



## PETER KIRK COMMUNITY CENTER

The Peter Kirk Community Center (PKCC) is dedicated to offering daytime opportunities for individuals aged 50 and over, promoting healthy, rewarding lifestyles for themselves and their community.

### OUR MISSION

The Peter Kirk Community Center is dedicated to promoting the wellness of body, mind, and spirit. We offer a variety of activities and services, including fitness classes, art and lifelong learning opportunities, special events, intergenerational programs, and van trips. The center also provides health, legal, and financial services, along with a nutritious hot lunch two days a week and the Meals on Wheels program for the homebound in Kirkland. This drop-in facility fosters fun, friendship, and socialization in a welcoming atmosphere.

### EVERYONE IS WELCOME

While the Peter Kirk Community Center offers a variety of activities, it does not provide respite care, adult day care, or services typically handled by a trained attendant, nurse, or caregiver (such as incontinence care or assistance with restroom

use). Our staff is unable to provide personal care, so participants needing assistance should be accompanied by an escort. Older adults with special needs may be eligible for other community programs, such as adult day care. For more options, please contact EvergreenHealth Community Healthcare Access Team at 425-899-3200.

### ENDORSEMENTS

The Peter Kirk Community Center offers classes, workshops, services, and events that are selected for their potential recreational and educational value to participants. However, we do not endorse any products or programs presented. Participants are responsible for making their own informed decisions.

### CENTER HOURS

Monday – Friday • 8am-5pm  
Center Closed: 5/25, 6/19, 7/3

### CENTER LOCATION

352 Kirkland Ave, Kirkland 98033  
425-587-3360

# GET MOVING!

WITH THE **KIRKLAND STEPPERS CLUB!**

Join the Kirkland Steppers for fun walks and new friendships! Lace up your sneakers and explore local parks with us throughout the season. Staff will greet walkers at the listed addresses—your perfect chance to step into adventure, laughter, and community. Don't miss out on the Steppers' unique walking experience!



**JOIN THE KIRKLAND STEPPERS FOR JUST \$6!**  
CLASS #22827

## TUESDAYS, JUNE 2-AUGUST 25 • Walks Begin at 10AM

SCHEDULE		REGISTRATION #
<b>June 2</b>	<b>Kirkland Steppers “Kick-Off”</b> • 9:15am Breakfast and Giveaways 10am Walk Lake St/ Downtown Corridor <i>Breakfast sponsored by Morning Star of Kirkland</i>	Registration Required 22828
<b>June 9</b>	<b>O.O. Denny Park</b> - 12302 Holmes Pt Dr., Kirkland 98034	Included
<b>June 16</b>	<b>Robinswood Park</b> - 2430 148th Ave SE., Bellevue 98007	Included
<b>June 23</b>	<b>Kirkland Cemetery w/ Guest Speaker</b> - 8100 122nd Ave NE., Kirkland 98033	Included
<b>June 30</b>	<b>Bellevue Botanical</b> - 12001 Main St., Bellevue 98005	Included
<b>July 7</b>	<b>Sammamish River Park</b> - 17995 102nd Ave NE., Bothell 98011	Included
<b>July 14</b>	<b>Cross Kirkland Corridor</b> ( <i>Meet at Terrace Park</i> ) - 10333 NE 67th St, Kirkland 98033	Included
<b>July 21</b>	<b>Juanita Bay</b> - 2201 Market St., Kirkland 98034 <i>Lunch at Morning Star of Kirkland - 11729 NE 1108th St, Kirkland 98034</i>	Registration Required 22829
<b>July 28</b>	<b>Grass Lawn Park</b> - 7031 148th Ave NE, Redmond, 98052	Included
<b>Aug 4</b>	<b>Newcastle Beach Park Nature Loop</b> - 4400 Lake WA Blvd. NE., Bellevue 98006	Included
<b>Aug 11</b>	<b>Edith Moulton</b> - 13634 108th Ave NE., Kirkland 98034 Included	Included
<b>Aug 18</b>	<b>Wilmot Gateway Park</b> - 17301 131st Ave NE., Woodinville 98072 Included	Included
<b>Aug 25</b>	<b>“Finish Line” Celebration</b> • 10am Walk to Waverly Beach <i>11am Celebration Lunch sponsored by Morning Star of Kirkland</i>	Registration Required 22830



**THANK YOU TO OUR SPONSORS!**





# Special Events

at the  
**Peter Kirk  
Community  
Center**



## Monthly Birthday Bash!

Once a month we party! Join us for cake, conversation and celebration as we toast all the month's birthdays.

Tue 2nd Tue of the month 11:15am-11:45am

Free



## Pizza and Bingo

Spring into summer with a slice of fun! Enjoy laughter, prizes, and good company as we celebrate the season with fun, flavor, and a dash of friendly competition. Advanced registration required by 4/8!

