

## 50+ ADULTS



Peter Kirk Community Center

## 50+ Programs

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 aged 50 and over, to create healthy and rewarding lives for themselves and others.

### OUR MISSION

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

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

### ENDORSEMENTS

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

#### CENTER CLOSURE DATES

Center Closed at 12pm - 12/22 & 12/29

Center Closed - 9/1, 9/4, 11/10, 11/23, 11/24, 12/25, 1/1, 1/15, 2/19

## GAMES

### Checkers, Chess, Scrabble, Backgammon and Cribbage

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

### Drop in Party Bridge

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

### Drop-In Pinochle

Pinochle is open to players of all abilities. Make new friends and find compatible partners.

All are welcome to join Fridays at 11am

### Cards

Come use our card rooms for a friendly game, available days, and some evenings.

Call 425.587.3360 for more information

### Drop-In Pool Tables

Three tables are available for drop-in pool.

All are welcome to join the fun in our Pool Room

# Special Events at the Peter Kirk Community Center

## Afternoon Dances with the Mountaineer's

Learn line dances, couple dances and mixers from many countries including the waltz, two-step, tango, hambo, schottische and polka. Walk through beginner level dances in the first hour, the second hour is dedicated to requests with walk-throughs for simpler dances. This fun and lively afternoon dance is open to everyone, no partner or experience needed!

2nd & 4th Mondays of the month 2:30-4:30pm

\$9 at the door



## Senior Resource Fair

Join us for this fun, annual 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.

Thu 9/21 10am-12pm  
FREE



## Turkey Treats

Buddy Holly will be here to help you celebrate Thanksgiving with all your friends followed by a delicious holiday meal prepared by Koelsch Senior Communities. Advanced registration required by 11/3!

17375 Thu 11/16 11am-1pm  
\$10

## 20th Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited! Advance registration required by 12/1!

17481 Sat 12/9 10-11am  
Free

## Holiday with the Hawks

If you are a huge 12 or a fan of the Seahawk Legends, this is an event you will not want to miss! You will have an opportunity to get photo's, 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 MorningStar for sponsoring the lunch. Advanced registration required by 12/1!



17376 Tue 12/12 11am-1pm  
\$5

## Holiday D'Lights

Add some merriment to your holiday season with our annual celebration featuring festive music from Danny Vernon as Elvis with a special guest appearance from Ann-Margaret. A delicious lunch prepared by Aegis will follow. This is one party you won't want to miss; it's guaranteed to get you in to the spirit of the season! Advanced registration required by 12/8! Sponsored by Aegis Living

17377 Thu 12/21 11am-1pm  
\$10

## 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

17378 Tue 10/17 11am  
17379 Tue 1/23 11am  
Free







## 50+ Arts & Crafts

### Watercolor Painting-Day

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+

3 classes

16758	Wed	9/6-9/20	1-4pm
R \$49/NR \$59			

4 classes

16759	Wed	10/11-11/1	1-4pm
16760	Wed	11/8-12/6	1-4pm
16761	Wed	12/13-1/10	1-4pm
16762	Wed	1/17-2/7	1-4pm
16763	Wed	2/14-3/6	1-4pm
16764	Wed	3/13-4/3	1-4pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT BEUOY

### 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

R \$3/NR \$4

### Needle Craft Group

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

Wed 10am-12pm

FREE

### Mixed Media Art

NEW

Mixed Media can get complex and can use all kinds of items to create layers, texture and increase the size of the original piece of artwork. In this mixed media art course in which you will be using a multitude of art mediums and supplies, maybe get a little messy, create new art, but most of all, you will have fun! So, bring your creativity and imagination to add to the mix and let's get started. Supply list available at PKCC.

4 Classes

17506	Mon	9/11-10/2	9:30am-11:30am
17507	Mon	11/13-12/4	9:30am-11:30am

R \$65/NR \$78

INSTRUCTOR: KIMBERLY SMITH

LOCATION: PKCC

### Oil Pastels

NEW

Come explore the vibrancy and beauty of oil pastels. Specific pastel skills will be taught such as ways to blend pastels including heavy and light pressure blending and using baby oil. Students will also learn color mixing, stippling and scumbling. Supply list available at PKCC.

