

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**

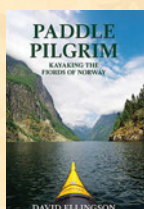


Tahoma's Biggest Stories

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.



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

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
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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
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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
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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
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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
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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

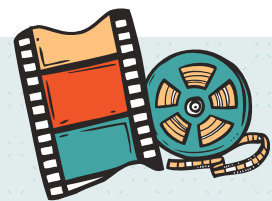
Dog (PG-13) 14157 11/21

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.



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.

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.

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

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>