22872 Thu 4/16 11am  
\$12

LOCATION: PKCC

## 50+ SPECIAL INTEREST

### AARP Smart Driver

The AARP Smart Driver course, brought to you by AARP Driver Safety is the first and largest refresher course designed specifically for older drivers. The course will provide a review of driving skills and techniques, as well as strategies and tips to help you to adjust to normal age-related changes that may affect your driving ability. Our goal is for you to become an even safer driver through this program.

Fee \$20 for AARP members / \$25 for non-members, please bring AARP membership card to class. Bring payment on day of class in the form of a check or money order payable to AARP. No cash will be accepted.

23336 Wed 4/15 9am-5:30pm



### Prescription Assistance Workshop

Struggling with prescription costs? The Prescription Drug Assistance Network can help you find programs, copay cards, and discounts to lower your medication expenses. Join our free workshop to learn tips and resources that make your prescriptions more affordable.

23284 Fri 5/1 1-2:30pm

Free

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

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 to learn more about protecting those who matter most.

23285 Wed 6/1 2-3:30pm

Free

### Curious About Cannabis?

Join a certified medical marijuana consultant from Dockside Cannabis for a fun, educational discussion on cannabis. Learn about its medicinal and recreational benefits, safe methods of use, and cannabinoid basics. Bring your questions, informational handouts will also be available.

23286 Mon 7/13 1-2:30pm

Free

CITY OF KIRKLAND  
SENIOR COUNCIL

Kirkland Senior Council  
Special Presentations



**Downsizing & Decluttering:  
You Can't Take It With You**

You can spend a lifetime accumulating treasures, trinkets and memories. All the "stuff" can make downsizing feel like a monumental endeavor. Join AARP Washington as we share tips to tackle even the task of decluttering and preparing for your next stage in life. Pre-registration required.

ALL AGES

23295 Thu 5/14 1:30-3pm

Free

LOCATION: PKCC

INSTRUCTOR: AARP WASHINGTON

**Prepared for Independence:  
Be a Disaster All-Star!**

Disasters and disruptions can happen anytime, but with the right skills and knowledge, you can be ready. Join the Office of Emergency Management at Peter Kirk Community Center for a friendly, hands-on session about staying safe and independent during earthquakes, heat waves, and winter storms. Let's get prepared together! Pre-registration required.

ALL AGES

23304 Thu 7/23 2-3:30pm

Free

LOCATION: PKCC

INSTRUCTOR: OFFICE OF EMERGENCY MANAGEMENT



TUESDAYS • 1:30-4PM • FREE

# Movie & Popcorn

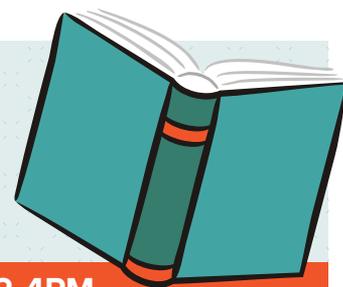
Join your friends at the Peter Kirk Community Center for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is Welcome! Registration required. Call 425-587-3360

<b>The Last Rodeo</b> (PG)	22874	4/7
<b>F1: The Movie</b> (PG-13)	22875	5/5
<b>My Mother's Wedding</b> (R)	22876	6/2
<b>Wicked</b> (PG)	22877	7/7
<b>Wicked: For Good</b> (PG)	22878	8/4



## Mystery Book Club

Participants have selected a book for each month and meet to share their reading experiences. Visit [www.kirklandparks.net](http://www.kirklandparks.net) for this month's selection. Everyone welcome!



1ST WEDNESDAY OF EACH MONTH, 2-4PM

## 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.

**Cards**

Come use our card rooms for a friendly game: available days vary. 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.



**Drop-In Mahjong**

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

**Drop-in Party Bridge**

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

ALL WELCOME THURSDAYS 11AM



## ARTS & CRAFTS

### Graphite Drawing

Learn how to create realistic pencil drawings from reference photos and still life. Explore skills in value, proportion, perspective, texture, and more. This class is perfect for all experience levels and provides techniques to enhance your artwork while building a solid foundation in graphite pencil drawing. Supply list is available at PKCC.

AGE:18+			
23264	Mon	4/6-4/27	9:30-11:30am
23265	Mon	6/8-6/29	9:30-11:30am
23266	Mon	7/6-7/27	9:30-11:30am
			R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: KIMBERLY SMITH

### Watercolor Painting - Day

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 is available at PKCC.

AGE:18+			
23279	Wed	4/15-5/6	1-4pm
23280	Wed	5/13-6/3	1-4pm
23281	Wed	6/10-7/1	1-4pm
23282	Wed	7/8-7/29	1-4pm
23283	Wed	8/5-8/26	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.

Tue	1-3pm	ONGOING
		\$5 per visit fee

### Needle Craft Group

Have fun, socialize and work on your hand work.