4 Classes

17508	Mon	10/9-11/6	9:30am-11:30am
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R \$65/NR \$78

INSTRUCTOR: KIMBERLY SMITH

LOCATION: PKCC



## EVENING ART CLASSES

See page 31



## SPORTS

### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. An experienced 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+

17121	Wed	9/6-9/27	10-11am
17122	Wed	10/4-10/25	10-11am
17123	Wed	2/7-2/28	10-11am
17124	Wed	3/6-3/27	10-11am

R \$120/NR \$144

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

17125	Wed	9/6-9/27	11:30am-12:30pm
17126	Wed	10/4-10/25	11:30am-12:30pm
17127	Wed	2/7-2/28	11:30am-12:30pm
17128	Wed	3/6-3/27	11:30am-12:30pm

R \$120/NR \$144

LOCATION: REDWOOD GOLF CENTER

## 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 11/21)*

AGE: 18+

16735	Tue	9/5-10/10	10-11am
16736	Tue	10/17-11/28	10-11am
16737	Tue	1/2-2/6	10-11am
16738	Tue	2/13-3/19	10-11am

R \$48/NR \$58

Drop-In Rate \$9

LOCATION: PKCC  
INSTRUCTOR: ELOISE CHINN

### MORE DANCE CLASSES

See pages 32-33



## 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 welcome!

Group meets the 1st Wednesday of each month, 12:30-2pm



Join your friends at the Peter Kirk Community Center on Mondays 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**

**A Man Named Otto** (PG-13) 9/18 17079

**Devotion** (PG-13) 10/23 17080

**Jesus Revolution** (PG-13) 11/20 17081

**Three Thousand Years of Longing** (R) 12/18 17082

**Book Club:**  
**The Next Chapter** (PG-13) 1/22 17083

**Love Again** (PG-13) 2/12 17084

**Champions** (PG-13) 3/18 17085



## Fitness & Exercise

### Strength & Stretch - Virtual

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 11/10, 12/22, 12/29, 2/23)*

AGE: 18+

4 CLASSES

17066	Fri	9/22-10/13	10-11am
17067	Fri	10/20-11/17	10-11am
17069	Fri	12/1-1/5	10-11am
17070	Fri	1/12-2/2	10-11am
17071	Fri	2/9-3/1	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.

Wear athletic shoes. *(No class 11/21, 12/12, 12/26)*

AGE: 18+

4 CLASSES

17057	Tue	9/5-9/26	2-3pm
17058	Tue	10/3-10/24	2-3pm
17059	Tue	10/31-11/28	2-3pm
17060	Tue	12/5-1/9	2-3pm
17061	Tue	1/16-2/6	2-3pm
17062	Tue	2/13-3/5	2-3pm
17063	Tue	3/12-4/2	2-3pm

R \$35/NR \$42

LOCATION: PKCC

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.

\* 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. Wear athletic shoes. *(No classes 9/21, 11/16, 11/23, 1/25)*

### Zumba Gold Toning-Thursdays

AGE: 18+

4 CLASSES

17048	Thu	9/7-10/5	10:30-11:15am
17049	Thu	10/12-11/2	10:30-11:15am
17050	Thu	11/9-12/14	10:30-11:15am
17051	Thu	1/4-2/1	10:30-11:15am
17052	Thu	2/8-2/29	10:30-11:15am
17053	Thu	3/14-4/4	10:30-11:15am

R \$35/NR \$42

LOCATION: PKCC

INSTRUCTOR: JOAN WILDE

### Enhance Fitness

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

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

Call 425-587-3360 for session dates.

*(No class 9/1, 9/4, 10/27, 11/10, 11/24, 12/22, 12/25, 12/27, 12/29, 1/1, 1/15, 2/19.)*

Mon, Wed & Fri 10:15-11:15am

Resident \$75 / Non-Resident \$90



## Yoga for Beginners - Virtual

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! This virtual class will be offered via Zoom, the instructor will email a Zoom invitation link to registered participants before the first day of class. *(No class 11/22, 12/27, 3/13, 3/20)*

\$32

AGE:16+

4 CLASSES

17099	Wed	9/20-10/11	10-11am
17100	Wed	10/18-11/8	10-11am
17101	Wed	11/15-12/13	10-11am
17102	Wed	12/20-1/17	10-11am
17103	Wed	1/24-2/14	10-11am
17104	Wed	2/21-3/27	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: SALLY RODICH

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 35



## Tai Chi & Meridian Stretching

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 11/22 and 11/23)*

AGE: 18+

6 CLASSES

16773	Thu	11/9-12/21	3-4:15pm
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R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: HELEN HUANG

## Tai Chi & Meridian Stretching

AGE: 18+

6 CLASSES

16774	Wed	11/8-12/20	4:45-6pm
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R \$55

LOCATION: ZOOM (VIRTUAL)

## Meditation: A Journey to the Present - Virtual

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.

