

# KIRKLAND RECREATION GUIDE

FALL 2025 / WINTER 2026



**REGISTRATION BEGINS SOON!**

RESIDENT REGISTRATION BEGINS August 20 at 7 AM

NON-RESIDENT REGISTRATION BEGINS August 21 at 8 AM

Sign up at [KirklandParks.net](http://KirklandParks.net) or call 425-587-3336.

# See Spot Splash

September 6  
10AM to 3PM

Peter Kirk Pool & Park

340 Kirkland Ave

\$10 per dog Preregistration is highly recommended. [KirklandParks.net](http://KirklandParks.net)



Kirkland Parks and Community Services invites you to our fifth annual See Spot Splash event. Bring your dog to splash and play at Peter Kirk Pool, then head over to nearby Lee Johnson Field for some off-leash fun! Event includes vendor booths, music, and treats!

Thank You to Our Sponsor!



For participation details visit [kirklandwa.gov/CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents)

## RECREATION SCHOLARSHIP FUND



**APPLY** for a recreation scholarship. **DONATE** toward a recreation scholarship.



**FOR MORE DETAILS, VISIT [KIRKLANDWA.GOV/RECREATIONSCHOLARSHIPS](http://KIRKLANDWA.GOV/RECREATIONSCHOLARSHIPS)**



# Come Together This Season in Our Parks & Programs

Dear Kirkland Community Members,

Get ready for an action-packed season with the Fall/Winter edition of the Kirkland Recreation Guide! Inside, you'll discover a treasure trove of exciting ways to stay active, spark new interests, and build connections with others. From fun teen programs and dynamic fitness classes to after-school care, senior programs, preschool activities, and a variety of general interest classes – there's something for everyone!

This summer, we made some amazing improvements to our parks that we can't wait to share with you. We've added a second picnic shelter to O.O. Denny Park, creating more room for you to gather, celebrate and enjoy quality time with friends and family. At Everest Park, we've unveiled a new larger playground packed with more slides, swings, and accessible play features to ensure fun for all ages and abilities. And that's just the beginning. This fall, we'll break ground on a brand-new restroom building at Everest Park to make your park visits even more enjoyable.

Together, we're crafting high-quality programs and public spaces that are accessible and inclusive for all. Whether you're dancing, creating art, enjoying a delicious senior meal, or celebrating at one of our special events, we're all about helping you connect and make memories that last.

Thank you for being an essential part of our vibrant community. We look forward to seeing you at Harvest Festival on October 4, or at Día de Los Muertos on October 25. Let's create memorable experiences together!

**Lynn Zwaagstra**  
Director of Parks and Community Services



## KIRKLAND RECREATION GUIDE FALL 2025 / WINTER 2026

### Facilities Information & Class Locations

**Kirkland City Hall**  
123 Fifth Ave  
435-587-3330

**Kirkland Teen Union Building (KTUB)**  
348 Kirkland Ave  
425-587-3370

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

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

**Peter Kirk Pool**  
340 Kirkland Ave

**132nd Square Park**  
13159 132nd Ave NE

**Crestwoods Park**  
1818 Sixth Ave

**Edith Moulton Park**  
13634 108th Ave NE

**Heritage Hall/Park**  
203 Market St

**Juanita Beach Park**  
9703 NE Juanita Dr

**McAuliffe Park**  
10824 NE 116th St

**North Rose Hill Woodlands Park**  
9930 124th Ave NE

**Peter Kirk Park**  
202 Third St

**Terrace Park**  
10333 NE 67th St

**Emerson K-12 School**  
10903 NE 53rd St

**Finn Hill Middle School**  
8040 132nd St

**Kaizen Academy**  
9620 153rd Ave NE  
#A5 Redmond

**Kamiakin Middle School**  
14111 132nd Ave NE

**Kirkland Middle School**  
430 18th Ave

**La Luna Gym**  
11251 120th Ave NE

**Miller's Martial Arts**  
8920 122nd Ave NE

**Northwest University**  
5520 108th Ave NE

**Peter Kirk Elementary School**  
1312 Sixth St

**Redwood Golf**  
13029 Redmond-Woodinville Rd NE  
Redmond

**SnoKing Ice Arena**  
14326 124th Ave NE

6	PARENT & CHILD
9	PRESCHOOL
16	CAMPS
20	YOUTH
30	TEEN
34	ADULTS
44	50+ ADULTS

#### City Council

Kelli Curtis, Mayor  
Jay Arnold, Deputy Mayor  
Neal Black  
Amy Falcone  
Jon Pascal  
Penny Sweet  
John Tymczyszyn

#### Park Board

Amy Ambrosisni, Chair  
Jared Silvia, Vice-Chair  
Juliana Born  
Berenice Bortoni  
Anika Joshi, Youth Member  
Katherine Kearny  
Denise Lindberg  
Paul Stull

## THREE WAYS TO REGISTER

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



### ONLINE AT KIRKLANDPARKS.NET

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



### WALK-IN (OPEN AT 8:00 AM)

North Kirkland Community Center  
12421 103rd Ave NE  
  
Peter Kirk Community Center  
352 Kirkland Ave  
  
Kirkland City Hall  
123 Fifth Ave



### PHONE-IN

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

Please have 5 digit course number and credit card information ready.  
On registration day, 8/20 phone line opens at 7AM or 8/21 at 8AM.

**NEW  
REFUND  
POLICY**

VIEW REGISTRATION TIPS AT  
[KIRKLANDWA.GOV/RECREATIONGUIDE](http://KIRKLANDWA.GOV/RECREATIONGUIDE)

### All Are Welcome

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



Please visit [kirklandwa.gov/Recreation](http://kirklandwa.gov/Recreation) for our inclusion policies. Kirkland Parks and Community Services is committed to accommodating people with disabilities and will make every reasonable effort to ensure that programs and services are accessible. To request an accommodation, please call us at 425-587-3300. TTY/TTD 425-587-3111

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

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 56). Contact EvergreenHealth Community Health Care Access Team at 425-899-3200 for other options.

### Inclement Weather

The safety of program participants and staff is the primary consideration when determining whether programs should be canceled, rescheduled, or modified due to inclement weather, excessively high or low temperatures, poor or icy road conditions, poor air quality, or other events which may jeopardize safety. The City of Kirkland typically follows the lead of the Lake Washington School District when determining cancellations during the school year. When school is not in session, City staff will evaluate conditions and make the appropriate decision to cancel or delay programs. When air quality levels in Kirkland are deemed unhealthy according to the Environmental Protection Agency's (EPA) website [www.airnow.gov](http://www.airnow.gov), all outdoor programs will be canceled or rescheduled. Additionally, the Peter Kirk Pool will be closed, and beaches will not be staffed by lifeguards. Refunds will be considered on an individual program basis but are not guaranteed.

Weather-related program impacts will be communicated on Facebook and our inclement weather hotline (425-587-3335).

### Title VI

Kirkland's policy is to fully comply with Title VI of the Civil Rights Act by prohibiting discrimination against any person on the basis of race, color, national origin or sex in the provision of benefits and services resulting from its programs and activities. Any person who believes his/her/they/them Title VI protection has been violated may file a complaint with the City.

To request an alternate format, file a complaint or for questions about Kirkland's Title VI Program, contact the Title VI Coordinator at 425-587-3011 or [titlevicoordinator@kirklandwa.gov](mailto:titlevicoordinator@kirklandwa.gov).

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

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

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


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

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

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

### WATCH FOR THESE ICONS

 New Program

 Virtual Program

 Family Program

### Refunds / Cancellations / Transfers

To request a transfer or cancellation, please email us at [eParks@kirklandwa.gov](mailto:eParks@kirklandwa.gov) or call 425-587-3330.

- A 100% refund will be issued if the entire program is cancelled by the City. Individual classes that are cancelled due to instructor illness or emergencies may be made up the week following the end class, if the schedule allows. A prorated refund will be issued if the schedule does not allow for a make-up class. Make-up classes are not scheduled for swim lessons; public swim passes will be given out in lieu of refunds.
- A refund will be issued if a withdrawal request is made at least 14 days prior to the start of the program, less a \$15 administrative fee. The fee applies to each program withdrawn.
- A 50% refund will be issued if a withdrawal request is made between 7-13 days prior to the start of the program.
- No refund will be issued if the request is made less than 7 days prior to the start of the program.
- No refunds are issued for programs costing less than \$15, events, or ticketed programs, including 50+ events, preschool events, and ticketed teen and 50+ van trips.
- Transfers must be requested at least 5 days prior to the start of the program. A \$15 fee applies. (Exceptions: progressive level transfers directed by program instructor.)
- Visit [kirklandwa.gov/recreation](http://kirklandwa.gov/recreation) for facility rental cancellation and change policies.

Payment is due at time of registration. For camps and child care programs: If you are interested in a payment plan, please call 425-587-3336 or email us at [eParks@kirklandwa.gov](mailto:eParks@kirklandwa.gov) to discuss.

Payment plans for camps and childcare programs may be available. Call 425-587-3336 for details.

### Disclaimer

This schedule of activities is published for informational purposes only. We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We will make every effort to notify participants of the changes. Our website [KirklandParks.net](http://KirklandParks.net) will be most up to date.



## PLAY IS BACK AT EVEREST PARK

Families have a new favorite play destination in Kirkland: Everest Park's brand-new playground. Nearly double the size of the old structure, the new playground opened in July with multiple climbing structures and a variety of swings, ideas inspired by input from local kids. A whimsical oversized baseball glove slide adds a nod to Everest Park's sports legacy, and accessible paths ensure everyone can join the fun. The project was made possible in part thanks to the voter-approved 2020–2025 King County Parks Levy.



## NEW RESTROOM COMING TO EVEREST PARK

The restroom building at Everest Park is being replaced to better serve the community. The new facility will feature improved accessibility, family-style restrooms, and a more modern design to support a wide range of park users. Construction will begin soon, and once complete, the new restroom will offer a more comfortable and inclusive experience for all visitors. Thank you for your patience as we continue to invest in Kirkland's parks!

Learn more about park planning and improvements at [kirklandwa.gov/ParkPlanning](http://kirklandwa.gov/ParkPlanning)

## MORE PICNIC SPACE COMING TO O.O. DENNY PARK

Construction is underway on a second picnic shelter at O.O. Denny Park, with completion expected this fall. The new shelter will offer more shaded space for gatherings, celebrations, and community connection along the lakefront. This project is funded by remaining resources from the former Finn Hill Park District and reflects the community's long-standing vision for expanded amenities at this beloved park. Once complete, the new shelter will be available for public use and reservations, just in time for cozy fall picnics and weekend get-togethers under the trees. Stay tuned for updates on when the new shelter will be open for use!



## DANCE & MOVEMENT



### Tickle Toes-Babies in Motion

Assist your little one in a playful exploration of movement and song! Tummy time activities and props are fun for both babies and parents! Don't miss out on the fun of this new baby group. (No class 11/11, 1/19)

#### BABIES IN MOTION I

AGE:2M-1

22354	Mon	9/8-10/13	11:30am-12:15pm
22375	Tue	9/9-10/14	11:15am-12pm
22372	Mon	10/27-12/1	11:30am-12:15pm
22376	Tue	10/28-12/9	11:15am-12pm
22377	Tue	1/6-2/10	11:15am-12pm
22374	Mon	2/23-3/30	11:30am-12:15pm
22378	Tue	2/24-3/31	11:15am-12pm

R \$73/NR \$88

22373	Mon	1/5-2/9	11:30am-12:15pm
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R \$65/NR \$78

LOCATION: NKCC

INSTRUCTOR: KATYA YANCHEVA

#### BABIES IN MOTION II

AGE:1-2½

22379	Mon	9/8-10/13	10:30-11:15am
22380	Mon	10/27-12/1	10:30-11:15am
22382	Mon	2/23-3/30	10:30-11:15am

R \$73/NR \$88

22381	Mon	1/5-2/9	10:30-11:15am
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R \$65/NR \$78

LOCATION: NKCC

INSTRUCTOR: KATYA YANCHEVA

### Kids in Motion Parent/Child

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have fun developing large muscle motor skills. This program progresses with your children...they'll be crawling, climbing, balancing, and bouncing their way through each class! Child must be walking! (No class 11/11, 11/26)

#### PARENT/CHILD MOTION I

AGE:1½ -2½

22410	Tue	9/9-10/14	10:20-11:05am
22413	Wed	9/10-10/15	10:20-11:05am
22412	Tue	10/28-12/9	10:20-11:05am
22414	Wed	10/29-12/10	10:20-11:05am
22448	Tue	1/6-2/10	10:20-11:05am
22453	Wed	1/7-2/11	10:20-11:05am
22449	Tue	2/24-3/31	10:20-11:05am
22454	Wed	2/25-4/1	10:20-11:05am