Wed	10am-12pm	ONGOING
		Free

## DANCE

### Line Dancing

Join this fun and friendly line dancing class! Whether you're a beginner or more advanced, this class offers a mix of basic and challenging dances. Learn a new dance each session while reviewing previous ones. All abilities welcome—no partner needed! Get moving and make new friends!

AGE:18+			
23259	Tue	4/21-5/26	9:45-10:45am
			R \$48/NR \$58
23261	Tue	6/9-6/30	9:45-10:45am
			R \$32/NR \$38

LOCATION: PKCC  
INSTRUCTOR: ELOISE CHINN

### Afternoon Dances with the Mountaineer's

Join our fun dance class! Learn line dances, couple dances, and mixers, including the waltz, tango, polka, and more. No partner / experience needed. The first hour covers beginner dances, and the second hour is dedicated to requests with easy walk-throughs.

ALL AGES			
Mon	4/13, 5/11, 6/8, 7/13, 8/10	2:30-4:30pm	
			\$9 at the door

LOCATION: PKCC

### SENIOR ART SHOW

See page 85



# EXERCISE

## 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.

Wed & Fri 10:15-11:15am  
R \$60/NR \$72



## Harmony & Balance Yoga

Calm your mind while honoring the physical body with intentional movement and breath work. Focus on gentle yoga sequences and stretches that will enhance physical strength, flexibility and balance while nurturing the spirit. Please bring yoga mat. (No class 5/25)

### MONDAYS

23312	Mon	4/13-5/4	1-2pm
23313	Mon	5/11-6/8	1-2pm
23314	Mon	6/15-7/6	1-2pm
23315	Mon	7/20-8/10	1-2pm

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: DEBORAH MATTINGLY

### THURSDAYS

23316	Thu	4/23-5/14	10:30-11:30am
23317	Thu	5/21-6/11	10:30-11:30am
23318	Thu	6/18-7/9	10:30-11:30am
23319	Thu	7/23-8/13	10:30-11:30am

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: DEBORAH MATTINGLY

## Gentle Yoga w/ Weight Strengthening



Gentle chair yoga blends seated and supported standing postures with light weight-bearing exercises to build strength, mobility, and balance. Using a sturdy chair and optional hand weights, participants enjoy a full-body, breath-focused practice that enhances flexibility, circulation, and overall well-being. This class is ideal for staying active, strong, and independent. (No class 7/15)

### ALL AGES

23320	Wed	4/15-5/6	10-11am
23321	Wed	5/13-6/3	10-11am
23322	Wed	6/10-7/1	10-11am
23323	Wed	7/8-8/5	10-11am

\$32

23324	Wed	8/12-8/26	10-11am
-------	-----	-----------	---------

\$24

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: DEBORAH MATTINGLY

## Fit, Fabulous & Over 50

ENERGIZE your morning with friends! Come join us and jumpstart your day with stretching and strengthening.

You will go through a series of exercises to build strength, flexibility and balance to achieve overall improved conditioning. Each class includes some wall Pilates for the ultimate full-body workout. You will leave class feeling happy, connected, invigorated AND eager to take on whatever life has to offer. No mat needed but bring your water bottle and a willingness to engage. All abilities welcome. (No class 4/16)

### ALL AGES

23337	Thu	4/2-4/30	9-10am
23338	Thu	5/7-5/28	9-10am
23339	Thu	7/9-7/30	9-10am

R \$40/NR \$48

23340	Thu	8/6-8/20	9-10am
-------	-----	----------	--------

R \$30/NR \$36

LOCATION: PKCC

INSTRUCTOR: CHRIS KOCHER

## ROCK STEADY BOXING

See page 66



## Strength & Stretch Chair Fitness

Strengthen your body, improve flexibility, and boost confidence with this low-impact, chair-supported class. Using light weights and a gentle full-body sequence, you'll build functional strength, enhance mobility, and improve balance. Seated and optional standing exercises make it suitable for all fitness levels. (No class 6/5, 6/19, 7/3)

### AGE:18+

23342	Fri	5/1-5/22	10-11am
23360	Fri	5/29-7/10	10-11am
23361	Fri	7/24-8/14	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: DEBORAH MATTINGLY

## Tai Chi & Meridian Stretching (Bilingual)

This energizing class combines meridian stretching, Tai Chi, and Qi Gong to release blocked energy, build strength, and improve posture and balance. Each session includes mindful movement, breathwork, and relaxation to support deep detox, coordination, and overall wellbeing. Please wear non-slip grabbing socks and bring a mat/rug for lying-down exercises towards the end.

### AGE:18+

23482	Wed	4/29-5/27	8:45-10am
23483	Wed	6/17-7/15	8:45-10am

R \$70/NR \$84

23484	Wed	8/5-8/26	8:45-10am
-------	-----	----------	-----------

R \$56/NR \$67

LOCATION: PKCC

INSTRUCTOR: HELEN HUANG



## Financial & Legal Class Policy

The Peter Kirk Community Center offers financial and legal classes for educational purposes but does not endorse any speaker. Presenters are asked not to solicit students, and marketing is prohibited. Report any violations to Betsy Maxwell, Program Coordinator.