16772	Tues	1/9-2/20	7:30-8:30pm
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R/NR \$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG



## Computers

### One on One Tech Assistance

Are you having email issues or struggling to figure out that new phone? Need help navigating a website? Enjoy one-on-one tech support and assistance with Michele! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Advanced registration required, call 425-587-3360 to schedule an appointment.

Free

INSTRUCTOR: MICHELLE GIBSON  
LOCATION: PKCC



## Chinese & 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, participants can participate in social, recreational, and educational activities and daily hot lunch. Traditional program components such as outreach and advocacy are also provided.

### CHINESE SERVICES—TUESDAYS

For more information, call Karia Wong at the Chinese Information & Services Center, 206-957-8538.

### Chinese Dance & Music

Join this fun, social activity and meet new friends. Facilitated in Mandarin/Cantonese language.

Tue	9am-12pm	Ongoing
		Free

### 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.

Tue	9:30am-11:30am	Ongoing
		Free

中文服务 – 周二

如需更多信息, 请致电华人信息与服务中心的

Karia Wong, 206-957-8538

### 中国舞蹈与音乐

加入这个有趣的社交活动, 结识新朋友。提供普通话/粤语服务。自由的。

周二 - 进行中

### 中国老年人的

为不会说英语的成年人提供英语作为第二语言。专为英语水平有限或不会说英语的人设计。自由的。

周二 - 进行中

## LATINO SERVICES – WEDNESDAYS

For more information call Clemencia Robayo at Sea Mar Community Health Center, 425-373-6587.

### 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.

Monthly	10-11:45am	1st Wednesday
		Free

### 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	12:45-2pm	Ongoing
		Free

## SERVICIOS LATINOS – MIÉRCOLES

Para obtener más información, por favor llame a Clemencia Robayo en Sea Mar Community Health Center, 425-373-6587.

### Estrategia para una Longevidad Saludable (en Español)

Aprenda como mejorar su salud y el proceso de envejecimiento. Discutimos los elementos claves que mejorarán la calidad de vida y promoverán su bienestar.

Mensual	10-11:45am	1er Miércoles
		Gratis

### ESL para Adultos Mayores Latinos

Inglés como segundo lenguaje para adultos que no hablan inglés. Diseñado para aquellos con inglés limitado o nulo.

Miércoles	12:45-2pm	En Curso
		Gratis





## Enhance®Wellness Program

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

Lydia Barnsley, LPN; 425-286-1029; lydiab@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 works 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 BARNSELY, LPN; 425-286-1029;  
LYDIAB@MYNORTHSHORE.ORG



# 50+ ADULTS

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

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

This service is FREE.

(Mondays by appointment.)

JANET ZIELASKO, MS, LSW; 425-286-1035; JANETZ@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 8am-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)

CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG



## Support 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, 6:30-8pm

Free

LOCATION: VIRTUAL

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 (IN-PERSON)

4306 132ND ST., SE, MILL CREEK

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

Fourth Wednesdays, 11am-12pm

Free

LOCATION: VIRTUAL

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



### 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, 1-2pm

FREE

LOCATION: NSC BOTHELL, ROOM 202  
FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT  
425-286-1029; LYDIAB@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.

First Friday, 11am-12pm

Free

LOCATION: PETER KIRK COMMUNITY  
CENTER (IN-PERSON)  
FACILITATOR: LYDIA BARNESLEY, LPN,  
WELLNESS NURSE, 425-286-1029;  
LYDIAB@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

LOCATION: NSC BOTHELL, ROOM 203  
FACILITATOR: GEORGIA RIGLER, MSW, LICSW,  
425-286-1047; GEORGIA@MYNORTHSHORE.ORG

### 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

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

### ROCK STEADY BOXING

See page 37

### Sharing and Caring

Confiding in others and building social support are effective ways to promote our health. Join this open-ended support group to share and care.

Wednesdays, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205  
FOR MORE DETAILS, CONTACT JANET ZIELASKO, MS,  
LSW, 425-286-1035; JANETZ@MYNORTHSHORE.ORG

### 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: PETER KIRK COMMUNITY  
CENTER, IN-PERSON  
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. All gender identities and gender expressions welcome.

Wednesdays, 11am-12pm

Free

LOCATION: PETER KIRK COMMUNITY  
ENTER, IN-PERSON  
FACILITATOR: CASSIDY STOUT, MSW  
425-286-1072; CASSIDYS@MYNORTHSHORE.ORG





## Health & Wellness

### Mandala

Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When creating a mandala, you work on focusing from the center of the circle to the outer edge. Feel free to bring your own pictures and anything else you may wish to include for your mandala.

17231 Mon 9/11 1-3pm

Free. Registration required.