R \$57/NR \$68

LOCATION: NKCC

TUESDAY INSTRUCTOR: KATYA YANCHEVA

WEDNESDAY INSTRUCTOR: JANICE GOEBEL

#### PARENT/CHILD MOTION II

AGE:2-3

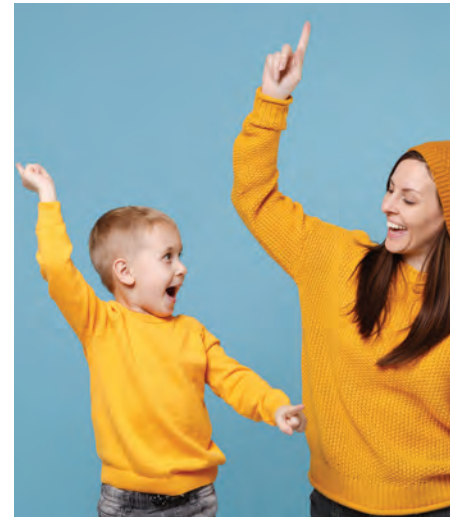
22415	Tue	9/9-10/14	9:30-10:15am
22418	Wed	9/10-10/15	9:30-10:15am
22416	Tue	10/28-12/9	9:30-10:15am
22419	Wed	10/29-12/10	9:30-10:15am
22446	Tue	1/6-2/10	9:30-10:15am
22450	Wed	1/7-2/11	9:30-10:15am
22447	Tue	2/24-3/31	9:30-10:15am
22451	Wed	2/25-4/1	9:30-10:15am

R \$57/NR \$68

LOCATION: NKCC

TUESDAY INSTRUCTOR: KATYA YANCHEVA

WEDNESDAY INSTRUCTOR: JANICE GOEBEL



### Twirling Two's- Parent/Child

Don't wait until you're three to twirl! Bring your parent in their sweats (it's ok), and twirl to the music in your own special way. When you turn three, you'll be ready, we bet, for Preschool Dance A and a pirouette! All genders welcome. (No class 11/11, 11/25)

AGE:2

22553	Tue	9/9-12/9	11:15am-12pm
22554	Tue	1/13-3/31	11:15am-12pm

R \$115/NR \$138

LOCATION: NKCC

INSTRUCTOR: TBA

### Parent and Kid Zumba

Experience the joy of dancing together! This class will focus on the bonding experience between kids & parents / caregivers with the help of dance, music and movement. During the class, everyone will enjoy dancing with various props. (No class 9/18, 11/27)

AGE:3-6

22492	Thu	9/11-10/23	5-5:45pm
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R \$108/NR \$130

22493	Thu	11/6-12/11	5-5:45pm
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R \$90/NR \$115

22498	Thu	1/8-2/19	5-5:45pm
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22499	Thu	2/26-4/9	5-5:45pm
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R \$140/NR \$168

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

## Happy Seeds Yoga

Yoga comes to life in these fun and creative classes designed to stimulate your toddler's growing curiosity. In this class, caretakers and littles will hold yoga poses, do animated breathing exercises and dance. Children will spark their inner yogini while learning emotional calming skills, enhancing language development and motor coordination. (No class 11/27, 2/12, 4/16)

AGE:1-4

22577	Thu	9/11-10/16	10-10:45am
22578	Thu	10/30-12/11	10-10:45am
22579	Thu	1/15-2/26	10-10:45am
22580	Thu	3/12-4/23	10-10:45am

R \$108/NR \$130

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYO ALVAREZ



## PARENT & LITTLE BARRE

See page 39

## PARENT/CHILD ART & MUSIC

### Parent / Child Art

Preschoolers develop observation skills, creativity, self-expression, and confidence in this class where you might make slime from hair conditioner, paint with marshmallows, and create puffy paint with shaving cream!

### Knick Knack Welcome Back!

It's back to school time, so grab a smock and join the fun while we make fall come alive with apples, leaf art and more!

AGE:2½-3½

22534	Tue	9/9-9/23	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA



### Jack-O-Lantern Jamboree!

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

AGE:2½-3½

22535	Tue	10/7-10/21	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA

### Wobble Wobble Gobble Gobble

We're whipping up some pumpkin pie dough, rainbow turkeys, and more in this class that will have you "thankful" you signed up! (No class 11/11)

AGE:2½-3½

22536	Tue	11/4-11/25	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR:TBA

## Mittens and Mistletoe

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

AGE:2½-3½

22537	Tue	12/2-12/16	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA



## Snowflakes and Sprinkles

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

AGE:2½-3½

22538	Tue	1/6-1/20	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA

## Be Mine...Valentine

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

AGE:2½-3½

22539	Tue	2/3-2/17	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA

## Lucky Charms and Leprechauns

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

AGE:2½-3½

22540	Tue	3/3-3/17	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA



### Messy Art for Twos with Parent

Tickle your two-year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess! (No class 11/11)

**AGE:2**

22527	Tue	9/9-9/23	10:30-11:15am
22528	Tue	10/7-10/21	10:30-11:15am
22529	Tue	11/4-11/25	10:30-11:15am
22530	Tue	12/2-12/16	10:30-11:15am
22531	Tue	1/6-1/20	10:30-11:15am
22532	Tue	2/3-2/17	10:30-11:15am
22533	Tue	3/3-3/17	10:30-11:15am

R \$32/NR \$38

LOCATION: NKCC  
INSTRUCTOR: TBA

### Boogie and Books

Join Miss Karen in a beautiful park setting while she shares whimsical engaging stories and music with instruments to sing-a-long and boogie to! Bring a snack to enjoy in the park. (No class 2/16, 4/13)

**AGE: 2½-5**

21983	Mon	9/8-9/29	10-11am
21984	Mon	10/6-10/27	10-11am
21985	Mon	11/3-11/24	10-11am
21987	Mon	1/26-2/23	10-11am
21988	Mon	3/2-3/23	10-11am
21989	Mon	3/30-4/27	10-11am

R \$42/NR \$50

21986	Mon	12/1-12/8	10-11am
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R \$21/NR \$25

LOCATION: NKCC (NOV-MAR)  
NORTH ROSE HILL WOODLANDS PARK (APR-OCT)  
INSTRUCTOR: KAREN RENFROE-GIELGENS

### Tiny Timbres Music

Join us for a fun, play-based exploration of music! We will sing songs from a variety of genres, move creatively, explore with a variety of percussive and tonal instruments, play cooperative games, and more! 6 months to 5-year-olds welcome, babies younger than 6 months may attend with an older sibling. Parent/ Caregiver participation required. (No class 11/11)

**AGE:½-5**

22355	Tue	9/16-10/14	9:15-10am
22356	Tue	9/16-10/14	10:15-11am
22357	Tue	9/16-10/14	11:15am-12pm
22501	Tue	10/21-11/18	9:15-10am
22502	Tue	10/21-11/18	10:15-11am
22503	Tue	10/21-11/18	11:15am-12pm

R \$115/NR \$143

22504	Tue	11/25-12/30	9:15-10am
22505	Tue	11/25-12/30	10:15-11am
22506	Tue	11/25-12/30	11:15am-12pm

R \$140/NR \$168

LOCATION: NKCC  
INSTRUCTOR: LEAH NIELSON



## PARENT/CHILD GENERAL PROGRAMS



### Self Defense for Children with Parent

Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills classes for girls and boys ages 5-10. Learn about risks facing your kids, how to frame the discussion with children, and recognize when someone may be targeting your family. This is a parent/ child class.

**AGE:8-10**

21975	Sat	10/18	12-1:30pm
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**AGE:5-8**

21977	Sat	2/21	12-1:15pm
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R \$54/NR \$65

LOCATION: NKCC  
INSTRUCTOR: STRATEGIC LIVING, LLC

## Indoor Playground Drop-In Play

AGE  
9M-5YRS

Join the fun, climbing, riding, pushing, pulling, and spinning. There's lots of active fun in our Indoor Playground. For babies we also include busy boxes, and a variety of toddler and baby toys. Adults must supervise children at all times. (No program 11/26, 12/24, 12/31)

**NO PRE-REGISTRATION DROP-IN PROGRAM.**  
\$35 for a 10-punch card OR \$4/visit/person

Fall: 9/10-12/17 ● Dates: 1/7-4/8 ● Wed 10am-1pm

LOCATION: NKCC

## PARENT/CHILD COOKING

In this changing monthly themed parent/child cooking class, get ready to peel, pour, shred, shake, bake, mash and more! Held at McAuliffe Park. See your receipt for location details. These are parent/child classes.



### Apple of My Eye

September is the perfect time of year to explore everything about the apple. We'll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

AGE: 2½-4½  
 22187 Wed 9/10-10/1 10:30-11:30am  
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS

### Little Pumpkin Pie

Ooooo went the wind and out went the lights, and the five little pumpkins rolled to McAuliffe Park! We'll learn how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also a part of the fun.

AGE: 2½-4½  
 22188 Wed 10/8-10/29 10:30-11:30am  
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS

### Oodles of Noodles

There's oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. Add veggies and cheese and toppings galore, what more can you ask for? We're sure there is more!

AGE: 2½-4½  
 22189 Wed 11/5-11/26 10:30-11:30am  
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS

### Gingerbread Houses

Create pint sized gingerbread houses with your little chef!

AGE: 2½-4½  
 22694 Wed 12/3 10:30am-12pm  
 22190 Wed 12/10 10:30am-12pm  
 R \$20/NR \$24

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS



### Hugs and Chocolate Kisses

In this lovable series children will learn that chocolate comes from the beans of the rain forest's cacao trees. And we'll whip up a delicious chocolate concoction each week.

AGE: 2½-4½  
 22191 Wed 2/4-2/25 10:30-11:30am  
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS



### Little Spuds and Tiny Tators

From field to fork the potato has had quite a journey! Hear about the potato's adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes during this series.

AGE: 2½-4½  
 22192 Wed 3/4-3/25 10:30-11:30am  
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS

### Itty Bitty Breakfast Club

Can you give a pig a pancake, or a moose a muffin? Well maybe, if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Join us as we give a tot a teacher, instructions, a recipe, friends.... (No class 4/15)

AGE: 2½-4½  
 22194 Wed 4/1-4/29 10:30-11:30am  
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: KAREN RENFROE-GIELGENS

## PRESCHOOL ACTIVITIES

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

### Preschool Class Requirements

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

## PRESCHOOL DANCE

### Ballet A

This exciting introduction to creative dance emphasizes musical expression, coordination and movement exploration. Mirrors and music create an enchanting dance environment. Parents may join us for the last class to watch and take pictures. (No class 9/23, 9/24, 11/11, 11/25, 11/29)

AGE:3-4½

22549	Tue	9/9-12/9	9:30-10:15am	
				R \$105/NR \$126
22550	Tue	1/13-3/31	9:30-10:15am	
22563	Sat	1/17-4/4	9-9:45am	
22562	Sat	1/17-4/4	11:35am-12:20pm	
				R \$115/NR \$138
22700	Sat	9/13-12/13	9-9:45am	
22561	Sat	9/13-12/13	11:35am-12:20pm	
				R \$124/NR \$149

LOCATION: NKCC  
TUESDAY INSTRUCTOR: TBA  
SATURDAY INSTRUCTOR: ULIANA CLAROS

### Ballet B

Older preschoolers and children with previous dance experience will explore musicality, artistic expression and a repertoire of dance steps. Parents may join us for the last class to watch and take pictures. (No class 9/23, 9/24, 11/11, 11/25, 11/26, 11/29)

AGE:4-6

22551	Tue	9/9-12/9	10:20-11:05am	
				R \$105/NR \$126
22555	Wed	9/10-12/10	9:30-10:15am	
22552	Tue	1/13-3/31	10:20-11:05am	
22556	Wed	1/14-4/1	9:30-10:15am	
22566	Sat	1/17-4/4	9:50-10:35am	
22567	Sat	1/17-4/4	12:30-1:15pm	
				R \$115/NR \$138
22564	Sat	9/13-12/13	9:50-10:35am	
22565	Sat	9/13-12/13	12:30-1:15pm	
				R \$124/NR \$149

LOCATION: NKCC  
TUESDAY INSTRUCTOR: TBA  
WEDNESDAY INSTRUCTOR: TBA  
SATURDAY INSTRUCTOR: ULIANA CLAROS



**HALLOWEEN**

**PEE WEE MONSTER BASH**

Wear your Halloween costume and come join the fun at the Monster Bash! We'll have fun carnival style games and activities; the monster mash cookie walk, swamp fishing, batty bowling, feed the Rock Monster, and more. Collect small prizes and treats at each booth. It is sure to be a kooky, but not too spooky, good time.