Advance registration is required for all programs, call 425-587-3360.

## REAL ESTATE



### Unlock Your Homes Potential Using a Reverse Mortgage Loan

Join us for a free educational roundtable workshop. Learn the facts about how homeowners 62+ can age in place with greater financial security. Discover how a reverse mortgage can help refinance an existing home or assist with purchasing a new one while preserving retirement cash flow.

AGE:18+			
23362	Wed	5/20	1-3pm
23363	Wed	8/26	1-3pm

R \$12/NR \$14

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER

## FINANCIAL SERVICES

### Attorney General's Consumer Protection Web Page

Contact the Washington State Attorney General's office regarding privacy protection, online complaint forms, and getting off phone solicitor and junk mail lists. [www.atg.wa.gov](http://www.atg.wa.gov)

### MORE REAL ESTATE CLASSES

See page 63

### Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit. Call 800-750-2227 or go to [www.clearpoint.org](http://www.clearpoint.org).

### Property Tax Exemption Program

To receive a property tax exemption, a taxpayer must be age 60+, own and occupy their residence and have an annual household income that does not exceed \$88,998. To see if you qualify, call 206-296-3920

### Social Security

Open 9am-4pm weekdays

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

## LEGAL SERVICES

### Senior Rights Assistance

A volunteer program that provides free information, referrals 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 toll-free at 1-888-435-3377 or go to <https://soundgenerations.org/our-programs/senior-rights-assistance/>

### Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions. 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

## COMPUTERS

### One on One Tech Assistance

Get personalized tech support with Michele—whether you're troubleshooting email, learning a new phone, or navigating websites. This one-on-one session helps you build confidence and improve your digital skills. Because demand is high, each participant may schedule one appointment per month.

\*Participants should bring their own laptop, iPad, or phone.

Advanced registration required, call 425-587-3360 to schedule an appointment.

Free

LOCATION: PKCC  
INSTRUCTOR: MICHELE GIBSON

# 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.

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

Program is FREE of charge

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.)

Program is FREE of charge

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

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

## Family Caregiving Consultation

Family caregivers provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social 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.

(Monday-Friday by appointment, walk-in; available in-person, virtual and/or by phone.)

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

Free



## 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

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.

Fourth Wednesdays, 11am-Noon

Free

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

2nd Wednesday, 1-2pm

Free

LOCATION: NSC HEALTH AND WELLNESS CENTER, CONFERENCE ROOM  
FACILITATOR: KATHY BATES, BS, GMHS; KATHYB@MYNORTHSHORE.ORG

First and Third Thursdays, 10:30am-noon

Free

LOCATION: ADVENT LUTHERAN CHURCH (IN-PERSON) 4306 132ND ST., SE, MILL CREEK  
FACILITATOR: PAM JONES, MSW, 425-346-9856



## SUPPORT/ DISCUSSION GROUPS

### 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, 10am-11am

Free

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

### Rainbow Pride Coffee Hour

Join us monthly for our conversation and coffee hour dedicated to build connections for LGBTQIA+ older adults and their allies. The focus of this group is to create greater social connectivity, improve social inclusion and evolve services to better meet the needs of our LGBTQIA+ seniors.

1st Wednesday of month, 9-10am

Free

LOCATION: PKCC  
FACILITATOR: CASSIDY STOUT, MSW; 425-258-1072; CASSIDYS@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-Noon

Free

LOCATION: PKCC (IN-PERSON)  
 FACILITATOR: LYDIA BARNESLEY, LPN,  
 WELLNESS NURSE; 425-286-1029;  
 LYDIAB@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! No meeting 5/26 & 9/1

Mondays, 1:30-2:30pm

Free

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

### 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, 1pm - 2pm

Free

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

## WELLNESS CLASSES

### Building Resilience

Resilience isn't something you have or don't, it's something you can build. Explore common myths about resilience and learn practical techniques like mindfulness, reframing anxious thoughts, and self-care strategies to boost your emotional strength and well-being.

23364 Mon 5/4 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC  
 PRESENTER: JASON MCBRIDE, COMMUNITY  
 HEALTHCARE ACCESS TEAM (CHAT) AT  
 EVERGREENHEALTH



### Welcome to Medicare

Learn the essentials of Medicare, including the differences between Parts A, B, C, and D, how to enroll, and ways to get help with costs. We'll also cover Medigap vs. Medicare Advantage plans, understanding your benefits, and how to protect yourself from Medicare fraud.

