



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 at 12pm: 12/24, 12/31

Center Closed: 9/1, 11/11, 11/27, 11/28, 12/25, 1/1,
1/19, 2/16

CENTER LOCATION

352 Kirkland Ave, Kirkland 98033
425-587-3360



Special Events

at the Peter Kirk Community Center

Afternoon Dances with the Mountaineer's

Learn line dances, couple dances, and mixers from around the world, including the waltz, tango, polka, and more. No partner or experience needed. The first hour covers beginner dances, and the second hour is dedicated to requests with easy walk-throughs.

Mon	2:30-4:30pm	2nd Monday of the month
\$9 at the door		

Senior Resource Fair

Join us for a fun community event for adults 50+ and their families! Explore local services on health, wellness, legal assistance, transportation, senior living options, and more. Get answers to your questions and connect with helpful resources in your area. Don't miss out!

Thu	9/18	10am-12pm
Free		

Trick or Treater Feature

Take a ride to the other side and enjoy a spooktacular afternoon watching the Haunted Mansion (PG-13) and snacking on Halloween treats. Advanced registration required by 10/24!

21947	Fri	10/31	1:30-3:30pm
\$3			

Turkey Treats  Enjoy lively musical entertainment followed by a delicious traditional turkey meal with all the trimmings prepared by the chefs at Koelsch. Advanced registration required by 11/5!

21946	Thu	11/13	11am-1pm
\$12			

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! Advanced registration required by 11/26!

21948	Sat	12/6	10-11am
Free			

Holiday D'Lights



Add some sparkle to your holiday season with an afternoon filled with joy and festive cheer at this annual holiday celebration. Enjoy delightful entertainment, heartwarming holiday music and the merry vibes you can handle. A delicious lunch will be prepared by the chefs at Cogir. Advanced registration required by 12/6!

21949	Fri	12/19	11am-1pm
\$12			



Beat the Winter Blues Bunco

Come in out of the cold and enjoy some morning dice-rolling, laughing and a little friendly competition. Whether you're a seasoned roller or a complete newbie, Bunco is easy to learn and all about the fun, food and mingling. Advanced registration required by 2/4!

21950	Fri	2/13	10am-12pm
\$12			

KIRKLAND SENIOR COUNCIL SPECIAL PRESENTATIONS

Medicare Information Fair

Learn about Medicare parts, enrollment, benefits, and plan options. Explore changes during Open Enrollment and how to get help with costs. Presentations by SHIBA volunteers throughout the day, offering free, unbiased Medicare assistance. Meet providers onsite to answer your questions.

ALL AGES			
22170	Thu	10/2	10am-1pm
Free, Drop-In Event			

LOCATION: PKCC



Reducing Fall Risks in Your Medicine Cabinet

Did you know that 3 in 4 older adults take at least one medicine commonly linked to falls? Join Abby Winter, Assistant Teaching Professor at the University of Washington School of Pharmacy, and Assistant Director for Outreach for the Plein Center for Aging, in a discussion about reducing your fall risk by looking through your medicine cabinet.

ALL AGES			
22171	Thu	2/12	2-3:30pm
Free; Pre-registration Required			

LOCATION: PKCC

SPECIAL INTEREST

Senior Property Tax Exemption Program: King County

Could you be eligible for these tax savings? Please join us for this informative presentation where you will learn about eligibility requirements, how the program works, and the application process.

22184	Wed	10/15	1-2pm
Free			

AI 101 (Artificial Intelligence)

Discover how Artificial Intelligence is transforming fraud prevention in this interactive session. Learn about AI's current applications, its role in combating fraud, and how to navigate the evolving landscape of information authenticity. Join AARP for an insightful exploration of AI's impact and future possibilities in fraud prevention.

22185	Wed	10/29	1-2:30pm
Free			

AARP Smart Driver

The AARP Smart Driver course 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.

