR: JOAN WILDE

Zumba® Gold

AGE: 18+
(No class 11/22 and 12/27)

14244	Tue	9/6-9/27	10:30-11:30am
14246	Tue	10/4-10/25	10:30-11:30am
14247	Tue	11/1-11/29	10:30-11:30am
14248	Tue	12/6-1/3	10:30-11:30am
14249	Tue	1/10-1/31	10:30-11:30am
14251	Tue	2/7-2/28	10:30-11:30am
14252	Tue	3/14-4/4	10:30-11:30am

(No class 9/15, 11/17 and 11/24)

14254	Thu	9/8-10/6	10:30-11:30am
14255	Thu	10/13-11/3	10:30-11:30am
14257	Thu	11/10-12/15	10:30-11:30am
14259	Thu	1/5-1/26	10:30-11:30am
14260	Thu	2/2-2/23	10:30-11:30am
14261	Thu	3/2-3/23	10:30-11:30am

\$32

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: JOAN WILDE

Zumba® Gold Toning

Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using light weight maraca-like Zumba® Toning Sticks, (or light 1 pound weights) to shake up those muscles, and enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body. Zumba® Gold-Toning is for active older adults, who want to focus on muscle conditioning and light weight activity. Perfect for those who want to party but put extra emphasis on toning and sculpting to define those muscles! (No class 9/15, 11/17 and 11/24).

* Zumba® Toning sticks are available for purchase from the Zumba website, or Amazon. Any light 1 pound weight can be used or fill an empty water bottle with rice, bird seed or pebbles for the maraca feel.

AGE: 18+			
14266	Thu	9/8-10/6	2-2:45 pm
14268	Thu	10/13-11/3	2-2:45 pm
14270	Thu	11/10-12/15	2-2:45 pm
14271	Thu	1/5-1/26	2-2:45 pm
14272	Thu	2/2-2/23	2-2:45 pm
14273	Thu	3/2-3/23	2-2:45 pm

R \$35/NR \$42

LOCATION: PKCC
INSTRUCTOR: JOAN WILDE

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 9/19, 10/5, 10/10, 11/7, 11/9, 11/21, 12/26, 2/6 & 2/20)

AGE: 16+

14372	Mon	9/12-10/17	10-11am
14373	Mon	10/24-11/28	10-11am
14374	Mon	12/5-1/9	10-11am
14375	Mon	1/23-2/27	10-11am
14376	Mon	3/6-3/27	10-11am
\$32			
14378	Wed	9/14-10/12	10-11am
14379	Wed	10/19-11/16	10-11am
14380	Wed	11/30-12/21	10-11am
14381	Wed	1/4-1/25	10-11am
14382	Wed	2/1-2/22	10-11am
14383	Wed	3/1-3/22	10-11am
\$32			

LOCATION: ZOOM (VIRTUAL)
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 wellbeing. (No class 1/15 & 2/20)

AGE: 18+

14322	Thu	9/22-10/27	3-4:15pm
R \$65/NR \$75			

LOCATION: PKCC
INSTRUCTOR: HELEN HUANG

Tai Chi & Meridian Stretching Virtual (Bilingual)



6 classes. Zoom login information will be sent prior to class. (No class 1/16 & 2/20)

AGE: 18+

14319	Mon	9/19-10/24	4:45-6pm
14320	Mon	11/14-12/19	4:45-6pm
14321	Mon	1/9-2/27	4:45-6pm
\$55			

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG

Meditation: A Journey to the Present



Explore ways to lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, and body-scanning techniques. Learn to effectively release stress and better manage physical/emotional pain. Sight, sound, and taste will be incorporated in the meditation practice to set the body and mind free from anxiety, depression, and personal trauma, bringing our awareness to the present moment and enjoy living.

AGE: 18+

14323	Tue	9/6-10/25	7:30-8:30pm
14324	Tue	1/10-2/28	7:30-8:30pm

\$65

LOCATION: ZOOM (VIRTUAL)
INSTRUCTOR: HELEN HUANG

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 31



Resources & Services



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, Program Coordinator. Advance registration is required for all programs. Call 425-587-3360.

Financial Services

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2022 tax return. Appointments are available Fridays from 9am-3pm, Feb 3-April 14. Free.