LOCATION: PKCC

PRESENTER: BERTHA MARSELIS



### 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.

17232 Mon 9/18 1-2:30pm

Free. Registration required.

LOCATION: PKCC

PRESENTER: JANET ZIELASKO MS, LSW



### A 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.

17234 Mon 10/2-11/20 1:30-3:30pm

Free. Registration required.

LOCATION: PKCC

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

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 35

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

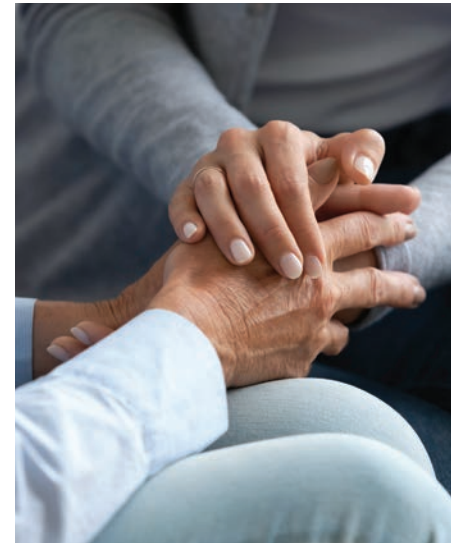
Transitions and changes happen to each of us in life. Transitions may include changes in relationships, living locations, work, retirement, health, and world health. Significant changes can bring feelings of loss. Come learn about grief as a normal human response to loss and explore ways to provide supportive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

17235 Mon 12/4 1-2:30pm

Free. Registration required.

LOCATION: PKCC

PRESENTER: GEORGIA RIGLER, MSW, LICSW



### 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.

17240 Mon 3/11 1-2:30pm

Free. Registration required.

LOCATION: PKCC

FACILITATORS: JANET ZIELASKO, MS, LSW



### Medicare- Getting Started

Are you turning 65 soon? Let SHIBA help you learn how to navigate Medicare at this free, unbiased Welcome to Medicare class. The class will cover:

Medicare A, B, and C

Help you to understand your Medicare benefits and options

Help paying for Medicare if you qualify.

17461      Thur      9/14      10-11:30am

Free. Registration required.

LOCATION: PKCC

### Medicare-Open Enrollment

If you need help navigating Medicare's annual open enrollment, October 15 - December 7, this is the class for you. Learn more about supplemental insurance options and the various programs that can help income-eligible persons reduce related costs at this free, unbiased class.

17463      Thu      10/12      10am-12:15pm

Free. Registration required.

LOCATION: PKCC



### Mindfulness Practice: Living a Happier and Healthier Life

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!

17236      Mon      1/8      1-2:30pm

Free. Registration required.

LOCATION: PKCC

SPEAKER: STEVE WILHELM, CERTIFIED MINDFULNESS TEACHER

### Powerful Tools for Caregivers

A six-week educational series designed to provide you, the caregiver, with tools needed to take care of yourself while caring for a loved one. Classes consist of interactive session, discussions and brainstorming to help you take the "tools" you choose and put them into action in your life. Classes are taught by trained and certified class leaders.

17238      Fri      1/26-3/1      1-3pm

Free. Registration required.

LOCATION: PKCC

FACILITATORS: LYDIA BARNESLEY, LPN &  
JANET ZIELASKO, MS, LSW





# 50+ ADULTS



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

## Finding Humor

Humor is more than laughs - but there will be some of those, too. Healing is what your body, soul, mind and spirit want to do, and humor can help us remove what gets in the way. It can be fun to explore how to bring humor out in ourselves and others around us. Join us to learn about and explore how to create a sense of healing using humor. We will discuss and perhaps even feel the healing power of humor as we learn to incorporate it - and laughter - into everyday life.

Tue 9/20 12:45-2pm Free

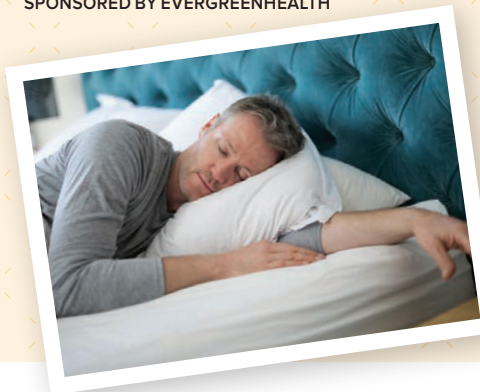
TO REGISTER, CALL 425.899.3000 AND PRESS 1  
LOCATION: PKCC  
SPONSORED BY EVERGREENHEALTH

## Get a Good Night's Sleep

Do you have trouble sleeping? Learn how stress, illness, or medication can affect your sleep patterns, and get tips that may help you sleep through the night. Making small changes to your daily routine can help you get the sleep you need.