AGE:50+			
22151	Thu	11/6	9am-5:30pm

\$20 AARP members / \$25 non-members
LOCATION: PKCC

ARTS & CRAFTS



Graphite Drawing

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. (No class 12/22, 12/29, 1/19)

AGE:18+			
21909	Mon	9/8-9/29	9:30-11:30am
21910	Mon	11/3-11/24	9:30-11:30am
21911	Mon	12/1-1/5	9:30-11:30am
21912	Mon	1/12-2/9	9:30-11:30am
21913	Mon	2/23-3/16	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. Quickly learn composition, color mixing, brush use, establishing depth and more. Class for all levels. Supply list available at PKCC. (No class 9/17, 10/1, 12/24, 12/31)

AGE:18+			
4 CLASSES			
21932	Wed	9/3-10/8	1-4pm
21933	Wed	10/15-11/5	1-4pm
21934	Wed	11/12-12/3	1-4pm
21935	Wed	12/10-1/14	1-4pm
21936	Wed	1/21-2/11	1-4pm
21937	Wed	2/18-3/11	1-4pm
21938	Wed	3/18-4/8	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		

Needle Craft Group

Have fun, socialize and work on your hand work.

Wed	10am-12pm	Ongoing
Free		

DANCE



Line Dancing

Whether 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! Get moving and make new friends! (No class 11/11, 11/25, 12/23, 12/30)

AGE:18+			
6 CLASSES			
21927	Tue	9/2-10/7	9:45-10:45am
21928	Tue	10/14-12/2	9:45-10:45am
21929	Tue	12/9-1/27	9:45-10:45am
21930	Tue	2/3-3/10	9:45-10:45am
R \$48/NR \$58			
21931	Tue	3/17-3/31	9:45-10:45am
R \$24/NR \$29			

LOCATION: PKCC
INSTRUCTOR: ELOISE CHINN

MORE DANCE CLASSES

See page 38



FITNESS & 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.

CALL 425-587-3360 FOR SESSION DATES.

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

LOCATION: PKCC

Harmony & Balance Yoga

Calm your mind while honoring the physical body with movement and breath work. Focus on gentle yoga sequences and stretches will enhance physical strength, flexibility and balance while nurturing the spirit. Please bring yoga mat. (No class 9/18, 10/2, 11/27, 12/22, 12/29, 1/19, 3/9, 3/12)

ALL AGES

4 CLASSES

21996	Thu	9/4-10/9	10:30-11:30am
21997	Thu	10/16-11/6	10:30-11:30am
21998	Thu	11/20-12/18	10:30-11:30am
21999	Thu	1/8-1/29	10:30-11:30am
22000	Thu	2/5-2/26	10:30-11:30am
22001	Thu	3/5-4/2	10:30-11:30am

R \$40/NR \$48

21990	Mon	9/8-9/29	1-2pm
21991	Mon	10/6-10/27	1-2pm
21992	Mon	11/3-11/24	1-2pm
21993	Mon	12/1-1/5	1-2pm
21994	Mon	1/12-2/9	1-2pm
21995	Mon	2/23-3/23	1-2pm

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: DEBORAH MATTINGLY

Yoga for Beginners

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. (No class 3/11)

AGE:16+

4 CLASSES

22004	Wed	9/3-9/24	10-11am
22005	Wed	10/1-10/22	10-11am
22009	Wed	10/29-11/19	10-11am
22010	Wed	11/26-12/17	10-11am
22011	Wed	1/7-1/28	10-11am
22012	Wed	2/4-2/25	10-11am
22013	Wed	3/4-4/1	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: DEBORAH MATTINGLY



Strength & Stretch



No gym? No problem! This class helps you stay strong at home using everyday items like walls, chairs, books, canned soup, and towels. Get a full-body workout with simple tools, plus learn helpful tips to maintain your fitness on your own—no equipment needed! (No class 11/28, 12/26)

AGE:18+

4 CLASSES

22015	Fri	9/12-10/3	10-11am
22016	Fri	10/10-10/31	10-11am
22017	Fri	11/7-12/5	10-11am
22018	Fri	12/12-1/9	10-11am
22019	Fri	1/16-2/6	10-11am
22020	Fri	2/13-3/6	10-11am
22021	Fri	3/20-4/10	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: DEBORAH MATTINGLY

Fit, Fabulous & Over 50

Energize your morning with friends! Join us for a fun, full-body workout that boosts strength, flexibility, and balance. With wall Pilates included, you'll leave feeling invigorated, happy, and ready to tackle the day. No mat needed—just bring water and an open mind. All abilities welcome! Wear athletic shoes. (No class 9/18, 10/2)

AGE:18+

4 CLASSES

22172	Thu	9/4-10/9	9-10am
22173	Thu	10/16-11/6	9-10am
22174	Thu	1/8-1/29	9-10am
22175	Thu	2/5-2/26	9-10am
22176	Thu	3/5-3/26	9-10am

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: CHRIS KOCHER

TAI CHI CLASSES

See page 41



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.