Appointments required, call 425-587-3360.

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.

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 clearpointfinancialsolutions.org.

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 \$58,423.

To see if you qualify, call 206-296-3920.

A Senior Property Tax Public Forum will be held on Jan 25 at the Peter Kirk Community Center, see page 59 for more information.

Social Security

Open 7am-7pm weekdays

Call 1-800-772-1213 or go to ssa.gov.

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 206-448-5720 or go to soundgenerations.org/our-programs/senior-rights-assistance/

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.

Enhance® Wellness Programs

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, 8-4pm; by appointment; available in-person, virtual and/or by phone.)

LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Enhance®Wellness Social Work Consultation

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

(Mondays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)

GEORGIA RIGLER; 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Community Resource Specialist Consultation

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 NSC Community Resource Specialist 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.)
- Help finding housing or transportation
- Make direct referrals to other resources for assistance
- Serve as an advocate for individuals as needed

Program is **FREE** of charge

(Wednesdays 8-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)

CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@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 Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and wellbeing. Please call for an individual appointment.

Service is **FREE** of charge.

JANET ZIELASKO, MS, LSW; 425-286-1035; JANETZ@MYNORTHSHORE.ORG



PEARLS COUNSELING

PROGRAMS ENCOURAGING
ACTIVE REWARDING LIVES
FOR SENIORS (PEARLS)

In the past two weeks...

- Have you been feeling sad, down or hopeless?
- Have you had little interest or pleasure in doing things?

If you answer "yes" to either of these questions PEARLS may be the program for you. PEARLS is an evidence-based program for individuals with mild depression. It incorporates three components: Problem Solving Treatment, Social/Physical Activity and Pleasant Activity. The work is done in 4-6 sessions. All this is done with a trained PEARLS counselor.

Program is **FREE** of charge.

(MONDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
GEORGIA RIGLER, MSW, LICSW; 425-286-1047; CGEORGIA@MYNORTHSHORE.ORG

(FRIDAYS BY APPOINTMENT; AVAILABLE IN-PERSON, VIRTUAL AND/OR BY PHONE.)
LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Support & Discussion Groups

Adult Children of Aging Parent Support Group



Are you in the sandwich generation? As your parents age, are you struggling with legal and healthcare decisions, changing family roles and finding meaning in this new phase of your life? Learn, share and gain resources and emotional support from others who are traversing this inevitable transition.

Third Wednesdays 6:30pm-8pm

Free

FACILITATOR: JANET ZIELASKO, MS, LSW 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Caregivers Support Group

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.

First and Third Thursday 10:30am-12pm

Free

LOCATION: ADVENT LUTHERAN CHURCH

4306 132ND ST. SE, MILL CREEK

FACILITATORS: PAM JONES, MSW, 425-346-9856; PAMJONESGAL@YAHOO.COM

Fourth Wednesdays 11am-12pm

Free

FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

LOCATION: VIRTUAL



Conversation Café Groups

Join others in these free weekly virtual or in-person conversation groups. It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

Mondays 1-2 pm
Free

LOCATION: NSC BOTHELL, ROOM 202

FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Thursdays 11am-12pm
Free

FOR MORE DETAILS, CONTACT GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIA@MYNORTHSHORE.ORG



Diabetes/Pre-Diabetes Group

Join this supportive group to learn the latest on diabetes management and to share ideas, strategies for coping, and other helpful tips.

Second Wednesdays 10-11:30am
Free

LOCATION: NSC BOTHELL, ROOM 205

First Fridays 11am-12pm
Free

LOCATION: PKCC

FACILITATOR: LYDIA BARNESLEY, LPN, WELLNESS NURSE, 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

Heartfulness Meditation



Come experience the benefits of Heartfulness Meditation through a practical session where you will learn to relax the mind and feel the lightness and joy of your true nature. You don't need to know how to meditate! This session will begin with a brief introduction followed by a 5-minute relaxation routine and a half-hour meditation session. Some of the benefits of Heartfulness Meditation include:

- a significant increase in joy, calmness, harmony, tolerance, confidence, sleep quality and other positive attributes
- a significant decrease in anger, stress, anxiety, cynicism, fear, and other negative attributes

First Fridays 11am-12pm
Free

PRESENTER: KAUSHIK MURALIDHAR, HEARTFULNESS TRAINER

FOR MORE DETAILS, CONTACT GEORGIA RIGLER, MSW, LICSW 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

From Heartache to an Open Heart




Everyone must deal with loss, whether it's the loss of a loved one or close friend, a treasured relationship, loss of physical functioning or previous status. Learn how one can move through the grief process and grow "from heartache to an open heart."