THERE ARE NO REFUNDS FOR THIS EVENT.  
PLEASE LEAVE STROLLERS AT HOME.  
DON'T FORGET TO PREREGISTER AS THIS EVENT ALWAYS SELLS OUT!

**FRI OCT 31 10AM-12PM**

#22283 • \$16 per child  
Age 1-5 • NKCC

### Ballet/Tap Combo A

This class will introduce the beginning movements of ballet and tap. Parents may join us for the last class to watch and take pictures. Ballet slippers and tap or dress shoes required. (No class 9/24, 11/26)

AGE:3-4½

22557	Wed	9/10-12/10	10:20-11:05am
22558	Wed	1/14-4/1	10:20-11:05am

R \$115/NR \$138

LOCATION: NKCC  
INSTRUCTOR: TBA

### Ballet/Tap Combo B

Ballet and Tap are explored in this class for the older preschooler and also for children with previous dance experience. Parents may join us for the last class to watch and take pictures. (No Class 9/23, 11/11, 11/25)

AGE:5-7

22545	Tue	9/9-12/9	4:40-5:25pm
22548	Tue	9/9-12/9	5:35-6:15pm

R \$105/NR \$126

22547	Tue	1/13-3/31	4:40-5:25pm
22546	Tue	1/13-3/31	5:35-6:15pm

R \$115/NR \$138

LOCATION: NKCC  
INSTRUCTOR: TBA

### Dance, Music and Imagination

Introduce your child to a world of music, dance and imagination. Float like a snowflake, bloom in a garden, frolic in the sea, or discover the African Savannah. Beginning dancers will be enchanted by this unique approach to creative dance. It's an experience your child will want to bring home and share. (No class 9/24, 11/26)

AGE:3-5

22559	Wed	9/10-12/10	11:15am-12pm
22560	Wed	1/14-4/1	11:15am-12pm

R \$115/NR \$138

LOCATION: NKCC  
INSTRUCTOR: TBA

## MOVEMENT & GYMNASTICS

### Little Tumblers 1

FUNDamental tumbling for children on their own. Emphasis is placed on coordination, technique, and FUN! Instruction on floor, beam and bars. Please dress comfortably in shorts, t-shirts, or leotards - **no dresses or clothing with buttons or zippers.** (No class 11/26, 11/28, 11/29)

AGE:3-4

22420	Wed	9/10-10/15	11:15am-12pm
22422	Wed	9/10-10/15	2-2:45pm
22421	Wed	10/29-12/10	11:15am-12pm
22423	Wed	10/29-12/10	2-2:45pm
22455	Wed	1/7-2/11	11:15am-12pm
22457	Wed	1/7-2/11	2-2:45pm
22467	Fri	1/9-2/13	9:30-10:15am
22475	Sat	1/10-2/14	9-9:45am
22478	Sat	1/10-2/14	9:50-10:35am
22456	Wed	2/25-4/1	11:15am-12pm
22458	Wed	2/25-4/1	2-2:45pm
22468	Fri	2/27-4/3	9:30-10:15am
22476	Sat	2/28-4/4	9-9:45am
22477	Sat	2/28-4/4	9:50-10:35am

R \$57/NR \$68

22430	Fri	9/19-10/17	9:30-10:15am
22432	Fri	9/19-10/17	10:20-11:05am
22436	Sat	9/20-10/18	9-9:45am
22438	Sat	9/20-10/18	9:50-10:35am
22437	Sat	11/1-12/13	9-9:45am
22439	Sat	11/1-12/13	9:50-10:35am
22431	Fri	11/7-12/12	9:30-10:15am
22433	Fri	11/7-12/12	10:20-11:05am

R \$48/NR \$58

LOCATION: NKCC  
INSTRUCTOR: JANICE GOEBEL

### Little Tumblers 2

This independent class is for children with prior tumbling experience. Students will review foundational tumbling skills and progress to the next level, incorporating additional practice on all apparatus. Please dress comfortably in shorts, t-shirts, or leotards - **no dresses or clothing with buttons or zippers.** (No class 11/26, 11/28, 11/29)

AGE:4-6

22424	Wed	9/10-10/15	2:50-3:35pm
22426	Wed	9/10-10/15	3:45-4:30pm
22425	Wed	10/29-12/10	2:50-3:35pm
22427	Wed	10/29-12/10	3:45-4:30pm
22461	Wed	1/7-2/11	2:50-3:35pm
22463	Wed	1/7-2/11	3:45-4:30pm
22469	Fri	1/9-2/13	10:20-11:05am
22471	Fri	1/9-2/13	11:15am-12pm
22473	Sat	1/10-2/14	10:45-11:30am
22462	Wed	2/25-4/1	2:50-3:35pm
22464	Wed	2/25-4/1	3:45-4:30pm
22470	Fri	2/27-4/3	10:20-11:05am
22472	Fri	2/27-4/3	11:15am-12pm
22474	Sat	2/28-4/4	10:45-11:30am

R \$57/NR \$68

22434	Fri	9/19-10/17	11:15am-12pm
22440	Sat	9/20-10/18	10:45-11:30am
22441	Sat	11/1-12/13	10:45-11:30am
22435	Fri	11/7-12/12	11:15am-12pm

R \$48/NR \$58

LOCATION: NKCC  
INSTRUCTOR: JANICE GOEBEL

# SNOWFLAKE

\$35

AGE: 3-10 • 22278  
NORTH KIRKLAND  
COMMUNITY CENTER

Ball

FRIDAY \* DECEMBER 5, 2025 \* 6:30-8:30PM

Everyone is invited to participate in this enchanting evening that includes music, a thematic craft, and light refreshments. Dress to impress so the photographer can capture what is sure to be a treasured memory! All genders and gender identities welcome. **PRE-REGISTER SINCE THIS EVENT ALWAYS SELLS OUT!** Sorry, no refunds for this event.




## PRESCHOOL GENERAL PROGRAMS

### Preschool Science and Discovery

Spark curiosity through hands-on adventures! From exploring fascinating animals to experimenting with fizzy potions, preschoolers engage with crafts, stories, and sensory activities that teach about nature, science, and cause-and-effect. Designed for independent little learners ready to follow directions and dive into discovery!

**NEW**

### Fizzle, Squish, & Sizzle! Science for Little Explorers

Try this new hands-on, sensory science class for preschoolers. Kids will mush, squish, and explore fun experiments like fizzing potions and popping bubbles. Each week introduces exciting cause-and-effect reactions. Children must follow directions and participate without a parent. Lab coats optional - fun guaranteed! (No class 1/19)

AGE:3-5			
22509	Mon	9/8-10/13	12:30-1:15pm
			R \$60/NR \$72
22713	Mon	1/5-2/9	12:30-1:15pm
			R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: KATYA YANCHEVA

### Fur, Fins, Feathers, and Antennas

**NEW**

This hands-on class takes preschoolers on a fun journey exploring mammals, reptiles, birds, bugs, and sea creatures. Through crafts, stories, and hands-on activities, kids learn about habitats and body parts. Children must follow directions and participate independently.

AGE:3-5			
22510	Mon	10/27-12/1	12:30-1:15pm
22714	Mon	2/23-3/30	12:30-1:15pm
			R \$60/NR \$72

LOCATION: NKCC  
INSTRUCTOR: KATYA YANCHEVA

### Playschool Prep for Two's, Three's and Four's

This play-based class enhances your child's social, cognitive, and language skills through science, art, literacy, and sensory activities. It provides a fun introduction to a classroom setting with circle time, STEAM activities, and early literacy experiences. These classes are not a parent/child class, they are for children only.

#### PLAYSCHOOL PREP FOR TWO'S

This Playschool Prep class is only for age Two! (No class 11/26)

AGE:2			
22514	Wed	9/10-12/3	9:30-10:30am
			R \$144/NR \$173

LOCATION: NKCC  
INSTRUCTOR: KATYA YANCHEVA

#### PLAYSCHOOL PREP FOR THREE'S AND FOUR'S

This Playschool Prep class is for 3 and 4 years. (No class 11/26)

AGE:3-4			
22515	Wed	9/10-12/3	10:45-11:45am
			R \$144/NR \$173

LOCATION: NKCC  
INSTRUCTOR: KATYA YANCHEVA



### Capoeira

This exciting Brazilian martial art incorporates music and dance with a physical and mental discipline so that participants develop self-confidence and coordination. (No class 9/17, 10/1, 11/24, 11/26, 1/19, 2/16)

AGE:4-6			
21951	Mon, Wed	9/3-10/6	5:15-6pm
21952	Mon, Wed	10/8-11/3	5:15-6pm
21953	Mon, Wed	11/5-12/8	5:15-6pm
21954	Mon, Wed	1/5-2/2	5:15-6pm
21955	Mon, Wed	2/4-3/4	5:15-6pm
21956	Mon, Wed	3/9-4/1	5:15-6pm
			R \$140/NR \$168

LOCATION: PKCC  
INSTRUCTOR: COTY VALDEZ

**CAPOEIRA FOR AGES 7 TO ADULT**  
See page 20

# Periwinkle Outdoor Explorers

Edith Moulton Park • Tuesday, Wednesday, Thursday • 9:30am-12:30pm

This school-year, nature-based, 3-day drop-off program is for active children who love to explore the outdoors. With supervision from teachers and a 1:6 ratio, flora, fauna, bugs, and weather lead the activities of the day.

**Starts September 9**

(No class 11/11, 11/27, 1/19, 2/16, 4/14, 4/15, 4/16)

R \$410/NR \$492 per month. A \$75 deposit is required per year.

**AGES 3.5 - 5**

For info or to register call (425) 587-3350

# Mermaid Ball

FRIDAY  
MARCH 20  
6:30-8:30PM

AGE 3-10

Come along and follow me to the bottom of the sea where we'll join in the Jamboree at the Mermaid Ball! Enjoy refreshments, dancing, a mermaid craft, and a commemorative photo. If you've loved our winter themed ball, wait till you see our "under the sea" theme! Make a splash with your little mermaid and sign up early for this event before it's sold out!

#22282

\$35

All genders and gender identities welcome.  
Limited to one adult guardian per child. Sorry, no refunds for this event.

NORTH KIRKLAND COMMUNITY CENTER

### Preschool Drama Adventures

Each week, students will participate in themed warm-up activities, don their "imagination hats", and set off on an exploratory adventure. They'll learn to follow simple instructions and share their ideas while using their imaginations and senses. Rainbow Land, Sillyville, and Outer Space are just a few of our imagination destinations! (No class 11/26)

AGE:4-5

22481	Wed	9/17-10/22	2:15-3pm
22482	Wed	10/29-12/10	2:15-3pm

R \$142/NR \$170

22483	Wed	1/7-2/18	2:15-3pm
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R \$173/NR \$208

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL



### Kinder Kids Drama Club

Kinder Kids is suitable for new students, or a logical next step to our "Preschool Adventure" program. Kids will participate in age-appropriate games and activities while continuing to learn the building blocks of drama! Learning to follow directions, exploring characters, sharing ideas, and working with others are some of the social skills they'll develop while they gain confidence and have fun!

AGE:4-5

22491	Wed	2/25-4/1	2:15-3pm
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R \$142/NR \$170

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL



## CRESCENDO KIDS PIANO CLASSES

by MOVE OVER MOZART

Crescendo Kids Classes by Move Over Mozart. Piano classes designed specifically to meet your child's development and learning styles. Classes include basic music theory, one-on-one piano time, and games or activities all designed to teach and motivate your child to play their best on the piano keyboard. Piano at home is not required but is recommended. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. (No class 11/11, 11/27) 2/17 & 2/19 will be optional snow make-up days if needed.

### AGE:3½-4

22209	Tue	9/16-12/9	4:10-4:40pm
22210	Tue	9/16-12/9	5:20-5:50pm
22207	Thu	9/18-12/11	4:10-4:40pm
22208	Thu	9/18-12/11	5:55-6:25pm

R \$216/NR \$259

22218	Tue	1/13-3/31	4:10-4:40pm
22219	Tue	1/13-3/31	5:20-5:50pm
22220	Thu	1/15-4/2	4:10-4:40pm
22221	Thu	1/15-4/2	5:55-6:25pm

R \$198/NR \$238

### AGE:5-6

22211	Tue	9/16-12/9	4:45-5:15pm
22212	Tue	9/16-12/9	5:55-6:25pm
22213	Thu	9/18-12/11	4:45-5:15pm
22214	Thu	9/18-12/11	6:30-7pm

R \$216/NR \$259

22222	Tue	1/13-3/31	4:45-5:15pm
22223	Tue	1/13-3/31	5:55-6:25pm
22224	Thu	1/15-4/2	4:45-5:15pm
22225	Thu	1/15-4/2	6:30-7pm

R \$198/NR \$238

LOCATION: NKCC  
INSTRUCTOR: PAMELA CORNELL



## PRESCHOOL SPORTS

### Skyhawks Skills Academies

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression-based curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Youth will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

### MULTI-SPORT TOTS (BASKETBALL & SOCCER)

#### AGE: 1½-3

22675	Mon	9/22-10/27	10-10:35am
22704	Mon	11/10-12/15	10-10:35am

#### AGE:3-5

22676	Mon	9/22-10/27	10:45-11:20am
22704	Mon	11/10-12/15	10:45-11:20am

R \$89/NR \$107

LOCATION: NKCC  
INSTRUCTOR: SKYHAWKS

### HOOPSTERTOTS

Program is held in the outdoor covered basketball area.