23379 Mon 6/8 1-2:30pm

Free; Pre-registration required

LOCATION: PKCC  
 PRESENTER: LARRY COLE AND CONNIE TAYLOR,  
 SOLID GROUND SHIBA VOLUNTEERS

### Listening More Carefully and Expressing More Clearly

Communication shapes every relationship we have. The words we choose—and those we don't—can deeply impact our connections. Discover practical tips and strategies to strengthen your communication and listening skills, enhance understanding, and build more meaningful interactions every day.

23380 Fri 8/7 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC  
 PRESENTER: JANET ZIELASKO, MS, LSW

### 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 sessions, 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. (No class 9/4)

FACILITATORS: LYDIA BARNESLEY, LPN & JANET  
 ZIELASKO, MS, LSW  
 23381 Fri 8/28-10/9 1-3pm

Free; Pre-registration required

LOCATION: PKCC  
 PRESENTER: JANET ZIELASKO, MS, LSW

# ARE YOU PREPARED?

- ✓ MAKE A PLAN
- ✓ BUILD A KIT
- ✓ BE INFORMED

Kirkland Emergency Management offers information for you to prepare yourself, your family, and your community!

Find out more about personal preparedness, sign up for alerts, and class offerings by visiting:  
[www.kirklandwa.gov/Prepare](http://www.kirklandwa.gov/Prepare)

CLASSES  
SPONSORED  
BY



# EvergreenHealth



### The Art of Happiness

Discover simple daily habits that boost mood and emotional well-being! This uplifting class explores gratitude, connection, laughter, and mindfulness—easy ways to add more joy to your day. Enjoy friendly discussion, gentle relaxation activities, and practical tips for feeling your best inside and out.

Thu 4/23 1-2:30pm

Free

LOCATION: PKCC  
INSTRUCTOR: EVERGREENHEALTH

### Emergency Preparedness for Seniors

Stay ready and confident in unexpected situations. This class covers: when and how to call 911 for medical or safety emergencies, what to take to the hospital: essential documents, medications, helpful items, home and personal safety tips to prevent accidents, staying calm and organized during emergencies.

Thu 5/21 1-2:30pm

Free

LOCATION: PKCC  
INSTRUCTOR: EVERGREENHEALTH

### What's Great on your Summer Plate

Celebrate the flavors of summer while learning how to build a healthy, colorful plate! This class explores easy, nutritious meal ideas featuring fresh seasonal produce, simple recipes, and smart tips for staying hydrated and energized all season long. Perfect for all looking to eat well and feel their best this summer.

Thu 6/18 1-2:30pm

Free

LOCATION: PKCC  
INSTRUCTOR: EVERGREENHEALTH

### Smart Moves for Seniors: Staying Safe at Home & Beyond

Join us for a fun, empowering class designed just for seniors! Learn practical skills to: protect yourself with simple, effective self-defense techniques, stay safe at home, in your car, online and out in the community, build confidence and awareness in everyday situations.

Thu 7/16 1-2:30pm

Free

LOCATION: PKCC  
INSTRUCTOR: EVERGREENHEALTH

### Understanding Parkinson's: Knowledge, Support & Wellness

Join us for a free, informative session on Parkinson's disease for seniors and caregivers. Learn about symptoms, treatments, and practical tips for daily living. Discover how exercise, nutrition, and community resources can support well-being and independence. Gain knowledge, encouragement, and tools to live well with Parkinson's.

Thu 8/20 1-2:30pm

Free

LOCATION: PKCC  
INSTRUCTOR: EVERGREENHEALTH

TO REGISTER FOR EVERGREENHEALTH  
CLASSES, CALL 425-544-0050 AND PRESS 1.

LOCATION: PKCC

## Health Services

### Meals on Wheels Program

Nutritious 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 to be enjoyed on-site at the Peter Kirk Community Center. Suggested donation \$5 per meal. Lunch check-in begins at 11am.

### Statewide Health Insurance Benefits Advisor (SHIBA) Appointments

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the fourth Friday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long-term care insurance. Appointments required, call 425-587-3360



### Widowed Information & Consultation Services

WICS offers group support to men and women who are coping with the death of a spouse/partner. Call 206-241-5650 or go to [www.kcwics.org](http://www.kcwics.org)

### Mental Health Crisis Support

You may call your local county crisis line at any time to request assistance for you, a friend or a family member regardless of whether or not you have insurance. In King County call 1-866-427-4747 or call 988

### EvergreenHealth Community Healthcare Access Team (CHAT)

Helps older adults, low income and uninsured connect with community organizations and resources. Call 425-899-3200 or go to [www.evergreenhealth.com/about-us/investing-in-our-community/levy-](http://www.evergreenhealth.com/about-us/investing-in-our-community/levy-funded-programs-services/healthcare-access-chat/)

[funded-programs-services/healthcare-access-chat/](http://www.evergreenhealth.com/about-us/investing-in-our-community/levy-funded-programs-services/healthcare-access-chat/)

### Adult Day Centers

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

**NORTHSHORE ADULT DAY CENTER**  
425-488-4821

**ELDER & ADULT DAY SERVICES**  
425-867-1799

### Respite Care Program

King County can provide Respite services to caregivers in need of a break from the demands of care giving for someone who is chronically ill or disabled. Goods and services can be purchased for functionally impaired older adults with funds through Seattle-King County Aging and Disability "Client Specific Program". For more information call Senior Information & Assistance 206-448-3110 or Evergreen Care Network 425-899-3200.