Third Wednesdays 10-11am
Free

FACILITATOR: GEORGIA RIGLER, MSW, LICSW, 425-286-1047; GEORGIA@MYNORTHSHORE.ORG




Men's Conversation Café

 Join other men in this free weekly group. It's an opportunity to make social connections and to have some fun and enjoyable conversation.

Wednesdays 11am-12pm
Free

FACILITATORS: BRUCE GARBERDING AND JOHN DOLIN
FOR MORE DETAILS, CONTACT BRUCE GARBERDING; 206-854-8969; BIGBLUEDOG@MSN.COM

Parkinson's Support Group

 Both caregivers and persons with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

Third Tuesdays 10-11am
Free

FACILITATOR: JANET ZIELASKO, MS, LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

Vision Loss Discussion Group

Come to this group to meet with others to discuss strategies, ideas and approaches to better cope with vision loss as one ages. It's also an opportunity to make new connections.

Fourth Tuesdays 11am-12pm
Free

LOCATION: BOTHELL NSC, ROOM 203
FACILITATOR: JANET STURHOLM
FOR MORE INFORMATION, CONTACT MARY JO BLAHNA, 435-764-3819


Women's Coffee Hour

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.

Mondays 10-11am
Free

LOCATION: PKCC
FACILITATOR: GEORGIA RIGLER, MSW. LICSW 425-286-1047; GEORGIA@MYNORTHSHORE.ORG

Co-Ed Coffee Hour

 Join other people 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.

Wednesdays 11am-12pm
Free

LOCATION: PKCC
FACILITATOR: CASSIDY STOUT, MSW. 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

More Health and Wellness Services

Sound Generations Services

Learn about programs offered through Sound Generations including transportation, legal assistance, Pathways information and assistance, and more resources available in King County including in home care options, discount programs and Medicaid programs. Free

14795 Wed 9/7 1:30-2:30pm
Free

SPEAKER: TANYA MCGEE, SOUND GENERATIONS
LOCATION: PKCC

Mandala

Loosely translated means "circle," but it is far 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 produce 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! You can bring your pictures or anything else you may want to use for your mandala.

14313 Mon 9/19 11:30am-1:30pm
Free

LOCATION: PKCC

50+ ADULTS



Scams & Fraud

NEW

"It's your money, learn how to hang on to it! Don't become a victim of financial fraud!"

Washington State Department of Financial Institutions Director of Communications, Financial Education & Outreach, Lyn Peters, will share tips and tricks on how to spot potential scams and avoid losing your hard-earned retirement money to them. You'll also receive handouts from a number of agencies and organizations providing additional information and tools.

14358 Wed 10/5 2-3pm
Free

PRESENTER: LYN PETERS, WASHINGTON STATE
DEPARTMENT OF FINANCIAL INSTITUTIONS
LOCATION: PKCC

Significant Life Changes: From Loss to Self-Care and Creating New Beginnings

NEW

Transitions and changes happen to each of us in life. Transitions may include changes in relationships, living locations, work, retirement, health, and world health, as with the COVID epidemic. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive self-care as one adjusts to life changes and discovers new beginnings.

14314 Mon 11/14 1-2:30pm
Free

PRESENTER: GEORGIA RIGLER, MSW, LICSW
LOCATION: PKCC

Understanding the Value and Benefits of Self-Compassion

Self-compassion is not being selfish, it is learning and practicing ways to take care of yourself, which then sustains kindness and compassion for others. Research has shown that individuals who have more self-compassion are happier, more optimistic, less anxious and less depressed. In this session, you will learn new tools and strategies for promoting self-compassion.