#### AGE:2-4

22232	Wed	9/24-10/29	3:45am-4:20pm
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R \$69/NR \$83

LOCATION: PETER KIRK ELEMENTARY  
INSTRUCTOR: SKYHAWKS

### Pee Wee Street Hockey (3-4yrs)

NO ICE, NO SKATING, and NO HOCKEY EXPERIENCE REQUIRED! Stickhandling at warp speed! Passes like lightning! Shots with laser precision! Our coaches will turbocharge your skills. Expect fast-paced scrimmages, overtime shootouts, and spectacular saves. Learn saucer passes, the spin-orama, and even create your own celly! (No class 11/29)

#### AGE:3-4

22543	Sat	9/13-10/18	9-10am
22541	Sat	1/10-2/14	9-10am

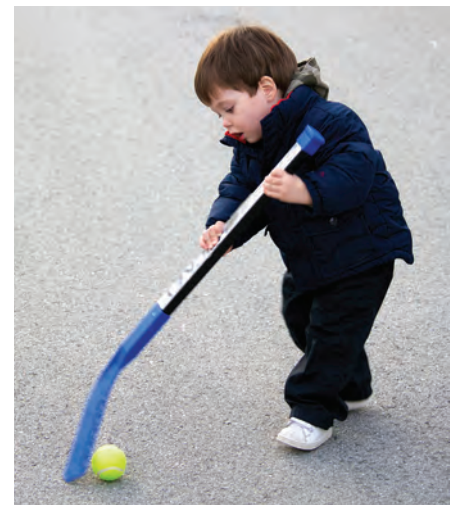
R \$130/NR \$156

#### AGE:5-6

22544	Sat	9/13-10/18	10:15-11am
22542	Sat	1/10-2/14	10:15-11am

R \$130/NR \$156

LOCATION: NKCC  
INSTRUCTOR: MCVANDER HOCKEY



Ages 3-6



## SPRING LEAGUE REGISTRATION OPENS

RESIDENTS 1/21 AT 8 AM  
NON RESIDENTS 1/22 AT 8AM

VISIT [KIRKLANDPARKS.NET](http://KIRKLANDPARKS.NET)  
OR CALL 425-587-3350  
FOR MORE INFORMATION



### Pee Wee Basketball

This League is focused on fun, participation, and socialization. Develop basic motor skills such as dribbling/ball handling, shooting, passing/catching, and running/agility that are needed to participate in organized basketball. Teams of 10 players will practice and play games on Saturdays. Game times will vary each week. (No games 11/29)

#### AGE:3-4

22571 Sat 10/25-12/6 9:30am-12pm

#### AGE:5-6

22572 Sat 10/25-12/6 12-3pm

R \$96/NR \$115

LOCATION: KIRKLAND MIDDLE SCHOOL

### Lil Hoopers Basketball

This fun introductory program is designed for players to learn the basics of basketball and gain the confidence they need to dribble, shoot and score! Teams will practice and play games on Saturday. Game times will vary. Open to all gender identities. (No games 2/14)

#### AGE:6-7

22575 1st Grade Boys Sat 1/10-2/21 9am-4pm

22573 1st Grade Girls Sat 1/10-2/21 9am-4pm

#### AGE:7-8

22576 2nd Grade Boys Sat 1/10-2/21 9am-4pm

22574 2nd Grade Girls Sat 1/10-2/21 9am-4pm

R \$108/NR \$129

LOCATION: KIRKLAND MIDDLE SCHOOL

### Mighty Mite Martial Arts

Miller Martial Arts Academy introduces Martial Arts to boys and girls. Learn non-violent conflict resolution, better concentration and listening skills, and build coordination, flexibility and self-control. At this age there will never be contact between participants. The last week of class we will have a graduation ceremony to a Mighty Mite White Belt. (No class 11/24, 11/26, 11/29, 1/19, 2/14, 2/16)

#### AGE:4-6

22102	Mon	9/8-10/27	10:30-11am
22103	Wed	9/10-10/29	10:30-11am
22104	Sat	9/13-11/1	10:30-11am
22108	Mon	1/12-3/16	10:30-11am
22109	Wed	1/14-3/4	10:30-11am
22110	Sat	1/17-3/14	10:30-11am

R \$107/NR \$128

22105	Mon	11/3-12/15	10:30-11am
22106	Wed	11/5-12/17	10:30-11am
22107	Sat	11/8-12/20	10:30-11am

R \$80/NR \$96

LOCATION: MILLER MARTIAL ARTS  
INSTRUCTOR: MILLER MARTIAL ARTS



### ICE SKATING

See page 20

# CEREAL WITH Santa

SATURDAY, DECEMBER 13  
22276 \* 9-10AM  
22277 \* 10:30-11:30AM

NORTH KIRKLAND COMMUNITY CENTER

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Enjoy breakfast with Santa and choose from a variety of his favorite morning treats. This event will feature a variety of cereal, milks, and refreshments; along with a Santa craft, and photo opportunities. Don't forget your camera, Santa will be here! Pajamas are encouraged. Pre-registration required, please register child only.

\* Limited to one adult guardian per child.  
\* Sorry, no refunds for this event.

\$15

PER CHILD

AGES  
2-9  
YEARS  
OLD

# WINTER BREAK CAMPS



## SNAPOLOGY CAMPS & WORKSHOPS

Snapology offers fun, hands-on STEAM programs using LEGO® and other building toys. Kids learn science, technology, engineering, and more through play, guided by expert instructors. Working in small groups, they build critical thinking and teamwork skills—sparking curiosity and a lifelong love of learning.

### Snapology Epic LEGO™ Adventures: Mines, Dragons, and Digs!

Embark on a 3-day LEGO™ adventure! Kids will dive into mining and building inspired by Minecraft™, uncover ancient artifacts in archaeology, and train dragons in a Viking-inspired fantasy. Through hands-on activities, teamwork, and creativity, they'll explore mechanics, problem-solving, and storytelling in this exciting series of themed workshops!

AGE: 6-12  
 22524 Mon-Wed 12/29-12/31 9-11:30am  
 R \$180/NR \$216

LOCATION: MCAULIFFE PARK  
 INSTRUCTOR: SNAPOLOGY



## PLAY-WELL ENGINEERING WITH LEGO® MATERIALS

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

### STEM + Minecraft using LEGO® Materials

Prepare for a full day LEGO® camp packed with hands-on and minds-on STEM fun! Build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Venture into the world of Minecraft in our unique LEGO® experience. Get ready to build your base, craft your tools, harvest raw resources, and battle to stop the Ender Dragon from ending the world.

AGE: 5-8  
 22517 Mon, Tue 12/29-12/30 9am-4pm  
 R \$200/NR \$240

LOCATION: NKCC  
 INSTRUCTOR: PLAY-WELL TEKOLOGIES



## Northwest University Basketball Shooting Camp

Learn how to develop a repeatable shooting motion, generate power, and increase your range in this 2-day specialty shooting camp directed and coached by Northwest University Men's Basketball. Athletes will work on shooting off the dribble, shooting off the pass, free throws, and more through a combination of shooting drills, games, and game-like scenarios. This camp is open to all genders. Each camper will receive a t-shirt.

AGE: 8-10  
 22364 Mon, Tue 12/29-12/30 9am-12pm  
 R \$149/NR \$179

AGE: 11-14  
 22365 Mon, Tue 12/29-12/30 1-4pm  
 R \$149/NR \$179

LOCATION: NORTHWEST UNIVERSITY  
 INSTRUCTOR: NORTHWEST UNIVERSITY



ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
 See page 2

# MID WINTER BREAK CAMPS

## Adventures in STEM using LEGO® Materials

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore endless creative possibilities

AGE:5-8  
22518 Thu, Fri 2/12-2/13 9am-12pm  
R \$96/NR \$115

LOCATION: HERITAGE HALL  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Pokémon Master Engineering using LEGO® Materials

LEGO® Master, I choose you!! Learn to build your favorite Pokémon, level up by teaching them special moves, evolve them into more powerful versions, and come face-to-face with the current champion in an epic battle for the Pokémon Champion title. Learn from our Play-Well Pokémon Masters so you can make it to the top!

AGE:7-12  
22519 Thu, Fri 2/12-2/13 1-4pm  
R \$96/NR \$115

LOCATION: HERITAGE HALL  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Snapology Prehistoric Dinosaur Robotics

Explore robotics with prehistoric creatures! Build and code fascinating robotic models of ancient animals, learning sensors, mechanics, and programming through fun challenges. This hands-on workshop develops coding and building skills while inspiring creativity and teamwork. Some knowledge of robotics preferred.

AGE:7-12  
22525 Thu, Fri 2/12-2/13 9am-12pm  
R \$150/NR \$180

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: SNAPOLOGY

# SPRING BREAK CAMPS



## Radical Rides using LEGO® Materials

Start your engines with tens of thousands of LEGO® parts as you dive into the vast world of vehicles! Build and design an array of exciting machines, traversing land, sea, and air with the assistance of experienced instructors. Learn about the engineering principles behind motors, gears, and everything that vrooms and zooms!

AGE:5-8  
22521 Mon-Fri 4/13-4/17 9am-12pm  
R \$239/NR \$287

LOCATION: HERITAGE HALL  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Snapology Amusement Park Adventures

Explore engineering and physics in Snapology's Amusement Park Engineering class! Students will design their own amusement park with thrilling rides, learning the science behind spins, drops, and speed. This fun, hands-on experience inspires creativity and teaches key engineering concepts, making it essential for future inventors and problem-solvers.

AGE:7-12  
22526 Mon-Fri 4/13-4/17 9am-12pm  
R \$260/NR \$312

LOCATION: NKCC  
INSTRUCTOR: SNAPOLOGY

## Kirkland Kids Spring Break Cooking Camp

Get ready to roll up your sleeves and embark on a culinary adventure! You'll master essential kitchen skills while whipping up delicious, nutritious meals every day. From mouthwatering breakfasts to hearty dinners, each day brings a new recipe to explore. Come join the fun, create tasty dishes, and discover the joy of cooking!

AGE:5-7  
22268 Mon, Tue 4/13-4/14 12-2pm  
R \$90/NR \$108

AGE:8-10  
22265 Wed-Fri 4/15-4/17 12-2pm  
R \$135/NR \$162

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## Creative Rhythmic Gymnastics Spring Break Camp

Campers start the day with warm-up, stretching, and games, followed by choreography practice for a Friday performance. Afternoons include rhythmic gymnastics, basic skills, and play. Lunch is 12-1pm with a short rest afterwards. Thursdays feature a fun jump house, and Friday focuses on show preparation. Extended hours are available for before and after camp, sign up at the gym.

AGE:5½-12  
22585 Mon-Fri 4/13-4/17 9am-4pm  
R \$375/NR \$450

LOCATION: LA LUNA GYM  
INSTRUCTOR: LA LUNA GYM





## Snapology Halloween Robotics Workshop

Join our spooktacular Halloween robotics workshop! Kids will build creepy robots, learn mechanics and programming basics, and team up to debug their designs. With hands-on activities, creative challenges, and wicked-fun games, we'll ignite their curiosity, sharpen their coding skills, and inspire them to master robotics while having a frightfully good time!

AGE: 7-12

22523 Fri 10/17 9am-12pm

R \$75/NR \$90

LOCATION: NKCC

INSTRUCTOR: SNAPOLOGY



## LEAP into Drama: Wizards and Wonders Day Camp

Calling all Wizards, Witches, Spellcasters, and Shape shifters! Bring your sack lunch, imaginations, and something to bling-up your own unique wand! In addition to fun crafts (enchanted slime, anyone?), the day will be filled with meeting new friends, exploring the fun world of improv, and enjoying some dramatic activities! Camp cost includes materials fee.

AGE: 6-11

22490 Fri 10/17 9:30am-4pm

R \$179/NR \$215

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL

ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
See page 2

## Haunted House Workshop using LEGO® Materials

This Halloween season, join us for a LEGO® Haunted House workshop! Use your imagination to create spooky designs, building haunted houses and engineering traps with the guidance of an expert instructor. Can your LEGO® Minifigure make it through the haunted house without getting scared?