### Respite Care Services on the Eastside

In-home respite care provided by volunteers is available to help with care giving on a short-term basis.

**EVERGREENHEALTH HOME CARE** 425-899-3300

**EASTSIDE FRIENDS OF SENIORS** 425-369-9120

**VOLUNTEER CHORE SERVICES (CATHOLIC COMM. SRVCS.)** 206-328-5787

**JEWISH FAMILY SERVICES** 206-461-3240





## Community Resources

### Community Living Connections

Speak with someone about what services and supports may be available to support your specific aging needs, whether you are an older adult or a caregiver. Contact Community Living Connections at 1 (844) 348-5464 (toll-free) or visit [www.communitylivingconnections.org](http://www.communitylivingconnections.org). Calls are free and confidential. You get easy access to information, individual consultation, and local service options.



### GenPride

GenPRIDE empowers older LGBTQIA+ adults to live with pride and dignity by developing and promoting services that enhance connection and support for our communities with resources and assistance. Preventing discrimination.

Call 206-393-3400 or email [Info@genprideseattle.org](mailto:Info@genprideseattle.org)

### Eastside Pride PNW

Eastside Pride PNW is a community-based LGBTQIA+ education and advocacy organization comprised of LGBTQIA+ community members, students, parents, and allies who are committed to enhancing the lives of the LGBTQIA+ community in east King County. Eastside Pride was created to make sure that our LGBTQIA+ community is seen, heard, celebrated, and feel a genuine sense of belonging.

[www.eastsidepridepnw.com](http://www.eastsidepridepnw.com)

### 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)

### 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)

### BenefitsCheckUp

The National Council on Aging's BenefitsCheckUp connects older adults and people with disabilities to programs that can help them afford daily expenses, live healthy, and stay independent. This free tool makes it easy to find programs that can boost your budget and then shows you how to learn more and apply online. Go to [www.benefitscheckup.org](http://www.benefitscheckup.org)

## 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 aids people 55+ seeking an opportunity for employment. Co-sponsored by the Seattle Mayor's Office for Senior Citizens. For more information, go to [www.seattle.gov/agefriendly/resources](http://www.seattle.gov/agefriendly/resources)

## Chinese, Latino, & Russian Services

### Educational & Recreational Programs Accessible to Chinese, Latino, Russian, and Ukrainian Seniors

At the Peter Kirk Community Center, programs and services available to all seniors are made more accessible to Latino, Chinese, Russian, and Ukrainian seniors. With the support of bilingual staff members, participants can engage in social, recreational, and educational activities. Traditional program components, including outreach and advocacy, are also offered to ensure all participants receive the support they need.



### LATINO SERVICES – Mondays

For more information call Clemencia Robayo at Sea Mar Community Health Center, 206-373-6587.

### 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 wellbeing will be discussed.

Monthly	10-11:45am	1st Mondays
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.

Mon	12:45-2pm	Ongoing
Free		

### Servicios Latinos – Lunes

Para obtener más información, por favor llame a Clemencia Robayo en Sea Mar Community Health Center, 206-373-6587.

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

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

Mensual	10-11:45am	1er Lunes
Gratis		

### ESL para Adultos Mayores Latinos

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

Lunes	12:45-2pm	En Curso
Gratis		

### CHINESE SERVICES– TUESDAYS

For more information call Jiaoling Li at the Chinese Information & Services Center, 206-396-7287 or Boliver Choi boliverc@ciscseattle.org.

### Chinese Dance & Music

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

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

### 中文服务 - 周二

查詢詳情: 李小姐 206-396-7287 或蔡先生 boliverc@cisc-seattle.org

### 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。費用全免。

周二 (Tuesday) - 进行中 (ongoing)

### 中国老年人的 ESL

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。費用全免。

周二 (Tuesday) - 进行中 (ongoing)

### RUSSIAN / UKRANIAN SERVICES – THURSDAYS

For more information or to make an appointment call Alexandra at 425-698-1113 or email Aleandrat@cisc-seattle.org

### Russian Speaking Information & Assistance

CISC Eastside Family Resource Support Program is offering information and direct assistance services to the Russian speaking community at the Peter Kirk Community Center. Staff will assist Russian/Ukrainian speaking clients in understanding the options and resources available to them so they can make informed choices. Assistance in areas such as health insurance options, housing options, transportation, and more will be provided.