14315 Mon 1/23 1-2:30pm
Free

PRESENTER: JANET ZIELASKO MS, LSW
LOCATION: PKCC

Matter of Balance Program

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session FREE 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 a fear of falling, or those who use assistive devices to avoid falls. Free

14316 Fri 1/20-3/10 1-3pm
Free

FACILITATORS: LYDIA BARNSELY, LPN AND JANET
ZIELASKO, MS, LSW
LOCATION: PKCC

Mindfulness Practice: Living a Happier and Healthier 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 mindfulness and meditation. Mindfulness is the state of active, open awareness of the present. You observe your thoughts and feelings without judgement. Learn how to be mindful and control your focus of attention!

14317 Mon 2/6 1-2:30 pm
Free

SPEAKER: STEVE WILHELM, CERTIFIED
MINDFULNESS TEACHER
LOCATION: PKCC

Listening More Carefully and Expressing More Clearly

We talk and interact with people each and every day. 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 communication skills and further enhance your listening skills.

14318 Fri 3/10 1-2:30 pm
Free

FACILITATORS: JANET ZIELASKO, MS, LSW
LOCATION: PKCC





Evergreen's
Virtual Classes will
be offered via
Microsoft Teams.

EvergreenHealth

TO REGISTER FOR EVERGREENHEALTH CLASSES CALL 425-899-3000 AND PRESS 1.

The Power of Proper Posture

NEW Learn how to hold proper seated and standing posture throughout your day and change your body for the rest of your life.

Tue	9/13	12:15-1pm
		Free

Meltaway Tension with Acupressure

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

Wed	10/19	12-1pm
		Free

Doc Talk

Make sure you are prepared for your next physician's visit by learning important questions to ask, what services you should request and how to ensure that you are informed of all medical options available to you.

Wed	11/16	12-1 pm
		Free

The Healing Power of Humor

NEW Join a humor specialist for a fun-filled discussion of the healing power of humor and how to incorporate laughter into your everyday routine.

Thu	12/15	12-1 pm
		Free

Stay Warm Indoors: Chair Exercises

Safe exercises for seniors of all activity levels. Help maintain your strength and flexibility, improve your balance and increase your circulation.

Tue	1/17	12:15-1pm
		Free

Fall Prevention and Balance

Avoid pain and injury by learning what steps you can take to improve balance and prevent falls in your home and daily routines.

Tue	2/21	12-1 pm
		Free



Home Treatments for Common Spring Allergies & Colds

Avoid pain and injury by learning what steps you can take to improve balance and prevent falls in your home and daily routines.

Tue	3/21	12pm-1pm
		Free



Health Services

Oral Health Care

Affordable teeth and denture cleaning for adults age 50+ provided by Healthy Smiles Inc on the second Tuesday of the month. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$77. 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 Program

Nutritional frozen meals are available for the homebound. Liquid supplements available. For info call 425-403-5255.

PKCC Cafe Congregate Lunch Nutrition Program

Nutritious meals are available to anyone age 60+ at 12pm on Monday, Tuesday, Wednesday and Fridays at the Peter Kirk Community Center. Lunches must be pre-ordered, to reserve a lunch call 425-587-3360.

Community Resources

Senior Information & Assistance

Information and referral on a wide variety of senior related issues.

Call 206-448-3110 or go to soundgenerations.org.

AARP Area Office

American Association of Retired Persons.

Call 1-888-687-2277 or go to aarp.org/states/wa

Benefits Check Online

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.

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 bridgemin.org

Evergreen Care Network

Helps older adults remain independent.

Call 425-899-3200 or go to evergreenhospital.org/for_patients/medical_services/evergreen_care_network

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 kcwics.org

Adult Day Centers

These certified centers provide safe, well-supervised 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 Respite Care Services

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

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. Svcs.)
206-328-5787

Jewish Family Services
206-461-3240

Chinese and Latino Services

EDUCATIONAL & RECREATIONAL PROGRAMS ACCESSIBLE TO CHINESE AND LATINO SENIORS

Programs and services available to all seniors are more easily accessible to Chinese and Latino seniors at the Peter Kirk Community Center. Through the presence of a bilingual staff worker, 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.

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.

First Wednesday	Monthly	10am-11:45am
Free		

LOCATION: PKCC

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.