FEDERALLY INSURED REVERSE MORTGAGE PROGRAM

Unlock Your Homes Potential - Part I

If you're 62+ and have home equity, you may qualify for a reverse mortgage—stay in your home with no mortgage payments and possibly access home equity. Join a Reverse Mortgage Specialist for a round-table workshop to learn more and get the information you need to make an informed decision.

AGE:18+				
22153	Wed	9/10	1-3pm	
22154	Wed	2/18	1-3pm	
R \$12/NR \$14				

LOCATION: PKCC
INSTRUCTOR: KIM PRATER

Retire & Upsize, Downsize or Rightsize Your Dream Home - Part II

Join a Senior Mortgage Specialist for a free roundtable workshop on why the Home Equity Conversion Mortgage for Purchase (H4P) loan may be optimal for homebuyers 62 and over to purchase their next home.

AGE:18+				
22155	Wed	9/17	1-3pm	
22156	Wed	2/25	1-3pm	
R \$12/NR \$14				

LOCATION: PKCC
INSTRUCTOR: KIM PRATER

MORE REAL ESTATE CLASSES

See page 36

FINANCIAL SERVICES

Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2025 tax return.

Appointments are required and available Fridays from 9am-3pm Feb 6-April 10. Call 425-587-3360 beginning Jan 2, 2026, to schedule an appointment.

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



Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

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

Call 866-260-5996 or go to www.clearpoint.org.

PROPERTY TAX EXEMPTION PRESENTATION

See page 45

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 \$88,998.

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.

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

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, call 206-684-0500 or go to www.seattle.gov/agefriendly/resources

LEGAL SERVICES

Senior Rights Assistance

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

For more information call 206-448-5720 or go to www.seniorservices.org/financiallegalprograms/seniorrightsassistance.aspx

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

Need help with email, your phone, or navigating websites? Get one-on-one tech support with Michele! Improve your computer skills and boost your tech confidence. Due to high demand, appointments are limited to one per month—so don't miss this great opportunity! Participants should bring their own laptop, iPad, or phone.

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

Free

LOCATION: PKCC



TUESDAYS • 1:30-4PM • FREE

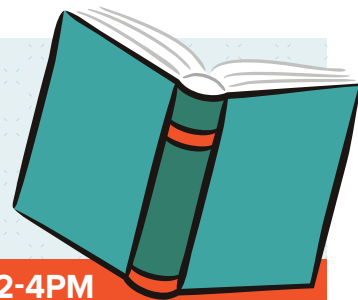
Movie & Popcorn

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

September 5 (R)	21914	9/16
A Complete Unknown (R)	21915	10/21
Red One (PG-13)	21916	11/18
The Best Christmas Pageant Ever (PG)	21917	12/16
Conclave (PG)	21918	1/20
The Friend (R)	21919	2/17
White Bird (PG-13)	21920	3/17

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!



1ST WEDNESDAY OF EACH MONTH, 2-4PM

GAMES



Drop-in Party Bridge

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

ALL WELCOME THURSDAYS 11AM

Drop-In Mahjong

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

ALL WELCOME THURSDAYS 11AM

Pool

Three tables are available for drop-in pool. All are welcome to join the fun in our Pool Room.

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

GEORGIA RIGLER; 425-286-1047; GEORGIAR@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

Wednesdays 8am-4pm; by appointment or walk-in; 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.) GEORGIA RIGLER, MSW, LICSW; 425-286-1047; GEORGIA@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 offer vital, unpaid support to loved ones, whether at home or remotely. Social Services is here to help caregivers by offering consultations, connecting to resources, stress-coping strategies, and improving personal health and wellbeing. Call for an individual appointment to discuss your needs and enhance your caregiving experience. This service is FREE.

(Mondays by appointment.)

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

SUPPORT & DISCUSSION GROUPS

Women's Coffee Hour

Join other women in healthy aging discussion. Age is a matter of feeling, not years, and aging is best achieved with others. Make new connections and move to greater wellness.