Wed 10/18 12:45-2pm Free

TO REGISTER, CALL 425.899.3000 AND PRESS 1  
LOCATION: PKCC  
SPONSORED BY EVERGREENHEALTH



## Holiday Cooking: Quick and Delicious

This class will include recipes and tips to make delicious and nutritious holiday meals. Have fun while learning how the typical diet affects health.

Wed 11/15 12:45-2pm Free

TO REGISTER, CALL 425.899.3000 AND PRESS 1  
LOCATION: PKCC  
SPONSORED BY EVERGREENHEALTH

## Tai Chi for Back Pain

Easy-to-learn movements matched with breathing and visualizations help reduce and relieve back pain, strengthen, and protect the spine, and improve health and well-being.

Tue 12/5 12:45-2pm Free

TO REGISTER, CALL 425.899.3000 AND PRESS 1  
LOCATION: PKCC  
SPONSORED BY EVERGREENHEALTH

## Health Services

### Meals on Wheels Program

Nutritional frozen meals are available for the homebound. Liquid supplements available.

For info call 425-403-5255.

### Congregate Lunch Nutrition Program

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



## Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program".

For more information call Sound Generations 206-448-3110

### 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



## Community Resources

### Sound Generations

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

Call 206-448-3110

### AARP Area Office

American Association of Retired Persons.

Call 1-888-687-2277 or go to [www.aarp.org/states/wa](http://www.aarp.org/states/wa)

### Benefits Check Online

[www.BenefitsCheckUp.org](http://www.BenefitsCheckUp.org) is the first of its kind, web-based service designed to help seniors and their families and caregivers find the right benefits programs to meet their needs. A fast, free, and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs. Now, consumers can find out what their options are under the new Medicare plans.

### Bridge Ministries for Disability Concerns

Services for persons with disabilities. Free used durable medical equipment, guardianship services and consultation.

Call 425-885-1006 or go to [www.bridgemin.org](http://www.bridgemin.org)

### Widowed - Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner.

Call 206-241-5650 or go to [www.kcwics.org](http://www.kcwics.org)

### Adult Day Centers

These certified centers provide safe, well-supervised therapeutic, activities, programs and services for adults with cognitive and/or physical disabilities. For more information call:

**Northshore Adult Day Center**  
425-488-4821

## Senior Council Special Presentations

### Inflation Reduction Act Changes to Medicare Parts B & D

Learn how the new drug law makes improvements to Medicare Part B and D that will expand benefits, lower drug costs, and stabilize prescription drug premiums. Answer questions on choosing the right Medicare Part D plan for you. Presented by Centers for Medicare & Medicaid Services

17054 Thu 9/21 2-3:30pm

Free; Pre-registration Required

LOCATION: PKCC

### Aging in Place

Tom Minty, will be on-site to share his insights on the best way to age in place and to discuss Universal Design. Tom has been a successful real estate broker for almost 20 years, served two-terms on the Seattle-King County Advisory Council for Aging and Disability Services and is a charter member or the Northwest Universal Design Council.

17055 Thu 11/2 2-3:30pm

Free; Pre-registration Required

LOCATION: PKCC

### Fraud Prevention Workshop

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

17056 Thu 1/25 10am-2pm

Free; Pre-registration Required

LOCATION: PKCC

## MORE MEDICARE CLASSES

See page 53



## Financial, Legal and Health 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 attendees 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.

### More Than Just Wills...Understanding Estate Planning NEW

Amber Hunt of Woodinville Law will discuss each component of an estate plan including Wills, Trusts, and Power of Attorney documents as well as explain the probate process and what heirs can expect during an estate administration. Join her in September to learn more about protecting those who matter most.

17233	Wed	9/20	1:30-3pm
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Free; Pre-registration required

LOCATION: PKCC

PRESENTER: AMBER HUNT, WOODINVILLE LAW

### Federally Insured Reverse Mortgage Program

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.

17038	Wed	10/4	10:30-12pm
17039	Wed	1/31	10:30-12pm

R \$12/NR \$14

LOCATION: PKCC

## Legal Services

### Senior Rights Assistance

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

For more information call 206-448-5720 or visit [www.soundgenerations.org/our-programs/senior-rights-assistance](http://www.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

## Financial Services

### Income Tax Assistance

A volunteer Tax Advisor will help you prepare your 2023 tax return.