AGE: 5-8

22516 Sat 10/25 9am-12pm

R \$47/NR \$56

LOCATION: NKCC

INSTRUCTOR: PLAY-WELL TEKNOLOGIES



## Halloween Mixed Media Art Workshop

In this special Halloween class, children will be making various Halloween-themed projects working with acrylic paint on canvas panel, air dry modeling compound. They will take home a haunted mansion painting, a bubbling cauldron fridge magnet from air dry clay, and a Halloween-themed bookmark. So much spooky fun all in one class!

AGE: 8-12

22351 Sat 10/25 10am-12pm

R \$52/NR \$62

LOCATION: NKCC

INSTRUCTOR: JUST BEYOND THE CANVAS

## Cooking with Karen – Holiday Baking

Have fun baking holiday cookies, scones, and other seasonal goodies!

### AGE:5-7

22695	Wed	12/3	2-3pm
22692	Wed	12/10	2-3pm
R \$20/NR \$24			

### AGE:8-10

22696	Wed	12/3	3:30-4:30pm
22693	Wed	12/10	3:30-4:30pm
R \$20/NR \$24			

LOCATION: MCAULIFFE PARK ATRIUM  
INSTRUCTOR: KAREN RENFROE-GIELGENS



## Holiday in a Jar Workshop

Get ready for the holidays with this fantastic “holiday in a jar” mixed media art class! Young artists will be modeling holiday-themed figurines from air dry clay and then fixing them inside a jar - a keepsake they will love! This class is sure to get your artist in the holiday spirit!

### AGE:8-12

22352	Sat	12/13	10am-12pm
R \$52/NR \$62			

LOCATION: NKCC  
INSTRUCTOR: JUST BEYOND THE CANVAS



## LEAP into Drama: Aloha Spring! Day Camp

Come join us as we celebrate the return to warmer weather and imagine ourselves in warmer climates like...Hawaii, maybe? Bring your sack lunch, imaginations, and sense of adventure. In addition to exploring the fun world of drama and improv play, you'll meet new friends and create some fun souvenirs of your imagination vacation!

### AGE:6-11

22489	Fri	3/13	9:30am-4pm
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R \$179/NR \$215

LOCATION: NKCC  
INSTRUCTOR: DRAMA KIDS INTERNATIONAL



## Valentine's Day Mixed Media Art Workshop

Let's get into the V-Day spirit by crafting delicate flowers from air dry clay and fixing them in a jar painted on canvas with acrylics! Children wouldn't want to miss this one.

### AGE:8-12

22353	Sat	2/7	10am-12pm
R \$52/NR \$62			

LOCATION: NKCC  
INSTRUCTOR: JUST BEYOND THE CANVAS



## Mario Day Workshop using LEGO® Materials

Let's-a-build! March 10th is officially Mario Day, so it's time to celebrate by bringing our Mario Kart races to LEGO® reality. Start by choosing and building your favorite Mario character, then create your own unique kart and get ready to race. Discover power-ups and upgrade your kart, just be sure to watch out for those banana peels!

### AGE:5-8

22520	Sat	3/7	9am-12pm
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R \$47/NR \$56

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## YOUTH GENERAL PROGRAMS

### Cooking with Karen

Your child will practice creativity and culinary skills while learning kitchen safety and developing healthy eating habits. Plan, prep, and prepare for a gastronomic good time!

This class is not a parent/child class, it is for children only.

#### AGE:5-7

22195	Wed	9/10-10/1	2-3pm
22197	Wed	10/8-10/29	2-3pm
22199	Wed	11/5-11/26	2-3pm
22201	Wed	2/4-2/25	2-3pm
22203	Wed	3/4-3/25	2-3pm
22205	Wed	4/1-4/29	2-3pm

R \$60/NR \$72

#### AGE:8-10

22196	Wed	9/10-10/1	3:30-4:30pm
22198	Wed	10/8-10/29	3:30-4:30pm
22200	Wed	11/5-11/26	3:30-4:30pm
22202	Wed	2/4-2/25	3:30-4:30pm
22204	Wed	3/4-3/25	3:30-4:30pm
22206	Wed	4/1-4/29	3:30-4:30pm

R \$60/NR \$72

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS



### Ice Skating

We introduce the thrill and athletic challenge of ice skating in a fun and safe learning environment. Whether your interest is figure skating or hockey, we provide a structured system for children and adults to learn the fundamentals of skating.

#### AGE:4+

22044	Tue	9/9-12/2	10:45-11:45am
22389	Tue	1/6-3/24	10:45-11:45am

R \$480/NR \$576

22045	Wed	9/10-12/3	6:05-6:50pm
22390	Wed	1/7-3/25	6:05-6:50pm

R \$480/NR \$576

LOCATION: SNO KING ICE ARENA

INSTRUCTOR: SNO KING ICE ARENA



### Bully Proof Martial Arts Program

Teach kids to stand up for themselves! Korbett Miller's class combines martial arts and verbal skills to build confidence and address bullying—physical, verbal, or online. Students learn when and how to set boundaries. "I'm giving them courage—and permission—to be loud," says Miller.

#### AGE:7-12

22111	Sat	9/20	1-2pm
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R \$30/NR \$36

LOCATION: NKCC

INSTRUCTOR: MILLER MARTIAL ARTS

### Capoeira

This exciting Brazilian martial art incorporates music and dance with a physical and mental discipline so that participants develop self-confidence and coordination. (No class 9/17, 10/1, 11/24, 11/26, 1/19, 2/16)

#### AGE:7-ADULT

21957	Mon, Wed	9/3-10/6	6:15-7:15pm
21958	Mon, Wed	10/8-11/3	6:15-7:15pm
21959	Mon, Wed	11/5-12/8	6:15-7:15pm
21960	Mon, Wed	1/5-2/2	6:15-7:15pm
21961	Mon, Wed	2/4-3/4	6:15-7:15pm
21962	Mon, Wed	3/9-4/1	6:15-7:15pm

R \$140/NR \$168

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ

### CAPOEIRA AGES 4-6

See page 12

### Spanish Bilingüitos

Join us for an exciting 8-week Spanish immersion journey with Bilingüitos, designed especially for children ages 3 to 10 years old! Our interactive classes use music, movement, stories, and play-based activities to make learning Spanish fun and engaging.

#### LEVEL 1

##### AGE:3-10

22587	Mon	9/8-10/27	5:30-6:30pm
22588	Mon	11/3-12/22	5:30-6:30pm

R \$160/NR \$192



#### LEVEL 2

Double the fun in our second level of Spanish with Bilingüitos!

We'll sing, play, and have fun while learning Español. This Level 2 class focuses on expanding vocabulary and encouraging children to express themselves in Spanish.

Join us for this fun and interactive experience designed especially for children ages 5 to 10!

##### AGE:5-10

22589	Mon	9/8-10/27	6:45-7:45pm
22590	Mon	11/3-12/22	6:45-7:45pm

R \$160/NR \$192

LOCATION: NKCC

INSTRUCTOR: SOMOS BILINGÜITOS

## YOUTH ART

### Mixed Media After School Art

Join us this Fall and Winter for creative mixed media fun! Young artists (grades 3–5) will explore painting with acrylics, crafting with air-dry clay, and using various materials to create meaningful art. Perfect for beginners and returning students—packed with creativity, hands-on projects, and tons of fun! (No class 11/27, 2/12 and 2/19)

AGE:8-11

22335	Thu	10/9-12/4	5-6pm
22336	Thu	1/15-3/19	5-6pm

R \$280/NR \$336

LOCATION: NKCC

INSTRUCTOR: JUST BEYOND THE CANVAS



### After School Drama Club Fall

Each week, students will explore the basics of drama while participating in a wide range of creative activities, including speech, dramatic movement, improvisation, and scene work. The fall session will conclude with a fun Parent-to-Drama class, where kiddos get to be the experts, leading their parents in some “dramatic” activities! (No class 11/26)

AGE:6-11

22487	Wed	9/17-12/10	4:20-5:20pm
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R \$378/NR \$454

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL

### After School Drama Club Winter

This second session of Drama Club builds upon the fall and offers fun weekly activities like speech, movement, improv, and scene work. The session ends with a Parent-to-Drama class where kids lead the fun! Great for building confidence and creativity. (No class 2/11)

AGE:6-11

22488	Wed	1/7-4/1	4:20-5:20pm
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R \$378/NR \$454

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL



## YOUTH MUSIC

### Crescendo Kids Piano Classes by Move Over Mozart

Crescendo Kids Classes by Move Over Mozart. Piano classes designed specifically to meet your child’s development and learning styles. Classes include basic music theory, one-on-one piano time, and games or activities all designed to teach and motivate your child to play their best on the piano keyboard. Piano at home is not required but is recommended. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. (No class 11/11, 11/27) 2/17 & 2/19 will be optional snow make-up days if needed.

AGE: 7-10

22215	Tue	9/16-12/9	6:30-7pm
22216	Thu	9/18-12/11	5:20-5:50pm
22217	Thu	9/18-12/11	7:05-7:35pm

R \$216/NR \$259

22226	Tue	1/13-3/31	6:30-7pm
22227	Thu	1/15-4/2	5:20-5:50pm
22228	Thu	1/15-4/2	7:05-7:25pm

R \$198/NR \$238

LOCATION: NKCC

INSTRUCTOR: PAMELA CORNELL

### PRE-SCHOOL PIANO CLASSES

See page 14



# ANNUAL KIRKLAND COSTUME SWAP

**OCTOBER 11TH FROM 10AM TO 12PM**  
**KIRKLAND CITY HALL (123 5TH AVE)**

Trade old costumes for new-to-you costumes!

October 6-10: Donate costumes, masks, and accessories at North Kirkland Community Center or City Hall.  
More info at [kirklandwa.gov/CostumeSwap](http://kirklandwa.gov/CostumeSwap)



## YOUTH MOVEMENT & GYMNASTICS

### La Luna Rhythmic Gymnastics Academy

La Luna Rhythmic Gymnastics Academy, established in 2007, has trained over 10,000 participants and produced consistent state and regional champions. Their mission is to share the beauty of rhythmic gymnastics through dance, ballet, and exercise, promoting healthy minds and bodies. All coaches are experienced and USAG Safety certified.



### Beginners Ballet and Rhythmic Gymnastics

Introductory rhythmic gymnastics for young beginners. Students learn ballet basics, posture, and apparatus handling (hoop, ball, ribbon, rope, clubs) through music and movement. The class builds strength, flexibility, coordination, and creativity. (No class 11/22, 11/29)

#### AGE:4-5

22583	Sat	9/6-12/13	11-11:45am
			R \$325/NR \$390
22584	Sat	1/10-3/28	11-11:45am
			R \$300/NR \$360

LOCATION: LA LUNA GYM  
INSTRUCTOR: LA LUNA GYM

### Rhythmic Gymnastics & Dance Performance Team

This class is designed for older beginners in rhythmic gymnastics and dance. No experience needed. Students learn ballet basics, apparatus handling, and choreography Showcase performances for parents will be held on December 13 and a March 25, and an optional May date. Taught by expert coaches, the class builds strength, flexibility, coordination, and performance skills.

#### AGE:7-12

22581	Wed	9/10-12/10	6-7:30pm
			R \$390/NR \$468
22582	Wed	1/7-3/25	6-7:30pm
			R \$360/NR \$432

LOCATION: LA LUNA GYM  
INSTRUCTOR: LA LUNA GYM

### Dream Team Cheer Squad

Be a part of the Kirkland Parks cheer squad! You'll learn dances, cheers, and beginning tumbling. There will be opportunities to perform at the Seattle Storm and UW! Previous experience not required. (Some extra costs may be incurred for this class.) Class continues throughout the school year. (No class 11/27)

#### AGE:7-15

22308	Thu	9/18-10/23	6-7:30pm
22310	Thu	1/8-2/12	6-7:30pm
			R \$149/NR \$179
22309	Thu	10/30-12/18	6-7:30pm
22311	Thu	2/26-4/9	6-7:30pm
			R \$174/NR \$209
22312	Thu	4/23-6/11	6-7:30pm
			R \$199/NR \$239

LOCATION: NKCC  
INSTRUCTOR: EASTSIDE DREAM ELITE



### Cheerleading Stunt & Tumble

Learn to stunt! This is a beginning-level class for those who want to learn how to stunt and tumble in cheerleading. This is a nonperforming class. Concurrent registration in Dream Team is required to participate in this class. Class continues throughout the school year. (No class 11/27)

#### AGE:7-18

22313	Thu	9/18-10/23	7:30-8:30pm
22315	Thu	1/8-2/12	7:30-8:30pm
			R \$108/NR \$130
22314	Thu	10/30-12/18	7:30-8:30pm
22316	Thu	2/26-4/9	7:30-8:30pm
			R \$126/NR \$151
22317	Thu	4/2-6/11	7:30-8:30pm
			R \$144/NR \$174

LOCATION: NKCC  
INSTRUCTOR: EASTSIDE DREAM ELITE

### Elementary Tumbling

Coordination is the basis for any sport and dance genre, but also for something as simple as running! Work on coordination with Miss Janice's help on the beam, bar, and springboard, but also learn handstands and cartwheels. This class for the older elementary student and is perfect for beginners and those with some tumbling experience.