Mondays, 10am-11am

Free

LOCATION: PETER KIRK COMMUNITY CENTER,
IN-PERSON
FACILITATOR: GEORGIA RIGLER, MSW, LICSW,
425-286-1047; GEORGIA@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 425-286-1072;
CASSIDYS@MYNORTHSHORE.ORG

Co-Ed Coffee Hour

Join other people in discussion around healthy aging. Age is a matter of feeling, not of years, and aging is best achieved with other people. Make new connections and move to greater health and wellness.

Wednesdays, 11am-12pm

Free

LOCATION: PETER KIRK COMMUNITY CENTER,
IN-PERSON
FACILITATOR: CASSIDY STOUT, MSW
425-286-1072; CASSIDYS@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; 10-11:30am

Free

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

Diabetes/Pre-Diabetes Group

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

First Friday, 11am-Noon

Free

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

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.

First and Third Thursday, 10:30am – noon
(No meeting 12/25 & 1/1/26)

Free

LOCATION: ADVENT LUTHERAN CHURCH
(IN-PERSON)
4306 132ND ST., SE, MILL CREEK FACILITATORS:
AM JONES, MSW, 425-346-9856;
PAMJONESGAL@YAHOO.COM

2nd Wednesday; 1-2pm

Free

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

Fourth Wednesdays, 11am-Noon

Free

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

Peer Discussions Group Challenging Family Situations

NEW

This peer-led discussion group offers support for those navigating strained relationships with adult children or family members affected by addiction. It's not therapy, but a safe space to share concerns, gain understanding, and discuss self-care and coping strategies. You're not alone in this challenging journey.

Every Thursday, 1-2:30pm
(No meeting 11/27 & 12/25)

Free

LOCATION: NSC BOTHELL, ROOM 103



WELLNESS CLASSES

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

Change is part of life, often bringing loss. Join us to explore grief as a natural response and learn supportive self-care strategies to navigate transitions and embrace new beginnings.

AGE: 50+
22126 Mon 10/6 1-2:30pm
Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: GEORGIA RIGLER, MSW, LICSW



Matter of Balance

Worried about falling? This free 8-session workshop helps you stay steady and strong. Learn fall prevention tips, safe ways to get up, and build confidence through gentle exercises. Designed for anyone less active due to a fall, fear of falling, or use of assistive devices.

AGE: 18+
22127 Mon 10/27-12/15 1-3pm
Free; Pre-registration required.

LOCATION: PKCC
FACILITATORS: GEORGIA RIGLER, MSW, LICSW AND JANET ZIELASKO, MS, LSW

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 2



Eating for Kidney Health

Discover how to eat for kidney health in this session led by a renal dietitian. Learn which foods support kidney function, how to shop and cook smart, and tips for managing chronic kidney disease through nutrition.

AGE: 18+
22128 Fri 11/14 1-2:30pm
Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: REP FROM PUGET SOUND KIDNEY CENTER

Mindfulness Practice: Living a Happier and Healthier Life

Learn how to meditate, overcome obstacles, and stay present. Discover how mindfulness—observing thoughts without judgment—can bring relaxation, clarity, and happiness.

AGE: 18+
22129 Mon 1/5 1-2:30pm
Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: STEVE WILHELM, CERTIFIED MINDFULNESS TEACHER

Living Better with Diabetes

Take charge of your diabetes—not the other way around. This workshop helps you manage symptoms, emotions, and daily challenges with support from others who understand. Build skills, boost confidence, and regain control of your life.

ALL AGES
22130 Fri 1/16-2/20 1-3:30pm
Free; Pre-registration required.

LOCATION: PKCC
FACILITATOR: LYDIA BARNESLEY, LPN AND JANET ZIELASKO, MS, LSW

Understanding the Value and Benefits of Self-Compassion

Self-compassion supports your well-being and strengthens your care for others. In this session, learn practical tools to be kinder to yourself. Discover how self-compassion can boost happiness, optimism, and emotional resilience.

PRESENTER: JANET ZIELASKO MS, LSW
ALL AGES
22131 Mon 2/23 1-2:30pm
Free; Pre-registration required.

LOCATION: PKCC

Hearing Loss and the Impact on Health, Cognition & Quality of Life

Hearing loss affects more than just your ears—it can impact mood, memory, and balance. Join Dr. Shivani Patel for a free talk on how hearing loss influences overall health and what steps you can take to diagnose and treat it.

ALL AGES
22132 Mon 3/9 1-2:30pm
Free; Pre-registration required.