Appointments are required and available Fridays from 9am-3pm, Feb 2-April 12

Call 425-587-3360 beginning Jan 2, 2024, to schedule appointment.

Free

### Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists.

[www.atg.wa.gov](http://www.atg.wa.gov)

### Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit.

Call 800-750-2227 or go to [www.clearpoint.org](http://www.clearpoint.org).

### Property Tax 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 \$35,000.

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

### Social Security

Open 7am-7pm weekdays

Call 1-800-772-1213 or go to [www.ssa.gov](http://www.ssa.gov)



## Employment

### Employment Service

Low income seniors looking for part-time work.

Call Senior Employment Service/AARP, 206-624-6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)

### Employment Resource Center

This service provides assistance to people age 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens.

For more information, call 206-684-0500 or go to [www.seattle.gov/agefriendly/resources](http://www.seattle.gov/agefriendly/resources)







## 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 [www.soundgenerations.org/ourprograms/transportation](http://www.soundgenerations.org/ourprograms/transportation)

### 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 [www.hope-link.org/need-help/transportation](http://www.hope-link.org/need-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 operates Monday – Friday, with reservations taken up to 5 PM, 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.

The suggested donation is \$2 for each trip. To use the Kirkland Senior Van, you must be

- A resident of the City of Kirkland, and
- Eligible for, or in the process of applying for King County Metro Access eligibility.

If 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.

\*All trips include sales tax

50+ ADULTS

# Out for Lunch Bunch

11am-2pm • R \$14 / NR \$17

BRING  
LUNCH  
MONEY

NEW  
LOCATIONS!



## Jimmy Mac's Roadhouse

RENTON

17268 • 9/5

"Texas-style" family friendly restaurant featuring steaks, handcrafted food, cocktails and ice-cold beer.

## Carnation Café

CARNATION

17269 • 10/3

A casual approach to fine cuisine located in the heart of downtown Carnation.

## Blackbird Café & Bar

SHORELINE

17270 • 11/7

A casual approach to fine cuisine located in the heart of downtown Carnation.

## Salty's

ALKI BEACH

17271 • 12/5

Dine on a fabulous lunch at one of the world's great view restaurants.

## Briley's BBQ & Grill

LAKE FORREST PARK

17272 • 1/9

Enjoy wood-smoked meats & sides in an American West-themed space.

## Arnie's

EDMONDS

17273 • 2/6

Arnie's serves delicious seafood against the backdrop of Edmonds Puget Sound views.

## Shawn O'Donnell's

EVERETT

17274 • 3/5

Family owned and operated, this Irish Pub offers the finest in Irish hospitality, food and drink.

## SHOPS & SLOTS

### Snoqualmie Casino & Premium Outlets

March 5 • 10 am – 4 pm  
R \$25/NR \$30 • 17275

### Tulalip Casino & Premium Outlets

March 19 • 10 am – 4 pm  
R \$25/NR \$30 • 17276





# 50+ ADULTS



BRING  
LUNCH  
MONEY



## Trip Difficulty Rating

Mild Walking



Moderate Walking



Extensive Walking



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

## PKCC VAN TRIPS

### Seattle Tall Ship Sailing Tour



Come aboard for a day sail on a classic schooner! This Harbor Sailing tour is family-friendly for all ages and is an excellent way to see the Seattle skyline, the beauty of the Puget Sound, even mountain views! Must sign up by 8/28 to secure reservations.

17345 Tue 9/12 12:15-6:15pm  
R \$83/NR \$90

BRING LUNCH \$

### Bloedel Reserve



Back by popular demand! Spend a couple of hours exploring this 150-acre forest garden on Bainbridge Island. Stop for lunch at a local restaurant before heading back to Kirkland. Must register by 9/5 to secure reservations.

17346 Tue 9/19 8:15am-4:30pm  
R \$57/NR \$69

BRING LUNCH \$

### Fort Nisqually Living Museum



Take a step back in time as you explore Fort Nisqually, established in 1833 by the Hudson Bay Company as a fur trading post.

17347 Tue 9/26 10am-4:30pm  
R \$35/NR \$40

BRING LUNCH \$

### Mystery Trip



You might say there's no such thing as Santa but after today you may believe.

17348 Mon 10/9 8am-5:30pm  
R \$86/NR \$98

BRING LUNCH \$

### Pacific Bonsai Museum



PBM features world-class bonsai from the Pacific Rim nations of Canada, China, Japan, Korea, Taiwan and the United States. Learn more about these pieces of art on a guided tour.