Wed	Ongoing	12:45pm-2pm
Free		

LOCATION: PKCC

Chinese Services–Tuesdays

For more information call Karia at the Chinese Information & Services Center, 206-624-5838, ext 4119.

MANDARIN SUPPORT GROUP

Share daily experiences with others. Facilitated in Mandarin/Cantonese language. New topic each month.

Tues	Ongoing	11:15pm-12:15pm
Free		

LOCATION: PKCC

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.

Tues	Ongoing	1pm-3pm
Free		

LOCATION: PKCC

Employment

Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206-624-6698 or go to aarpworksearch.org

Latino Services–Wednesdays

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206-764-8044

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 information, call 206-684-0500.





Transportation

Access

Transportation to appointments, grocery shopping and the Community Senior 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 soundgenerations.org.

METRO Information

24-Hour Rider Information.

Call 206-553-3000 or toll free, 1-800-542-7876. TTY: 206-684-1739.

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1-800-923-7433 or go to hope-link.org/get-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



DAILY VAN TRANSPORTATION

The Peter Kirk Community Center van offers transportation 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
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis

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.

To schedule a ride or for more information, please call 425-286-1026.

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

50+ Trip & Tour 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% 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 425-286-1026 no more than 2 weeks before the trip and no later than 48 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.

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 71



OUT FOR Lunch Bunch



11am–2pm • R \$15 / NR \$18

NEW
LOCATIONS!

Maggie Bluffs

MAGNOLIA

14180 • Tue, 9/20

Come as you are and enjoy the spectacular view, the outstanding food and the fun staff.

Andy's Fish House

SNOHOMISH

14181 • Tue, 10/18

Andy's Fish House specializes in serving live, local, and fresh seafood presented in a friendly way in a casual atmosphere.

12th Ave Grill

ISSAQUAH

14182 • Tue, 11/15

The 12th Ave Café is a friendly neighborhood diner that uses the freshest ingredients and provides hearty portions.

The Lakehouse

BELLEVUE

14183 • Tue, 12/20

Refined, farm-to-table cuisine and cocktails in a vibrant, farmhouse chic atmosphere.

Kafe Neo

MILL CREEK

14184 • Tue, 1/17

Gyros and other Greek comfort food served in a funky café/bar setting.

Tuscano's

MONROE

14186 • Tue, 2/21

Enjoy Italian classics such as pasta, pizza, wine and cocktails.

Rory's of Edmonds

EDMONDS

14187 • Tue, 3/21

Enjoy the water view at the casual, nautical-themed pub for burgers, ribs, sandwiches and seafood.

BRING LUNCH
MONEY

Trips & Tours

Trip Difficulty Rating

Mild Walking



Moderate Walking



Extensive Walking



(Trip may have stairs and may not be ADA accessible)

SHOPS & SLOTS

Tulalip Casino & Outlets

11/8 • 10 am – 4 pm

R \$25/NR \$30 • 14188



Crystal Mountain Gondola & Lunch



Take a scenic ride on the Mt. Rainier Gondola over meadows of wildflowers and mountain streams to the summit of Crystal Mountain. Once you reach the top you'll find a breathtaking view of the mountains and Cascade Range as well as being able to enjoy lunch at the Summit House- the highest restaurant in Washington. Must sign up by 8/16 to secure reservations. BRING LUNCH \$.

14190	Tue	9/13	9:30pm
R \$59/NR \$64			

Leavenworth




Calling all Peepers, this trip is for you! Enjoy a panoramic drive over Stevens Pass on your way to the Bavarian town of Leavenworth. Explore the town on your own before heading back via Blewett pass. BRING LUNCH \$.

14192	Tue	10/4	9am-6pm
R \$38 / NR \$46			

50+ ADULTS


BRING
LUNCH/
DINNER
MONEY

St. Demetrios Greek Festival

   This fun festival has been a Seattle tradition since 1960. Enjoy delicious Greek food, traditional singing and dancing, and fabulous shopping. Be sure to save time to sign up for a guided tour of the beautiful church. **BRING LUNCH \$.**




14191	Fri	10/7	1-7pm
R \$25 / NR \$30			

Spirit of Seattle Ghost Tour

 For over a decade Jake has been offering glimpses into some of Seattle most famous and infamous murders, mysteries and hauntings. Join her on her newest ghost tour around the metro areas including Belltown, Capitol Hill and the Market District. This tour will be from the comfort of the van with stops to get out and explore. This tour has limited walking. **BRING LUNCH \$.**