LOCATION: PKCC
PRESENTER: DR. SHIVANTI PATEL, CLEAR HEARING AND AUDIOLOGY

Solo Aging...A Back-up Plan for Solo Ager

NEW

Are you navigating life solo? A growing portion of the 50+ population cannot or choose not to rely on family to navigate life events and make health decisions. This free group supports adults 50+ in planning for health and life decisions without family support. Create your personal backup plan and ensure you have help when you need it—now and in the future.

ALL AGES
22133 Fri 3/27-5/23 1-2:30pm
Free; Pre-registration required.

LOCATION: PKCC
FACILITATOR: LYDIA BARNESLEY, LPN

CLASSES
SPONSORED
BY

EvergreenHealth

Fall Prevention for Seniors

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

ALL AGES

Thu 9/18 1-2:30pm

Free

CPR & First Aid

NEW

Learn basic hands-only CPR and first aid for cuts and scrapes, bites and bruises and appropriate first response for emergencies.

ALL AGES

Thu 10/16 1-2:30pm

Free

Exercise & Osteoporosis

NEW

Exercise plays an important role in the prevention and slowing of osteoporosis. If done improperly, exercise can put brittle and porous bones at further risk for injury. Learn what precautions and exercises are necessary to help without harm.

ALL AGES

Thu 11/20 1-2:30pm

Free

Humor Throughout the Holidays

NEW

This class combines gentle movement, deep breathing and laughter exercises that when done together bring increased oxygen and happy endorphins to your brain and body. Proven benefits include decrease in stress, pain and blood pressure, increase in immune system and stimulate joy and happiness.

ALL AGES

Thu 12/18 1-2:30pm

Free

Laughter Yoga

NEW

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

ALL AGES

Thu 1/15 1-2:30pm

Free

Arthritis & Diet Connection

NEW

Discover the connection between diet, nutrients and food allergies, and the causes and relief of arthritis pain. The role of the immune system also will be reviewed.

ALL AGES

Thu 2/19 1-2:30pm

Free

Trouble Choosing Supplements

NEW

There are so many types and brands of supplements on the market today that it is hard to know which are right for you. We will discuss quality, brands and absorbability of supplements.

ALL AGES

Thu 3/19 1-2:30pm

Free

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





2025 KIRKLAND Health & Wellness Fair

Save the date for the 2025 Kirkland Health and Wellness Fair! Free health services available to the public.

All are welcome! Language support will be available on site.



**SATURDAY
SEPTEMBER 20
10AM – 2PM
JUANITA HIGH SCHOOL
10601 132ND ST**

COMMUNITY RESOURCES

Community Living Connections

To 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. Calls are free and confidential. You get easy access to information, individual consultation, and local service options.

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

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-funded-programs-services/healthcare-access-chat/

AARP Area Office

American Association of Retired Persons. Call 1-888-687-2277 or go to www.aarp.org/states/wa

Benefits Check Online

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.

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 60+ at 12pm on Monday and Tuesday, to be enjoyed on-site at the Peter Kirk Community Center. Lunch check-in begins 11am. Suggested donation \$5 per meal.

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



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 BONFIRES at the Park!

Kirkland Parks and Community Services warmly welcomes the community to enjoy bonfires hosted by City staff that accompany Argosy Cruises' Christmas Ship Festival stops at waterfront parks.

OO DENNY PARK

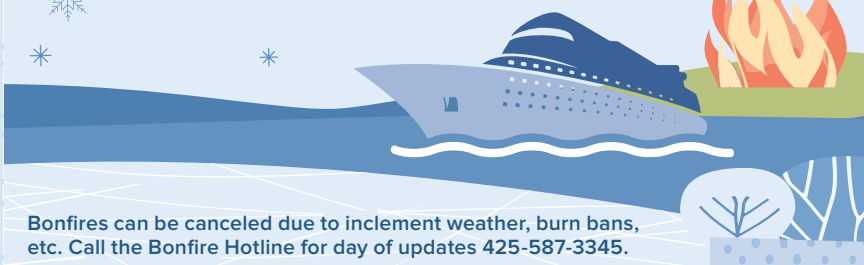
Sunday, November 30 • 4:35 PM - 4:55 PM

JUANITA BEACH PARK

Saturday, December 20 • 5:35 PM - 5:55 PM

KIRKLAND MARINA PARK

Monday, December 22 • 2:10 PM - 2:30 PM



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

LATINO, CHINESE AND RUSSIAN/UKRAINIAN SERVICES

Educational & Recreational Programs Accessible to Chinese and Latino Seniors

Programs and services available to all seniors are more easily accessible to 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 hot lunch. Traditional program components such as outreach and advocacy are also provided.