**No dresses.** (No class 10/22, 10/25, 11/26, 11/29, 2/18, 2/21)

#### AGE:7-10

22428	Wed	9/10-12/10	4:40-5:40pm
22465	Wed	1/7-4/1	4:40-5:40pm
22466	Sat	1/10-4/4	11:35am-12:35pm
			R \$144/NR \$173
22429	Sat	9/20-12/13	11:35am-12:35pm
			R \$132/NR \$158

LOCATION: NKCC  
INSTRUCTOR: JANICE GOEBEL





## Kendo

Come join us to learn the ancient Japanese art of sword fighting! Kendo is a coed martial arts sport based on Samurai traditions requiring both mental and physical discipline.

### BEGINNERS KENDO

Beginning classes focus on fundamentals, starting with proper etiquette, footwork, and sword handling. Please wear comfortable exercise clothes, and please note that kendo is practiced barefoot. Additional equipment fee of \$60 is required for a wooden practice sword (bokken) and a bamboo practice sword (shinai). Optional sword bags will also be available for an additional \$10.

AGE: 8+

22367	Wed	9/24-12/10	6-7:30pm
			R \$132/NR \$156
22370	Wed	1/7-3/11	6-7:30pm
			R \$120/NR \$144

LOCATION: FINN HILL MIDDLE SCHOOL GYM  
INSTRUCTOR: JULIE CHEN

### INTERMEDIATE/ADVANCED KENDO

This class is for intermediate and advanced kendo students. Intermediate students are those who have completed the Beginner's class and wish to further improve their skills and transition to wearing armor in the future. Intermediate students will be asked to purchase uniforms, details shared in class. Advance students are those who are in armor.

AGE: 8+

22366	Wed	9/24-12/10	6:30-8:30pm
			R \$144/NR \$160
22371	Wed	1/7-3/11	6:30-8:30pm
			R \$130/NR \$156

LOCATION: FINN HILL MIDDLE SCHOOL GYM  
INSTRUCTOR: JULIE CHEN



# Peter Kirk After School Camp

**M/T/TH/F:  
3:30-6PM**  
**W: 2:00-6PM**

**PETER KIRK  
COMMUNITY CENTER  
GRADES K-5**

**CAMP FEE PER MONTH:  
R \$353 /NR \$424**

**TRANSPORTATION FEE PER  
MONTH: R \$132 /NR \$158**

The Peter Kirk Community Center After School Camp is a quality after school experience for children in grades K-5. Our staff offer a unique blend of recreational and educational activities in a relaxed, fun and safe environment.

Transportation must be registered for separately and is from Peter Kirk Elementary School only.

**Transportation is FULL**



## YOUTH DANCE

### Hip Hop Kids

This class encourages athleticism, self-expression, confidence, and a feeling of accomplishment. All genders are welcome in this class, including non-binary youth. (No class 11/26)

AGE:5-7

22383	Wed	9/10-10/15	4:15-5pm
22384	Wed	10/29-12/10	4:15-5pm

R \$72/NR \$86

LOCATION: NKCC

INSTRUCTOR: TBA

### Hip Hop Youth I

Bust a move in this fun, high energy, street dance style class taught to clean versions of fast paced Hip Hop music. (No class 11/26)

AGE:7-11

22385	Wed	9/10-10/15	5:05-5:50pm
22386	Wed	10/29-12/10	5:05-5:50pm

R \$72/NR \$86

LOCATION: NKCC

INSTRUCTOR: TBA

### Destination Drama Fall Workshop

A gentle introduction to drama through fun, structured activities that build imagination, voice, and movement—no pressure to perform. Students grow in confidence and collaboration while having fun. Perfect for beginners looking to explore creative expression. No class 11/26

AGE:5-8

22484	Wed	9/17-12/10	3:15-4:05pm
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R \$322/NR \$386

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL

### Destination Drama Winter Workshop

Continue the fun into winter with all new activities! This second session of Destination Drama continues to build upon drama, verbal, and social skills through playful sessions. A great next step for kids not yet ready to perform. Parents join the final class for interactive games. A continuation with fresh fun. (No class 2/11)

22485	Wed	2/25-4/1	3:15-4:05pm
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R \$322/NR \$386

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL

### Ballet 1 Youth

Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor and center work. Parents invited to watch day on the last day of class. Leather-soled ballet shoes required. Prerequisite for 5 years: Preschool Dance B or equivalent experience. (No class 11/29)

AGE:5-7

22568	Sat	9/13-12/13	10:45-11:30am
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R \$124/NR \$149

22570	Sat	1/17-4/4	10:45-11:30am
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R \$115/NR \$138

LOCATION: NKCC

INSTRUCTOR: ULIANA CLAROS



### PRESCHOOL DANCE

See page 10



ASK US ABOUT OUR SCHOLARSHIP PROGRAM See page 2



# SKYHAWKS AFTER SCHOOL SKILLS ACADEMIES

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression-based curriculum, we focus on the whole player - teaching sportsmanship and teamwork. Youth will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.



## Basketball

Program is held in the outdoor covered basketball area.

<b>AGE:5-8</b>				
22677	Wed	9/24-10/29	4:25 -5:10pm	
<b>AGE:9-12</b>				
22678	Wed	9/24-10/29	5:15-6pm	
				R \$89/NR \$107

LOCATION: PETER KIRK ELEMENTARY  
INSTRUCTOR: SKYHAWKS

## Tennis

<b>AGE:4-7</b>				
22234	Thu	9/25-10/30	4:15-5pm	
<b>AGE:8-12</b>				
22703	Thu	9/25-10/30	5:10-5:55pm	
				R \$89/NR \$107

LOCATION: JUANITA BEACH TENNIS COURTS  
INSTRUCTOR: SKYHAWKS



## Pickleball

<b>AGE:4-7</b>				
22706	Tue	11/18-12/16	4-4:45pm	
<b>AGE:8-12</b>				
22707	Tue	11/18-12/16	4:50-5:35pm	
				R \$89/NR \$107

LOCATION: NKCC  
INSTRUCTOR: SKYHAWKS



## Soccer

<b>AGE:5-8</b>				
22233	Thu	9/23-10/28	4:15-5pm	
				R \$89/NR \$107
<b>AGE:9-12</b>				
22702	Thu	9/23-10/28	5:10pm-5:55pm	
				R \$89/NR \$107

LOCATION: TERRACE PARK  
INSTRUCTOR: SKYHAWKS

# Youth BASKETBALL LEAGUE

Grades  
3rd-6th

Registration Closes: November 4th

FEE: \$160 R / \$192 NR

To register please visit:  
[KirklandParks.net](http://KirklandParks.net) or call 425.587.3336

The City of Kirkland's Youth Basketball League is all about fun, supportive environment where kids learn teamwork, sportsmanship, and basketball fundamentals. Players build skills, understand game rules, and enjoy a season guided by certified officials, creating a positive experience for all.



AGES  
8-12

BOYS LEAGUE		GIRLS LEAGUE	
21905	3rd Grade Boys	21902	3rd Grade Girls
21906	4th Grade Boys	21903	4th Grade Girls
21907	5th Grade Boys	21904	5th & 6th Grade Girls
21908	6th Grade Boys		

Our league is inclusive and welcomes all gender identities and expressions. Please register according to your child's grade level, preferred gender league, and nearest Lake Washington School District (LWSD) Elementary School.

Teams are formed based on grade, gender, and school location, with a target of 10 players per team. If more than 10 players register from one school, teams are created in registration order (e.g., the first 8-10 form the first team, the next group forms another). We aim to keep teams balanced using additional factors such as registration numbers, school locations, and additional considerations. If there aren't enough players at one school, teams may be combined with nearby schools. 5th and 6th Grade Boys Leagues may be combined if enrollment numbers are low.

Buddy and Coach requests will be taken into consideration. Team formation prioritizes player's school location. We will make every effort to honor buddy and coach requests but cannot guarantee them due to team balancing factors. Teams are finalized once registration closes.

Teams get up to 2 hours of practice each week, usually split into 1 or 2 practices on weekday evenings between 5-9 PM. Practice schedules are determined based on grade level, coach availability, and school facility availability. No practices happen during LWSD breaks or when schools are closed.

Our coaches meeting will be held on the evening of Wednesday, November 19th, marking the start of the season. Afterward, coaches will receive rosters and contact players with team details, practice times, and locations. **Practices will begin the week of December 1st.**

**Games will begin on Saturday, January 10, 2026.** Each team will play an average of 7-8 games during the season. Games are held on Saturdays between 8 AM and 5 PM. \*Please note, there will be no games on Saturday, February 14th, due to the LWSD Mid-Winter Break. In case of inclement weather or unexpected cancellations, we have one make-up date available.

## VOLUNTEER COACHES NEEDED!

The success of the Youth Basketball program depends on the dedication of our volunteer coaches who help create a positive and rewarding experience for local youth. Having a co-coach is a great way to share the fun and support the team during practices and games. Interested in coaching or know someone who is?

Head over to [kirklandwa.gov/volunteer](http://kirklandwa.gov/volunteer) to get started!

## WE'RE HIRING! JOIN OUR YOUTH SPORTS TEAM

Love sports and need a Winter Job? Looking for an opportunity to gain experience in recreation, sports management, or youth programming? We're hiring Youth Sports Facility Leads for our basketball season!

Must be 18 or older | Saturdays 8 AM - 5 PM  
January-March  
Pay: \$18.68-\$22.31 per hour DOE

Apply now at [kirklandwa.gov/ParksJobs](http://kirklandwa.gov/ParksJobs) or call 425-587-3334 for more info.

## SPECIALIZED RECREATION

### Inclusive Technology Computer Lab

Work on different projects which may include coding, moviemaking and graphic design! Work in a small group environment (typically 3 students) to create projects you're proud of. Students can join at any point in the session, respite funds are accepted for this class, cash paying students are welcome to pay the same rate of \$25/hr.

AGE:8+  
22621 Thu 9/11-11/20 6-7pm  
Free

LOCATION: NKCC  
INSTRUCTOR: INCLUSIVE TECHNOLOGY



### Inclusive Technology Life Skills

Life Skill classes are driven by student goals. We use a combination of moviemaking, coding and Microsoft Office to help guide students to their goals! Students work on social skills through group work or boost their confidence by making presentations about their goals, strengths and values, showcasing their inner world. Have a new computer? We can help students get used to their technology and learn about internet safety. Students can join at any point in the session. Most students who qualify for DDA can receive life skills classes at no out of pocket cost! Cash paying students are welcome at a rate of \$70/hr for one on one sessions and \$40/hr for small group classes.

AGE:8+  
22620 Thu 9/11-11/20 2:30-6pm  
LOCATION: NKCC  
INSTRUCTOR: INCLUSIVE TECHNOLOGY

# FRIENDSHIP Adventures

Friendship Adventures is dedicated to enriching the lives of people with developmental disabilities through recreational, educational and leisure opportunities. NOTE: At this time staff is unable to provide attendant care (toileting, feeding, giving medication, or provide one-on-one behavior management care). Attendants can participate in our programs free of charge when assisting participants who need one-on-one assistance.



AGE:18+ LOCATION: NKCC

Preregister online at [www.friendshipadventures.org/events](http://www.friendshipadventures.org/events) or by contacting Maureen.

## Friendship Adventures BINGO

Sunday • October 5 • 2-4pm  
Sunday • March 8 • 2-4pm

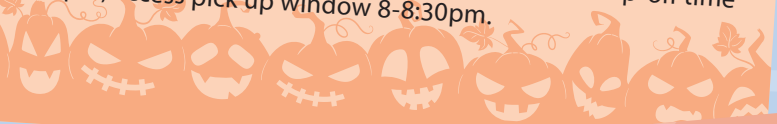
Bring your friends and family and come for an afternoon of fun and prizes! Access drop-off time 2pm, pick-up window from 3:45-4:15pm. Snacks and Beverages provided.



## Halloween Spooktacular Dance

Saturday • November 1 • 5:30-8pm

Come in costume for an evening of fun! Dinner, beverages, great music (by DJ Gaylen), dancing and photos! Access drop-off time 5:30pm, access pick up window 8-8:30pm.



## Sweetheart Dance

Sunday • February 14 • 5:30-8pm

Come for an evening of dancing and socializing with your friends. This event is sweet! Snack and beverages will be provided.