17349 Tue 10/17 9:45am-3:30pm  
R \$36/NR \$41

BRING LUNCH \$

### Climate Pledge Arena Tour



This expertly guided, behind the scenes tour will tell the history and transformation of Climate Pledge Arena, the most sustainable arena in the world.

17350 Tue 10/24 9:30am-3pm  
R \$73/NR \$78

BRING LUNCH \$

### Flying Heritage & Combat Armor Museum



Closed for more than two years, this museum that showcases vintage aircraft and vehicles from World War II and the Cold War is now reopened under new ownership. After exploring the incredible collection, enjoy lunch at Ivar's.

17351 Wed 11/15 9:30am-3pm  
R \$42/NR \$47

BRING LUNCH \$

### Governor's Mansion Holiday Tour




Learn a bit of history while viewing the governor's holiday décor on a docent led tour of this magnificent mansion. After the tour enjoy lunch at the top-rated Dockside Bistro. Be prepared to bring photo ID. Must sign up by 11/15 to secure reservations.

17352 Tue 12/12 8:30am-3pm  
R \$25/NR \$30


BRING LUNCH \$

## Queen Mary Tea Room

 Experience Seattle's premiere destination for afternoon tea for more than 35 years. Price includes afternoon tea. Must sign up by 12/11 to secure reservations.

17353	Thu	1/18	12:15-4:30pm
			R \$91/NR \$95



## Village Theater- Becoming Dr. Ruth

 Through perseverance, spirit and bravery America's favorite sex therapist carved her own unique place in the world. This hilarious and uplifting afternoon at the theater will touch your heart and soul. Enjoy an early lunch at Coho in Issaquah. Must sign up by 11/27 to secure reservations.

17354	Thu	1/25	11am-5pm
			R \$115/NR \$121

BRING LUNCH \$



## Silver Reef Casino

  With player friendly rules and the table limits you want; Silver Reef Casino in Ferndale is the place to play. Enjoy a food and gaming coupons.

17355	Tue	2/13	9am-5pm
			R \$37/NR \$44

BRING LUNCH \$



## Smith Tower Talking Tour

  Experience the world-famous Smith Tower Observatory with its historic Otis elevator and 360-degree views of Seattle on this 40-minute self-guided tour that immerses you in the roaring 20's and beyond. Lunch to follow at the speakeasy-style Temperance Café and Bar on the 35th floor.

17356	Thu	2/22	9:30am-3pm
			R \$53/NR \$58

BRING LUNCH \$



## Wings Over Washington

  Wings over Washington is the most state-of-the-art theater using five thousand cameras, drones, laser projection and state of the art surround sound. Once you're strapped into your seat you will enjoy breathtaking views over the Olympic National Forrest, Mt. St. Helens, and the San Juan's to name just a few. Guests with known heart conditions, back or neck pains, high blood pressure, or who are prone to motion sickness, dizziness, claustrophobia, or other conditions that could be aggravated by simulated motion or flight, should not ride. Similarly, guests with photosensitive epilepsy or who have conditions aggravated by visual stimuli such as flashing lights should not enter.

17357	Tue	2/27	10:30am-2:30pm
			R \$33/NR \$36

BRING LUNCH \$


## Northwest Carriage Museum

  Step back in time and visit one of the finest horse-drawn transportation museums in the country. Enjoy an early lunch at the Pitchwood Alehouse in Raymond, WA.

17358	Tue	3/12	8:30am-5pm
			R \$66/NR \$77

BRING LUNCH \$

## Chuckanut Drive & 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.

17359	Tue	3/26	9:45am-4pm
			R \$22/NR \$26

BRING LUNCH \$



## Van Trip 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% credit on the account, less \$10 administrative fee. Cancellations requested Van Trip Day receive no refund.
2. Van trips requiring 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 425-587-3363 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.







# Join the **Kirkland Senior Council**

**APPLY  
TODAY**

Recruitment for new members will be October 1-31 and is open to adults that live, work, or serve the City of Kirkland. For more information or to apply, please visit [Kirklandwa.gov/seniorcouncil](http://Kirklandwa.gov/seniorcouncil) or contact Betsy Maxwell at 425-587-3362.

## 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.

## WHAT IS THE RELATIONSHIP TO THE KIRKLAND CITY COUNCIL?

The Senior Council works in an advisory capacity to the City Council. Its role is to study, review, evaluate and make recommendations to the City Council and the City Manager regarding matters affecting citizens age 50 and older in the City of Kirkland.

The Senior Council welcomes your ideas, questions and suggestions! Meetings are Second Tuesday of the month at 1:30 PM - Peter Kirk Community Center 352 Kirkland Avenue.