LATINO SERVICES - MONDAYS

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 Monday
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.

Mensual 12:45pm 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@cisc-seattle.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 - 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。費用全免。

周二 进行中

RUSSIAN / UKRAINIAN SERVICES - THURSDAYS

For more information or to make an appointment call Alexandra at 206-751-6651 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

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. Please call 425-587-3360 for dates.

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 1-800-282-5515 or go to www.soundgenerations.org.

METRO Information

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

HOPELINK

Transportation to medical appointments for individuals with Medicaid coupons. Call 1-800-923-7433 or go to www.hope-link.org/get-help/transportation

Share a Ride & Meet a New Friend

Do you drive to the Peter Kirk Community Center for lunch or other activities? Are you available to provide a ride for an older adult who needs transportation? As a volunteer, drive your vehicle and choose the days you are available. Through Senior Services Volunteer Transportation Program, you receive reimbursement for mileage and supplemental liability insurance. For more information, call 206-448-5740



BRING LUNCH MONEY

Out for Lunch Bunch

11am–2pm • R \$15 / NR \$18

Cactus - ALKI

Vibrant outpost offering a Southwest menu and a long list of tequila drinks. 22177 • 9/9

Anthony's Home Port - EVERETT

Down-to-earth PNW based seafood chain serving hearty local catches. 22178 • 10/7

Tapped Public House - MUKILTEO

Beer hall serving comfort food such as tacos, fried chicken, and prime rib dip, along with many house made items. 22179 • 11/4

Stanford's - NORTHGATE

Contemporary American restaurant serving steak, pasta and sandwiches, plus cocktails & local beers. 22180 • 12/2

Indigo - LYNNWOOD

Comfort foods, draft beers and cocktails are served in a clubby, woods & brick space. 22181 • 1/6

Ivar's - MUKILTEO LANDING

Pacific NW restaurant with a classy vibe and spectacular water views. 22182 • 2/3

Shawn O'Donnel's - LYNNWOOD

Family owned and operated, this Irish Pub offers the finest in Irish hospitality. 22183 • 3/3

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 \$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*

PKCC VAN TRIPS



Trip Difficulty Rating

Mild Walking



Moderate Walking



Extensive Walking



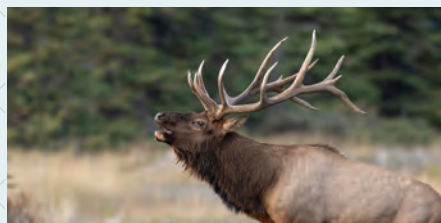
(Trip may have stairs and may not be ADA accessible)

Washington State Fair

Get ready for a full day of fun, food and fantastic memories. Grab your walking shoes and celebrate the 125th Anniversary of the Washington State Fair.

Bring admission and spending \$.

22231 Mon 9/15 9am-4pm
R \$25/NR \$30



Northwest Trek

Adventure awaits you at this unique wildlife park. Enjoy a tram ride around the park to see free-roaming animals then enjoy an opportunity to walk around and explore on your own. Stop for a late lunch on your way home.

22235 Thu 9/25 9am-5pm
R \$56/NR \$62

Snoqualmie Falls & Brunch

Snoqualmie Falls, a stunning 268-foot waterfall, is a highlight of the Pacific Northwest's natural beauty and one of Washington State's top attractions. Enjoy a traditional four-course brunch at Salish Lodge, which includes the famous steel-cut oats and the signature Honey from Heaven™ service, where honey from the lodge's hives is poured from high above onto buttery house-made biscuits. Bring brunch \$

22236 Tue 9/30 9:15am-1:45pm
R \$20/NR \$24



Pepper's Hit Leavenworth

Experience the fall foliage as you drive over HWY 2 on your way to Leavenworth. Enjoy free time and lunch on your own before departing for the return trip over Blewitt Pass and I-90.