Questions? Contact  
[maureen@friendshipadventures.org](mailto:maureen@friendshipadventures.org)  
No charge for family, volunteers, and caregivers.



# KIRKLAND TEEN UNION BUILDING (KTUB)



## THE KIRKLAND TEEN UNION BUILDING IS COMMITTED TO PROVIDING AN INCLUSIVE, SAFE SPACE FOR TEENS TO FEEL EMPOWERED.

Located in the middle of Peter Kirk Park in downtown Kirkland, KTUB provides year-round recreation programs for teens of middle and high school age in a teen space only. Programs include van trips, health and wellness courses, skill-building workshops, and monthly social events. While some of our programs have fees, we always strive to make rates affordable. If you are in need of financial assistance for recreation programs, apply for a Recreation Scholarship (see page 2). In addition, KTUB has daily, drop-in hours for teens, where they can hang out, study, and/or participate in various free activities.

### Youth Eastside Services (YES)



Youth Eastside Services provides on-site counseling for drop-in support and scheduled appointments at KTUB for youth and their families. Services are free and include support for mental health, substance use issues, assistance with life challenges, referral and connection to additional resources as needed.

For more information, contact Katelyn Mullikin, Mental Health Counselor, at 425-517-1380 or [Katelyn.Mullikin@youtheastsideservices.org](mailto:Katelyn.Mullikin@youtheastsideservices.org)

### 4 Tomorrow

4 Tomorrow provides support and resources to all, with a focus on marginalized and low-income communities. Services include case management, rental assistance, access to mental healthcare, and small business support. At KTUB, 4 Tomorrow provides art classes, activities, and operates the Recording Studio, where teens work with experts in the field to create their own music and digital media content.

For more information, visit [www.4tomorrow.today](http://www.4tomorrow.today)



#### ADDRESS:

348 KIRKLAND AVE  
KIRKLAND, WA  
98033

#### CONTACT INFORMATION:

425-587-3370  
[KTUB@KIRKLANDWA.GOV](mailto:KTUB@KIRKLANDWA.GOV)

#### TEEN DROP-IN HOURS:

MON/TUES/THURS/FRI  
2:30-6PM  
WEDNESDAY  
1-6PM



## TEEN DROP-IN HOURS

Each weekday, KTUB offers a wide range of activities during our teen drop-in hours that promote positive socialization, skill building, and mental health and wellness. A detailed activity calendar is posted monthly on our socials and newsletter. Below is a glimpse of activities and offerings KTUB has for teens:



### KTUB FREE TRANSPORTATION

The City of Kirkland offers free, one-way transportation from Finn Hill Middle School and Kamiakin Middle School to KTUB throughout the school year. This program connects teens to the free activities and services KTUB provides during our teen drop-in hours.

*Note: Transportation is 1-way and teens are expected to have a way to return home. Registration is required.*

Activity Code: 22697

### RECORDING STUDIO

In partnership with 4 Tomorrow, KTUB offers a free, 8-week program series where teens learn the foundations of music production. The curriculum aims to inspire creativity, develop technical skills, and prepare program participants for further studies or careers in music production.

Activity Code: 21808



Community members are welcome to visit us during our Open House events. Contact us for more information at [ktub@kirklandwa.gov](mailto:ktub@kirklandwa.gov)



# TEEN NIGHTS 2025-2026

**NO COST  
EVENTS**

Free snacks & great memories to be made!  
Registration is encouraged so we can order the proper amount of food.

Walk-ins are always welcome.



Kirkland has monthly Teen Nights scheduled throughout the year!  
To register, please visit [Kirklandparks.net](http://Kirklandparks.net) or call 425-587-3370.

## TEEN NIGHT EXTRAVAGANZAS

Teen Nights are for Middle School and High School aged participants. Each one is entirely free, with snacks and drinks provided.



### Escape Room Edition

Grab your friends and come down for an exhilarating escape room evening. Due to the nature of an Escape Room setting, drop-ins are not guaranteed a space in the activity. There will be board games, snacks, drinks, and music creating a chill space to hang.

AGE:11-18  
22597 Fri 9/26 7-9:30pm

Free

LOCATION: KTUB



### Zombie Prom

Get ready for the Teen Zombie Prom! Dance the night away, undead style. Professional DJ & make-up artists will be on-site to zombie-fy you for a night of ghoulish glamour and monstrous moves. It's going to be a scream!

AGE:11-18  
22653 Fri 10/24 7-9:30pm

Free

LOCATION: KTUB

### TEENS-GIVING Feast Edition

Thanksgiving dinner with all of your "family?" YES PLEASE! Come to the Kirkland Teen Union Building for a Teens-giving Feast from 5-8pm. Bring your appetite, and we'll see you at the table!

AGE:11-18  
22598 Wed 11/26 5-8pm

Free

LOCATION: KTUB

### Holiday Movie & Hot Cocoa Edition

Picture this: Movie on the big screen, hot chocolate in your hand sitting next to your friends. Sounds awesome, right?! This could be your reality this December at the Kirkland Teen Union Building.

AGE:11-18  
22600 Fri 12/19 7-9:30pm

Free

LOCATION: KTUB



### Whodunit Mystery Edition

Grab your handy-dandy notebook and help us solve a Whodunit mystery, at KTUB. This event has main characters as well as "extras," If you register, you will be guaranteed a main character in the whodunit mystery.

AGE:11-18  
22599 Fri 1/30 7-9:30pm

Free

LOCATION: KTUB

## TEENS TAKEOVER DAY TRIPS

Teens Takeover Day Trips feature some fantastic adventures throughout the fall and winter for ages 13-18. **All trips will include a lunch stop, so bring lunch money or pack your own.** The mini-bus departs from and returns to the Kirkland Teen Union Building (KTUB). If getting to us is challenging, consider taking the city Metro bus. Not only does it drop you off at the Transit Center near the Downtown Library, but teens ride for free! **Registration is required!**



### Sunflower U-Pick Farm

Sunflowers & pictures? Yes please!

Join us at Frisky Girl Farm U-Pick fields in North Bend to stock up on beautiful sunflowers - handpicked by you! Not to mention, the photos surrounded by the endless, golden blooms.

22601	Sat	9/27	11am-5pm
R \$71/NR \$86			

### Maris' Maize Maze

Maris Farms is like the Disneyland of Farms, with their Corn Maze, Pedal cart track, Candy Cannon, Apple Blasters, Human Foosball, and more! Don't forget to bring extra money for souvenirs.

22606	Sat	10/18	12-5pm
R \$61/NR \$73			

LOCATION: KTUB

### Wings Over Washington

Take a ride in a fully immersive VR experience that transports you on an aerial adventure above one of America's most scenic and beautiful states, Washington. You'll feel like you're really flying!

22612	Sat	10/18	12-5pm
R \$83/NR \$100			

### Lumen Field Tour

This hour and 15-minute-long tour experience will give you a behind-the-scenes look at one of Seattle's most iconic venues. Football fanatics, soccer supporters, and everyone in between will learn something new about Lumen Field. Stops include the field, visiting locker room, flag deck and press conference room.

22607	Sat	1/24	12-5pm
R \$83/NR \$99			

### The Summit & Snowshoe

Teens of Kirkland, take a winter walk through the snowy Central Cascade Mountains and enjoy the beautiful scenery, wildlife, and silence of the forests. The Summit rents snowshoes to make your snow-filled travels easy. Included with your rental is a trail ticket to use on the designated trails.

22614	Sat	1/31	9am-6pm
R \$83/NR \$100			

### Underground Seattle Tour

Have ya heard, Seattle has a "whole new world," Underground! Teens Takeover and tour the "Up-side-down," It's the only way to tour the interconnecting tunnels of the world-famous Seattle Underground.

22611	Sat	2/7	12-5pm
R \$83/NR \$100			

BRING LUNCH OR BRING LUNCH MONEY



AGE: 13-18

### Wild-Lanterns @ Woodland Park Zoo

Begin a breathtaking journey through a world of themed lanterns at the Land of Winter Wonders. Witness a magical snow world with glistening ice and picture yourself in one of the world's polar regions.

22615	Sat	2/14	4:30-9:30pm
R \$53/NR \$63			

### Leavenworth

We are going to check out the Bavarian town and meet authentic reindeer. Bring your camera and your Winter SPIRIT! Campfires will be warm, but please dress for cold weather as your tour will take place outdoors and Leavenworth can get quite chilly.

22610	Sat	2/28	9am-6pm
R \$83/NR \$100			

### Elevated Sportz Indoor Adventure Course

The City of Kirkland Teenagers are taking over Elevated Sportz in Bothell. Trampoline courts, ninja warrior courses, and a laser maze.

22613	Sat	3/21	12-5pm
R \$83/NR \$100			

## TEEN GENERAL

### Affinity Groups Discussion & Logistics

Help shape KTUB's future! Join this meeting to brainstorm exciting new teen affinity groups. Share your passions and ideas to create communities around hobbies, interests, or shared experiences. Let's build a more inclusive and engaging space for all teens at KTUB!

AGE:11-16  
22619 Wed 9/24 2-4pm  
Free

LOCATION: KTUB



### Study Skills Squad

Unlock your academic potential! This workshop equips teens with essential study skills: effective note-taking, time management strategies, and test preparation techniques. Learn to conquer procrastination, boost your memory, and reduce stress for better grades and a more confident approach to school.

AGE:11-18  
22618 Tue 9/9-3/31 3:30-5:30pm  
Free

LOCATION: KTUB  
INSTRUCTOR: CHRIS KOCHER

### Prepare for Emergencies

NEW

Office of Emergency Management (OEM) empower teens with essential skills for any emergency! This workshop teaches teens how to build a disaster kit, create a family communication plan, and stay safe during various hazards like earthquakes or power outages. Learn practical steps to protect yourself, loved ones, and the community.

AGE:11-18  
22616 Wed 9/10 2:30-4:30pm  
Free

LOCATION: KTUB  
INSTRUCTOR: CARLY PACEKONIS

## TEEN ART WORKSHOPS

Our Teen Art Workshops offer a safe inclusive place to express your creativity.

### Screen Printing Workshop

Screen print your shirts, pants, backpack, and even your socks! Seriously, you can screen print just about anything. Come to this workshop and learn how. Canvas totes will be provided with registration fee.

AGE:11-18  
22591 Tue 10/21 6:30-8:30pm  
R \$41/NR \$49

LOCATION: KTUB  
INSTRUCTOR: JAN MARTINKA



### Stitches, Sequins, & Patches

Upcycle your old clothes by adding patches, sequins, stitches or even sewing new fabric patterns onto your old clothes. This workshop was a hit last year, so we are doing it again! Bring some clothes you want to enhance.

AGE:11-18  
22592 Thu 11/6 6:30-8:30pm  
R \$41/NR \$49

LOCATION: KTUB  
INSTRUCTOR: JAN MARTINKA



### Crocheting Emotional Support Animals

Just before the holidays, why buy gifts when you can make them with your own hands? We will be making Emotional support animals. Whether you are a novice or an expert, you will leave with a creation that will offer emotional support anytime you/they need it.

AGE:11-18  
22593 Fri 11/21 4:30-8:30pm  
22594 Fri 2/6 4:30-8:30pm  
R \$41/NR \$49

LOCATION: KTUB  
INSTRUCTOR: RUTH DUPLESSIE

## TEEN SEWING

Whether you're a novice or a sewing aficionado, our sewing classes are the perfect place to create, connect, and craft something epic! Join us for 3 weeks of hands-on experience with sewing machines and expert guidance.



### Sewing + Social = "Sewcial"

When you combine sewing with socials... you get a Sewcial! Our Sewcials are all about fun, friends, and crafting in a supportive atmosphere.

AGE:11-18

22624	Mon	9/15-9/29	4:30-8pm
22625	Mon	10/13-10/27	4:30-8pm
22627	Mon	11/3-11/17	4:30-8pm
22628	Mon	1/12-1/26	4:30-8pm
22629	Mon	2/23-3/9	4:30-8pm

R \$89/NR \$106

LOCATION: KTUB

INSTRUCTOR: JAN MARTINKA

FOLLOW US ON SOCIAL



## TEEN COOKING @ KTUB

### Pumpkin Overload Edition

We have pumpkins overflowing and need your help making memorable dishes.

AGE:11-18

22602 Sat 10/25 12-3pm

R \$41/NR \$49

LOCATION: KTUB

INSTRUCTOR: RUTH DUPLESSIE



### Holiday Bake Edition

Cookies, cakes, and breads - oh my! Learn how to make holiday favorites and more from our special recipe book to take home and share with your "family" (the friends and family you chose).