Thu	9am-12pm	Ongoing
Free		



## TRANSPORTATION

### Find a Ride Trip Planner

NEW

Discover local transportation options with Find a Ride's trip planner! Created by Hopelink and community partners, it helps older adults, veterans, people with disabilities, and low-income riders in King, Pierce, and Snohomish counties get where they need to go—easily and affordably. Visit [www.findaride.org](http://www.findaride.org) or call 1-888-697-9080.

### ORCA Card Services Pop-Up Event

The METRO team will be on-site at the Peter Kirk Community Center to assist with Regional reduced Fare Permits, Adult ORCA cards, replacing lost or damaged cards, adding fare value to existing ORCA cards, to answer questions and more. Wed 1:30-3:30pm 2nd & 4th Wed in month

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

### METRO Information

24-Hour Rider Information. Call 206-553-3000 or toll free, 1-800-542-7876.

### HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons.

Call 1-800-923-7433 or go to [www.hopelink.org/programs/transportation](http://www.hopelink.org/programs/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 72 hours prior to service date requested. 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 \$3 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*





# Out to Lunch Bunch

BRING LUNCH MONEY

Tue, 11am–2pm • R \$15 / NR \$18

**The Well and Table - ISSAQUAH**  
Savor classic comfort food—juicy burgers, cold drinks, and good vibes. Enjoy casual dining with a lively bar and sunny patio. Come hungry, leave happy!  
22851 • 4/14

**Corie's Cafe - DUVALL**  
Serving up tasty breakfast and lunch with a mix of Seattle flavors, classic favorites, and fun twists from the Philippines and Pacific Islands.  
22852 • 5/12

**Scott's Bar & Gril - EDMONDS**  
Traditional favorites served in a welcoming, family-friendly space with a modern, upscale twist.  
22853 • 6/9

**The Sisters Restaurant - EVERETT**  
Serving classic homestyle comfort food for over 30 years. Known for hearty breakfasts, award-winning pies, and fresh, scratch-made meals, it remains a beloved, family-run staple in the heart of Everett.  
22854 • 7/14

**Woodblock - REDMOND**  
A relaxed, modern spot serving up locally sourced New American dishes, craft cocktails, beer, and wine—perfect for laid-back meals, date nights, or catching up with friends.  
22855 • 8/11

## VAN TRIPS

BRING LUNCH/DINNER MONEY

### Trip Difficulty Rating

Mild Walking 

Moderate Walking  

Extensive Walking   

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



### Luckie Farms

   Meet Luckie Farms Highland cow superstars! Climb aboard a cozy covered hay wagon and enjoy a relaxed ride through the farm. Get nose-to-snout with fluffy cows, donkeys, yaks, and reindeer. This trip is hands-on, heartwarming, and full of smiles—perfect for those who love animals, nature, and a little adventure!

22856 Tue 4/7 10am-3pm  
R \$37/NR \$41

### Cracked Crab Cruise on LaConner

  Cruise through Deception Pass and the Swinomish Channel aboard the M/V Rosario. Enjoy stunning views, a freshly cracked crab feast, and expert narration. With two-level seating and a full bar of Northwest favorites, it's the ultimate Pacific Northwest experience—relax, dine, and take it all in. Must register by 3/31 to secure reservation. Lunch is included on this trip.

22857 Tue 4/21 10am-6pm  
R \$123/NR \$131



### Wings Over Washington OR Seattle Great Wheel

  Take flight at Wings Over Washington, a state-of-the-art sensory ride, OR soar sky-high on the Seattle Great Wheel for panoramic views. Then, enjoy lunch at Fisherman's Restaurant. Whichever path you pick, adventure (and a full stomach) awaits!

22858 Tue 4/28 10:30am-2:30pm  
R \$42/NR \$45



### Camano Island Studio Tour

   Join us for the Annual Studio Tour—one of the PNW's most celebrated self-guided art experiences. Visit artists in their home studios, discover diverse styles and mediums, and enjoy a delicious lunch at the Blue Heron.

22859 Fri 5/8 9:30am-6pm  
R \$35/NR \$42

### Leavenworth

   Enjoy a scenic drive over Stevens Pass to the Bavarian-themed town of Leavenworth. Stroll through shops, grab a bite, or just take in the mountain charm. Head back via the beautiful Blewett Pass for a relaxing end to your alpine getaway.

22860 Tue 5/19 9am-6pm  
R \$38/NR \$46

## Grease at Village Theater (Everett)

🚌🚌 Throw on a poodle skirt or leather jacket and relive the magic of Grease! Packed with iconic songs like "Greased Lightnin'" and "It's Raining on Prom Night," this high-energy 1950s throwback is a fun, rebellious ride through the era of jukeboxes, drive-ins, and teen spirit. Must register by 4/27 to secure reservations.