14193	Tue	10/11	9:15am-3:15pm
R \$45 / NR \$49			

Museum of Flight Behind the Scenes Tour

   Visit the largest, independent air and space museum in the world and experience a behind the scenes look on this fun, interactive tour. Must sign up by 11/1 to secure reservations. **BRING LUNCH \$.**

14196	Tue	11/1	9:30am-3:15pm
R \$44 / NR \$49			

Taproot Theater Holiday Matinee


 Enjoy a lively holiday matinee at the Taproot Theater in the heart of the Greenwood neighborhood. Must sign up by 10/26 to secure reservations.

No Meal stops on this trip

14197	Wed	12/7	12:45-5pm
R \$75 / NR \$80			






Warm Beach Drive-Thru Holiday Lights

 Here is a chance to visit your favorite holiday light display from the comfort of the van. See spectacular light displays, wave to Santa and Mrs. Claus all while staying warm and dry. Enjoy an early dinner on the way up to the lights at a local restaurant. **BRING DINNER \$.**

14198	Fri	12/16	3:30-10pm
R \$35 / NR \$40			

Swinomish Casino

   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. **BRING LUNCH \$.**

14199	Tue	1/10	9am-4:30pm
R \$32 / NR \$38			



Olympia Legislative Building Tour

   Stop at Anthony's Homeport for lunch on the way to the Washington State Capitol Campus. Once you arrive at the State Capitol a private tour of the Legislative Building has been arranged. This building was completed in 1928, is crowned the tallest freestanding masonry dome in North America and is decorated with Tiffany chandeliers and marble from five countries. This is one trip you won't want to miss! **BRING LUNCH \$.**

14200	Tue	1/24	10:30am-5pm
R \$28 / NR \$34			




Seattle Chocolate Factory Tour

  If you like chocolate you are going to love this trip! Tour the Seattle Chocolate Factory and visit the flagship store. You will see how the chocolate is made from start to finish. They even have samples for you to try! Stop at Bahama Breeze on the way home for lunch. **BRING LUNCH \$.**



14201	Tue	2/7	9:30am-3:30pm
R \$37 / NR \$42			

Chuckanut Drive and Oyster Bar

 Take a scenic drive up Highway 9 on the way to Chuckanut Drive, a 24-mile byway that travels along the Chuckanut Mountains, the only place where the cascades meet the sea. Stop for lunch at the Oyster Bar, enjoy a delicious lunch and the stunning views. **BRING LUNCH \$.**

14202	Tue	3/7	9:45am-4pm
R \$27 / NR \$32			

Molbaks & Flower World

  Get ready for spring by visiting these local favorites. Start the day off at Molbaks where you will have time to browse the plants, gifts and garden center. After working up your appetite you will head to the Maltby Café for lunch. Next you are off to Flower World where you will be able to explore the 15 acres of nursery plants, fountains, ponds and more. **BRING LUNCH \$.**

14203	Tue	3/14	10am-3:30pm
R \$23 / NR \$28			



Join the Kirkland Senior Council

APPLY
TODAY

SENIOR PROPERTY TAX RELIEF PUBLIC FORUM

Are you one of the 26,000 qualified seniors in King County who have yet to register for the current senior property tax exemption? King County Tax Assessor John Wilson will explain the new eligibility requirements for Senior/Disabled Property Tax Relief that will go into effect in January 2023. This new law raises the exemption limit to \$58,423 for earned 2022. Pre-registration is required, call 425-587-3360.

14908 Wed 01/25 2-3:30pm

FREE

LOCATION: PKCC

WHAT IS THE KIRKLAND SENIOR COUNCIL?

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

HOW DOES THE KIRKLAND SENIOR COUNCIL WORK?

The Senior Council meets monthly for two hours, and members also meet through committees to identify the concerns of Kirkland's adults aged 50 and over, to advocate for their needs and to create programs that advance their well-being.

For more information or to apply, please visit kirklandwa.gov/SeniorCouncil or contact Betsy Maxwell at 425-587-3362

The Kirkland Senior Council Welcomes Your Ideas, Questions and Suggestions!