22237 Tue 10/14 9am-6pm
R \$35/NR \$42

Capitol Hill True Crime Tour

Explore some of Seattle's most charming neighborhoods and the crimes committed there. Visit Brue Lee's grave site, Ted Bundy's old stomping ground and much more on this 3-hour tour.

22238 Tue 10/21 9am-4pm
R \$45/NR \$51



Brigadoon- Village Theater (Everett)

Dance through time in Brigadoon, a romantic musical where two Americans discover a mystical Scottish village that appears once every 100 years. Love, fate, and enchantment collide in this timeless tale by Lerner and Loewe. Must register by 9/12 to secure reservations.

22239 Thu 10/30 10:45am-5pm
R \$120/NR \$126

Emerald Queen Casino

Try your luck at one of the over 2,100 slots or 60 tables games on the Vegas-style casino floor. Enjoy lunch on your own at one of the six dining venues.

22240 Tue 11/18 10am-4pm
R \$25/NR \$30

Warm Beach Lights of Christmas

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

22241 Fri 12/12 3:30-10pm
R \$35/NR \$42

9 to 5 - Village Theater (Issaquah)

🚌🚌 9 to 5: The Musical is a hilarious, high-energy tale of three women who turn the tables on their awful boss. Set in the funky '70s, with a score by Dolly Parton, it's a feel-good story of friendship, revenge, and dancing your way to the top!

Must register by 10/31 to secure reservations.

22242	Thu	12/18	10:45am-5pm
R \$120/NR \$126			



Nordic Museum
🚶🚶 Explore Nordic Journeys, the Nordic Museum's core exhibition on your own and get a closeup view of Way of the Bird King, one of the Northwest Trolls. Enjoy lunch at the on-site café.

22243	Tue	1/13	9:30am-2:30pm
R \$25/NR \$30			

Bainbridge Island Art Museum
🚶🚶 BIMA is a collecting museum that focuses on artists and collections from the Pacific Northwest. Enjoy a late lunch at Doc's Marina Grill before your return home.

22244	Tue	1/20	8:30am-4:30pm
R \$38/NR \$46			

Swinomish Casino
🚶🚶 With over 800 of the latest slot machines, player friendly rules and the table limits you want, Swinomish Casino in Anacortes is the place to play.

22245	Tue	2/10	10am-4pm
R \$25/NR \$30			



Hibulb Cultural Center
🚶🚶 Embrace the journey of the Tulalip people with a guided tour. Learn about traditional territories, the importance of the cedar trees, the seven value stories, and seasonal lifeways. Enjoy a late lunch on your own at the Tulalip Casino.

22246	Tue	3/17	9am-3pm
R \$30/NR \$36			

Bill Speidel's Underground Tour
🚶🚶🚶 Explore Seattle's quirky past on a hilarious underground tour through buried streets and storefronts left behind after the Great Fire of 1889. Then, top it off with lunch at Doc Maynard's Public House—history has never tasted so fun! Be prepared for moderately rugged and uneven terrain, flights of stairs and spotty lighting.

22247	Tue	3/24	9:45am-2:30pm
R \$48/NR \$53			



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

22248	Tue	3/31	10:30am-4pm
R \$22/NR \$26			

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 10 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. 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.
- 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.



CITY OF KIRKLAND SENIOR COUNCIL



APPLY
TODAY!

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.

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 or email Scouncil@kirklandwa.gov.

Join the Kirkland Senior Council

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 email
Scouncil@kirklandwa.gov.

KIRKLAND SENIOR COUNCIL SPECIAL PRESENTATIONS

Medicare Resource Fair

Learn about Medicare parts, enrollment, benefits, and plan options. Explore changes during Open Enrollment and how to get help with costs. Presentations by SHIBA volunteers throughout the day, offering free, unbiased Medicare assistance. Meet providers onsite to answer your questions.

ALL AGES

22170	Thu	10/2	10am-1pm
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Free; Drop-In Event

LOCATION: PKCC

Reducing Fall Risks in Your Medicine Cabinet

Did you know that 3 in 4 older adults take at least one medicine commonly linked to falls? Join Abby Winter, Assistant Teaching Professor at the University of Washington School of Pharmacy, and Assistant Director for Outreach for the Plein Center for Aging, in a discussion about reducing your fall risk by looking through your medicine cabinet.

ALL AGES

22171	Thu	2/12	2-3:30pm
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Free; Pre-registration Required

LOCATION: PKCC