22861 Thu 5/28 10:45am-5pm  
R \$83/NR \$89

## Bloedel Reserve

🚶🚶🚶 Spend a few relaxing hours exploring a stunning 150-acre forest garden on Bainbridge Island. Enjoy lunch at a local spot before returning to Kirkland. A perfect nature escape with a tasty twist! Must register by 5/1 to secure your spot.

22862 Thu 6/4 8:30am-5pm  
R \$75/NR \$84



## Angel of the Winds Casino

🚶🚶 This Vegas style casino offers slots, table games and Keno. Enjoy lunch on your own at one of the many on-site restaurants.

22863 Tue 6/16 10am-4pm  
R \$25/NR \$30

## Mt. Rainier Scenic Railroad

🚶🚶🚶 All aboard for a fun 12-mile round-trip ride between Elbe and Mineral on a vintage 100-year-old steam train! Enjoy scenic views and a nostalgic journey. After the ride, relax with lunch before heading home. Must register by 6/4 to secure reservations.

22864 Thu 6/25 8:15am-4:30pm  
R \$72/NR \$79

## The Art of Henry Mural Tour

🚶🚶 The Henry Mural Tour offers a guided exploration of Seattle's iconic neighborhoods, showcasing over 20 vibrant outdoor and indoor murals by Henry. The tour includes stops at two local brew pubs for drinks and snacks while appreciating the artwork. No additional lunch stop is scheduled. Participants will also visit Henry's gallery on Seattle's waterfront to purchase original art and souvenirs. Along the way, the tour provides insights into Seattle's evolution into an artistic hub. Must register by 6/18 to secure reservations.

22865 Thu 7/2 9:45am-3pm  
R \$79/NR \$83



## University Village & Lunch

🚶🚶 Discover a blend of local boutiques and popular national retailers at University Village, plus explore exclusive online brands with their only Pacific Northwest storefronts here. Enjoy time to shop, stroll, and grab lunch on your own.

22866 Tue 7/7 10am-3pm  
R \$20/NR \$24

## Olympia Farmers Market

🚶🚶 Home to over 100 vendors, the Olympia Farmers Market is sure to have something for everyone. Be sure to work up your appetite shopping, the next stop is lunch at a local restaurant.

22867 Thu 7/23 9:30am-4pm  
R \$24/NR \$29

## Gig Harbor & Narrows Bridge Boat Tour

🚶🚶 Soak in waterfront views and watch for wildlife, Mt. Rainier, and the Olympic Mountains on this scenic water adventure. Wrap up the day with a relaxing dinner at Anthony's before heading home. Must register by 7/7 to secure reservations.

22868 Tue 7/28 1:30-8:30pm  
R \$92/NR \$98

## Seattle Center Walking Tour: The World's Fair & Beyond

🚶🚶🚶 Enjoy a fun, guided architectural walking tour of Seattle Center. Explore the 1962 World's Fair legacy—from the Space Needle to MOPOP—and discover the stories behind the iconic designs that make this one of the city's most vibrant and unforgettable spots.

22869 Tue 8/4 9:15am-3:30pm  
R \$45/NR \$50

## Arboretum Tram Tour

🚶🚶 Take a fully narrated 1-hour tour through Seattle's outdoor living museum! Explore plants from nearly 100 countries, uncover the Arboretum's surprising connection to horses, and learn what makes parts of this stunning garden a world-class botanical collection. Perfect for nature lovers and curious minds alike.

22870 Thu 8/20 9:15am-3:30pm  
R \$45/NR \$50

## Lora Lee's Family Farm, Sunflowers & Lunch

🚶🚶🚶 Have fun exploring the farm, wandering through a vibrant sunflower maze, and even picking a few to take home! After the farm, we'll head to a local restaurant for a relaxing lunch. It's the perfect day out in the countryside.

22871 Thu 8/27 10:30am-3pm  
R \$34/NR \$38



### VAN TRIP REGISTRATION & POLICY

See page 4 for cancellation and refund policy.

1. All van trips depart promptly from the west side of the Peter Kirk Community center. Please arrive 15 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
2. Van trip return times are estimated and may vary depending on traffic, etc.
3. Home pick-up and take-home is available for Kirkland residents who live within the city limits, if requested in advance.
4. 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.

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.



CITY OF KIRKLAND  
**SENIOR COUNCIL**  
**Kirkland Senior Council**

### 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.

### 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. For more information, contact Betsy Maxwell at 425-587-3360 or email [scouncil@kirklandwa.gov](mailto:scouncil@kirklandwa.gov).



**CREATIVITY IS AGELESS**  
**16TH ANNUAL SENIOR ART SHOW**  
**JUNE 5-12**

RECEPTION JUNE 5 FROM 5:00 TO 7:00 PM  
 MERRILL GARDENS, 14 MAIN STREET SOUTH

For more information on how to participate email [scouncil@kirklandwa.gov](mailto:scouncil@kirklandwa.gov)

### SPECIAL PRESENTATIONS

See page 71