Meetings are held the second Tuesday of the month at 1:30pm at the Peter Kirk Community Center, 352 Kirkland Avenue.

Recruitment for new members will be October 1-31 and is open to adults that live, work, or serve the City of Kirkland.

LOOKING FOR A PLACE TO Celebrate?

Plan ahead!
Reserve your
space!

INDOOR AND OUTDOOR SPACES AVAILABLE FOR YOUR EVENT



Graduation



Birthday



Special Occasion

Whether you are hosting a wedding, business meeting or having a birthday, Kirkland Parks and Community Services offers several locations for your gathering with three halls and several picnic locations to choose from.

For full site descriptions, pricing, rental policies, and amenities visit kirklandwa.gov/ParkRentals or email us at eparks@kirklandwa.gov.



Milestone



Wedding

...and more



HERITAGE HALL

HERITAGE HALL

203 MARKET STREET / 425-587-3330

Heritage Hall is a historic Kirkland treasure featuring restored 1920's charm with ornate millwork and a coved ceiling. Open year round inside. From May-September you can extend your event outdoors onto our two patios that spill out to an enclosed garden. Amenities include WIFI, warming kitchen, pull-down screen, 70 cushioned chairs, twelve 6' and three 4' rectangular tables.

CAPACITY: HALL 70, WITH OUTDOOR PATIO 125



NKCC

NORTH KIRKLAND COMMUNITY CENTER

12421103 AVE NE / 425-587-3350

Located in the Juanita area, the center includes a large multi-purpose room and lower level meeting room. Multi-purpose room amenities include a warming kitchen, 175 chairs, twenty 6' rectangular and twelve 5' round tables.

CAPACITY: MULTI-PURPOSE ROOM 245, MEETING ROOM 35



PKCC

PETER KIRK COMMUNITY CENTER

352 KIRKLAND AVE / 425-587-3360

Located in the heart of downtown, Peter Kirk Community Center offers a large multi-purpose room that includes a stage and kitchen. Several meeting rooms are also available. Multi-purpose room amenities include WIFI, kitchen, stage, podium, pull-down screen, piano, 160 cushioned chairs and twenty 6' rectangular tables.

CAPACITY: MULTI-PURPOSE ROOM 150, MEETING ROOMS 16-32

MEETING ROOMS

Available at both Peter Kirk and North Kirkland Community Centers.

PICNIC SHELTERS & ATHLETIC FIELDS

We have several picnic shelters and a few athletic fields available for your private event. Great for family gatherings, company picnics, birthdays and more!

- 132nd Square Park Picnic Shelter - New
- Crestwoods Park Picnic Area
- Edith Moulton Park Picnic Shelter
- Everest Park Picnic Shelter
- Houghton Beach Park Picnic Area
- Juanita Beach Park Picnic Shelters
- Marina Park Al Locke Pavilion
- North Rose Hill Woodlands Picnic Shelter
- OO Denny Park Picnic Shelter and OO Denny Park Picnic Area
- Rose Hill Meadows Picnic Shelter
- Rotary Central Station Picnic Shelter on the Cross Kirkland Corridor
- Waverly Beach Picnic Shelter
- Athletic fields



MARINA PARK AL LOCKE PAVILLION

Halls and fields require a minimum of 30 days advance booking. Picnic shelters require 7 days, and the pool requires 14 days advance reservation.

See Spot Splash

It's a dog's day in Kirkland! Bring Fido for a splash and play day at the Peter Kirk Pool followed by some off-leash fun at Lee Johnson Field!

Peter Kirk Pool & Park
340 Kirkland Ave, Kirkland, WA 98033

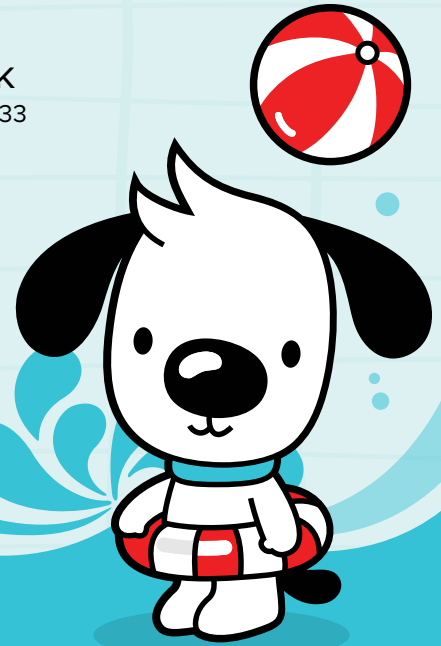
Pre-registration is highly recommended.