## Kirkland Senior Council Special Presentations

### Inflation Reduction Act Changes to Medicare Parts B & D

Learn how the new drug law makes improvements to Medicare Part B and D that will expand benefits, lower drug costs, and stabilize prescription drug premiums. Answer questions on choosing the right Medicare Part D plan for you. Presented by Centers for Medicare & Medicaid Services

17054 Thu 9/21 2-3:30pm

Free; Pre-registration Required

LOCATION: PKCC

### Aging in Place

Tom Minty, will be on-site to share his insights on the best way to age in place and to discuss Universal Design. Tom has been a successful real estate broker for almost 20 years, served two-terms on the Seattle-King County Advisory Council for Aging and Disability Services and is a charter member of the Northwest Universal Design Council.

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### Fraud Prevention Workshop

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

17056 Thu 1/25 10am-2pm

Free; Pre-registration Required

LOCATION: PKCC

## 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, 8/23/23 phone line opens at 7 AM or 8/30/23 at 8 AM.

## Register for programs

**NEW!** REGISTRATION BEGINS **August 23 at 7 AM** FOR KIRKLAND RESIDENTS ONLINE AND BY PHONE AND **August 30 at 8 AM** FOR NON-RESIDENTS!

### All Are Welcome

The City of Kirkland is committed to offering programs and services that are inclusive and where people from all backgrounds feel a sense of belonging, regardless of race, gender identity, gender expression, sexual orientation, socioeconomic position, or physical/cognitive ability.

Please visit [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation) for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, 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.

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 55). Contact EvergreenHealth Community Health Care Access Team at 425-899-3200 for other options.

### Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically 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 according to the Environmental Protection Agency's (EPA) website [www.airnow.gov](http://www.airnow.gov), all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. 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 [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

Para pedir un formato alternativo, presentar una queja o si tiene preguntas sobre el Programa del Título VI de Kirkland, comuníquese con el coordinador del Título VI llamando al 425-587-3831 o en [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

Para solicitar um formato alternativo, registrar uma reclamação ou tirar dúvidas sobre o Programa Título VI de Kirkland, entre em contato com o Coordenador do Título VI pelo telefone 425-587-3831 ou em [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

Чтобы запросить другой формат, подать жалобу или задать вопросы о программе Title VI г. Киркланда, свяжитесь с координатором по номеру 425-587-3831 или по электронной почте [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

如需获取其他格式、提出投诉或对柯克兰的第六章计划 (Title VI Program) 有疑问, 请致电 425-587-3831 或发送电子邮件至 [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov) 与第六章协调员联系。

Để yêu cầu một định dạng khác, nộp đơn khiếu nại hoặc nếu có câu hỏi về Chương Trình Tiêu Mục VI của Kirkland, hãy liên hệ với Điều Phối Viên Tiêu Mục VI theo số 425-587-3831 hoặc [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov).

다른 형식을 요청하거나, 민원을 제기하거나, 커클랜드의 제VI편 프로그램 (Title VI Program)에 관한 문의 사항이 있는 경우, 전화 425-587-3831번 또는 이메일 [titlevicocoordinator@kirklandwa.gov](mailto:titlevicocoordinator@kirklandwa.gov)로 제VI편 코디네이터에게 문의하십시오.

### Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at [eParks@kirklandwa.gov](mailto:eParks@kirklandwa.gov) or call 425-587-3330.
- Refunds are granted if a request is made at least five business days prior to the start of a program, less a \$10.00 administrative fee applied to each program withdrawn.
- A 50% refund of the registration fee will be granted for program withdrawal requests received less than five business days prior to the start of program.
- Please note: Programs paid by check or cash will be refunded by check. No refunds will be given for programs that cost less than \$10.00.
- No refunds will be issued on or after the first day of program.
- Online enrollments resulting in withdrawals are subject to cancellation policies listed above.
- A 100% refund will be given if a program is canceled by Kirkland Recreation.
- Transfers must be requested five business days prior to the start of a program. (exception: progressive level transfers directed by program instructor.
- Visit [www.kirklandwa.gov/ParkRentals](http://www.kirklandwa.gov/ParkRentals) for facility rental cancellation and change policies.
- Community Center Special Events: Unless otherwise noted, event tickets will be available until 5pm seven business days prior to the event. No tickets will be sold the day of the event. Event tickets are not refundable or transferable.

### Disclaimer

This schedule of activities 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 participants of the changes. Our website [www.kirklandparks.net](http://www.kirklandparks.net) will be most up-to-date.

### WATCH FOR THESE ICONS

-  **NEW** New Program
-  Virtual Program
-  Family Program