For participation details visit
kirklandwa.gov/CommunityEvents

14879	Sat	9/10	10-10:30am
14880	Sat	9/10	11-11:45am
14881	Sat	9/10	12-12:45pm
14882	Sat	9/10	1-1:45pm
14883	Sat	9/10	2-2:45pm

**VENDOR BOOTHS, GIVEAWAYS,
FOOD, AND FUN!**

**\$10
per dog**



Enjoy a night...

under the stars at Juanita Beach Park with our Drive-in Movie Series. Parking lot opens at 6:00 PM. Movie starts at 7:00 PM. Watch each movie on our giant LED movie screen!

All ages welcome. Snack vendors will be on site.
Event will be held rain or shine – no refunds.
No RVs, limos, buses or alcohol.



Fall Series

SEPTEMBER 17
TOGO

OCTOBER 22
CASPER

NOVEMBER 4
CHRISTOPHER ROBIN

Winter Series

FEBRUARY 11
TOP GUN: MAVERICK

MARCH 4
ENCHANTED

APRIL 22
FREAKY FRIDAY



**TO REGISTER VISIT
KIRKLANDPARKS.NET OR
CALL 425-587-3336**

\$20 per vehicle
PRE-REGISTRATION REQUIRED

JANUARY JUMP
Polar Bear PLUNGE
CITY OF KIRKLAND



\$15 PER PERSON

advanced registration
Includes t-shirt (while supplies last).

\$10 PER PERSON

day of event registration



Take an icy cold plunge into Lake Washington at Kirkland's Houghton Beach! After, enjoy the festivities with music, trivia, vendor booths, clam chowder samples from Ivar's and cocoa from Kirkland Kiwanis. Register in advance at KirklandParks.net.

FOR MORE DETAILS VISIT

KIRKLANDWA.GOV/COMMUNITYEVENTS



SESSIONS

Adults ages 16+ • 1:00PM

#14884 • JANUARY 7 • 1:00 PM

Friends and Family ages 5+

#14885 • JANUARY 7 • 1:20 PM

#14929 • JANUARY 7 • 1:40 PM

HOUGHTON BEACH PARK • 5811 LAKE WASHINGTON BLVD NE • KIRKLAND WA

Light Up Kirkland

**December 10
4-7 PM
Juanita Beach Park**

JOIN US FOR FESTIVE WINTER ACTIVITIES

Bon Fire, Argosy Christmas Ship Visit, Goodie Bags, Live Music, Cookies, Cocoa & Cider, Enhanced Light Displays, Selfie Photo Stations

...AND HOLIDAY LIGHTS!

Holiday Lights community home outdoor light decorating contest. Participants will submit photos of their outdoor home decorations to be added to our Kirkland's Parks and Community Services Facebook page for judging by the community. Register to compete in these categories: Traditional, Contemporary, Theme Concept (i.e., Santa's Workshop, The Polar Express, etc.) Winners will receive a victory yard sign and bragging rights. To participate, visit KirklandParks.net and search for holiday lights.

Registration begins on November 26, 2022.





Kirkland Parks &
Community Services
123 5th Avenue
Kirkland, WA 98033

PRESORTED STD
US POSTAGE
PAID
KIRKLAND, WA
PERMIT NO. 268

ECRWSS
Local Postal Customer

Kirkland Parks & Community Services

Harvest Festival

FREE

Apple Cider Press Demo,
Contests, Tractor Rides

Kids Korral
Face Painting, Cow Milking,
Crafts, Games

Craft & Food Vendors,
Food Trucks, Music & More!

OCT 1
11 AM - 4 PM

Juanita Beach Park - North Side
9703 NE Juanita DR, Kirkland



Neal Smiles
ORTHODONTICS

Google