AGE:11-18

22603 Sat 12/13 12-3pm

R \$41/NR \$49

LOCATION: KTUB

INSTRUCTOR: RUTH DUPLESSIE

### Meal Prepping for Lunch

Have you ever wanted to meal prep your lunches for the week!?! In this edition of Cooking @ KTUB, you'll learn how to make a week's worth of delicious lunches and take them all home with you.

AGE:11-18

22605 Sat 1/10 12-3pm

R \$41/NR \$49

LOCATION: KTUB

INSTRUCTOR: RUTH DUPLESSIE



## COMMUNITY SERVICE OPPORTUNITIES FOR TEENS



### Community Service Conversation

Want to make a difference at KTUB? Join this meeting to brainstorm exciting new volunteer opportunities! Whether you're passionate about events, helping with programs, or supporting your community, your ideas can help shape how teens contribute to KTUB and Kirkland.

AGE:11-18

22630	Tue	9/30	5-7pm
22631	Tue	1/27	5-7pm

Free

LOCATION: KTUB

### Celebrate World Kindness Day

This is an opportunity for community service hours: World Kindness Day is a chance to make a difference! Small acts of kindness can create huge ripples. Help a friend, compliment someone, and volunteer. Let's spread positivity and make the world a kinder place, one act at a time!

AGE:11-18

22596	Thu	11/13	6:30-8:30pm
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Free

LOCATION: KTUB

### Celebrate Random Acts of Kindness Day

Teen opportunity for community service hours: Random Acts of Kindness Day is observed to encourage people to do good deeds for others and to create feelings of kindness and cheer up someone's day. Even the smallest of kind acts can make someone's day better.

AGE:11-18

22595	Tue	2/17	6:30-8:30pm
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Free

LOCATION: KTUB



# Sign up to be a City volunteer at

[WWW.KIRKLANDWA.GOV/VOLUNTEER](http://WWW.KIRKLANDWA.GOV/VOLUNTEER)



**Self Defense for Teen Girls - Moms Optional**

This 3-hour class empowers teens to recognize and respond to potentially dangerous situations, including dating violence and personal safety risks. Participants will learn practical skills such as targeting vulnerable areas, breaking free from grabs, and safely exiting threatening encounters. Open to marginalized genders, cis and trans women, as well as non-binary folks and trans men, this class centers the experiences of those affected by misogyny. Mothers are welcome to attend (not required) but must register and pay separately.

AGE:14-19  
21978 Sat 2/21 1:45-4:45pm  
R \$104/NR \$125

LOCATION: NKCC  
INSTRUCTOR: STRATEGIC LIVING, LLC

**Teen Traffic Court**

Have you or someone you know just been given a traffic ticket by a Kirkland Officer? Do you want it taken off your record? The Kirkland Youth Council, in cooperation with Kirkland Municipal Court, runs the monthly Teen Traffic Court (TTC) program. TTC offers Kirkland teens the opportunity to have moving violations heard in front of a judge and jury of their peers. Teens that have been issued a notice of infraction by jurisdictions served by Kirkland Municipal Court (Clyde Hill, Hunts Point, Yarrow Point, Woodinville, and Kirkland) are eligible for the program. Once the assigned penalty has been completed, the ticket is removed from the person's driving record.

To sign up for TTC, eligible students must file a request in person at the Kirkland Municipal Court (11740 NE 118th Street). Teens must complete a registration form and provide student ID at the Court. For questions, please call the Kirkland Municipal Court, 425-587-3160 or Kirkland Youth Services, 425-587-3323.



**ADDITIONAL SELF-DEFENSE CLASSES**

See page 8, 37



KIRKLAND YOUTH COUNCIL IS LOOKING FOR NEW MEMBERS!  
OPEN TO ALL KIRKLAND YOUTH IN GRADES 6-12.



Learn more and apply online: [www.kirklandwa.gov/youthcouncil](http://www.kirklandwa.gov/youthcouncil)  
Applications due September 26, 2025.

## ARTS & CRAFTS

### Watercolor Painting

Enjoy step-by-step painting instruction, perfect for both beginners and experienced artists. Learn techniques for successful paintings while receiving individual guidance. Using photo references provided by the instructor, you'll explore subjects like still life, florals, landscapes, seascapes, and animals. Grow your skills in a supportive, creative environment. Supply list available at PKCC. (No class 11/11)

AGE:18+

#### 4 CLASSES

21939	Tue	9/2-9/23	6-9pm
21940	Tue	9/30-10/21	6-9pm
21941	Tue	10/28-11/25	6-9pm
21942	Tue	12/2-12/23	6-9pm
21943	Tue	1/6-1/27	6-9pm
21944	Tue	2/3-2/24	6-9pm
21945	Tue	3/3-3/24	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

### Oil Painting the Easy Way

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC. (No class 12/25, 1/1)

AGE:18+

#### 4 CLASSES

21963	Thu	9/4-9/25	6-9pm
21964	Thu	10/2-10/23	6-9pm
21965	Thu	10/30-11/20	6-9pm
21966	Thu	12/4-1/8	6-9pm
21967	Thu	1/15-2/5	6-9pm
21968	Thu	2/12-3/5	6-9pm
21969	Thu	3/12-4/2	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY

## LANGUAGE

### Spanish for Adults with Bilingüitos

Join this engaging and immersive 6-week Spanish course designed for adult

learners! Whether you're a complete beginner or looking to build conversational confidence, these interactive classes will help you speak Spanish in real-life situations through role-playing, games, cultural insights, and dynamic discussions. (No class 11/11, 11/27, 12/23, 12/25, 12/30, 1/1)

ALL AGES

#### LEVEL I

22249	Thu	9/11-10/16	6-8pm
22250	Thu	10/23-12/4	6-8pm
22251	Thu	12/11-1/29	6-8pm
22252	Thu	2/5-3/12	6-8pm

R \$240/NR \$288

LOCATION: PKCC

INSTRUCTOR: SOMOS BILINGÜITOS

#### LEVEL II

22254	Tue	9/9-10/14	6-8pm
22255	Tue	10/21-11/25	6-8pm
22256	Tue	12/2-1/20	6-8pm
22257	Tue	1/27-3/3	6-8pm
22258	Tue	3/10-4/14	6-8pm

R \$240/NR \$288

LOCATION: PKCC

INSTRUCTOR: SOMOS BILINGÜITOS



## REAL ESTATE

### Home Loan Workshop

Get expert guidance on refinancing or purchasing your first (or third) home. A Senior Mortgage Specialist and Real Estate Professional will walk you through the process, covering topics like home inspections, appraisals, title, escrow, and closing costs. Learn how to structure the best loan and save money!

AGE:18+

22157	Wed	9/24	6:30-8:30pm
22158	Wed	3/25	6:30-8:30pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Home Sellers Workshop

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

AGE:18+

22159	Wed	3/11	6:30-8:30pm
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R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

## REVERSE MORTGAGE CLASSES

See page 48

## SPECIAL INTEREST

### Ukulele

#### UKULELE BEGINNING FUN 1.0

Aloha! The ukulele is a fun, portable, and affordable instrument—perfect for playing music with friends and a great intro to other stringed instruments. Join our friendly group classes, whether you're a beginner or have some experience! We'll learn chords, strumming, and start making music together from day one. All you need is a ukulele and a sense of adventure!

AGE:14+

22512	Tue	9/30-11/4	5:45-6:45pm
R \$60/NR \$72			

LOCATION: MCAULIFFE PARK ATRIUM  
INSTRUCTOR: JULIE METTEER



#### UKULELE FUN 2.0

Take your next step with your ukulele. We'll go over chords we learned in the beginner's course and learn a few new chords that may require another finger or two. We'll also go over strumming patterns, single note picking, and more as we go along and become more confident playing our ukuleles together.

AGE:14+

22513	Tue	9/30-11/4	7-8pm
R \$60/NR \$72			

LOCATION: MCAULIFFE PARK ATRIUM  
INSTRUCTOR: JULIE METTEER

### Beginning Guitar Turbo Charge

This fast-paced course covers all the basics - from tuning and strumming, all the way up to common chord progressions. Learn major, minor and 7th chords, basic rhythms and beginning theory. Good for acoustic styles. Must be at least 15 years old at the start of class. Bring your own guitar. No amp is necessary if bringing an electric guitar. (No class 11/26)

AGE:15+

22479	Wed	9/10-10/29	7-8pm
R \$120/NR \$144			
22480	Wed	11/5-12/17	7-8pm
R \$90/NR \$108			

LOCATION: NKCC  
INSTRUCTOR: SCOTT LAWSON

### Self Defense for Women

Learn the four most crucial safety lessons. Recognize when someone means harm, how to thwart an assault, simple yet effective moves to neutralize an attacker, and dealing with emotional stress. Practice strikes and learn about setting boundaries. This class is centered on the experiences of women and all people who have lived experiences of misogyny. EmPOWERment doesn't get more fun.

AGE:18+

21976	Sat	10/18	2-5pm
R \$104/NR \$125			

LOCATION: NKCC  
INSTRUCTOR: STRATEGIC LIVING, LLC



### Discover Voice-Over

In what could be the most enlightening two hours you've ever spent, this class will show you how you can begin using your voice for commercials, films, audiobooks, and more. Most people go about it the wrong way. In this introductory class, you will learn: a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

AGE:18+

22362	Mon	9/22	6-8pm
22363	Mon	11/5	6-8pm
22735	Mon	3/2	6:30-8:30pm
R \$40/NR \$48			

LOCATION: NKCC  
INSTRUCTOR: LISA FOSTER



### Slow-Flow Yoga & Wellness Circle for Women in Midlife

This 45-minute class is a supportive space for women in the pre-, peri-, or menopause phase to pause, breathe, and reconnect. Through intentional conversation and gentle yoga, we'll explore ways to ease the physical and emotional changes of midlife with compassion and grace. (No class 11/27, 2/12, 4/16)

AGE:18+

22645	Thu	9/11-10/16	11:15am-12pm
22646	Thu	10/30-12/11	11:15am-12pm
22647	Thu	1/15-2/26	11:15am-12pm
22648	Thu	3/12-4/23	11:15am-12pm

R \$108/NR \$130

LOCATION: NKCC  
INSTRUCTOR: MAYLEN ARROYO ALVAREZ



## Ethereal Sound Bath and Wellness

Experience deep relaxation in this Restorative Sound Bath class brought to you by Savannah Powers of Ethereal Sound & Wellness. Immerse yourself in soothing sounds created by singing bowls, gongs, and chimes to reduce stress and promote a sense of balance and well-being. What to bring: blanket, mat, pillow, water. Please arrive 10-15 minutes early, no late entry.

### RESTORATIVE

AGE:18+				
22716	Tue	10/7	6:30-7:30pm	
22717	Tue	11/4	6:30-7:30pm	
22718	Tue	12/9	6:30-7:30pm	
22719	Tue	1/6	6:30-7:30pm	
22720	Tue	2/10	6:30-7:30pm	

### CANDLELIGHT

22722	Tue	3/10	6:30-7:30pm	
22723	Tue	4/14	6:30-7:30pm	

R \$40/NR \$48

LOCATION: HERITAGE HALL  
INSTRUCTOR SAVANNAH POWERS

## Inspired: Vision Board & Sound Healing Workshop

Join Savannah from Ethereal Sound & Wellness for an artsy & soul inspiring workshop focused on visualizing, creating, & beginning to manifest our goals & desires. In this 2.5 hour workshop we will begin with an intentional sound bath experience followed by creating our vision boards.

AGE:18+				
22721	Sat	1/10	11:1-30pm	

R \$89/NR \$105

LOCATION: HERITAGE HALL  
INSTRUCTOR: SAVANNAH POWERS

## ADULT ART & DANCE

### Partner Dancing

Please note: Each participant must be individually registered. The registration fee is per person, not per couple.

### Ballroom

It's time to learn to dance. Easy basics in Fox Trot, Waltz and Swing with emphasis on lead/follow skills. Everything you need for a night out dancing.

AGE:16+				
22095	Thu	9/18-10/16	8-9pm	
22101	Thu	1/15-2/12	8-9pm	

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: CHARLES ENGLAND



### East Coast Swing

The All-American Swing Dance! Dance to Big Band Swing, Rock 'n Roll and more. Both single and triple rhythm styles will be taught in this fun and easy class.

AGE:16+				
22097	Thu	10/23-11/20	8-9pm	
22099	Thu	2/26-3/26	8-9pm	

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: CHARLES ENGLAND

### Salsa

Hot! Hot! Hot! Solid basic steps and turns in Salsa and Merengue. Dance the night away!

AGE:16+				
22096	Thu	10/23-11/20	7-8pm	
22098	Thu	2/26-3/26	7-8pm	

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: CHARLES ENGLAND

### West Coast Swing

The coolest, smoothest and most playful form of swing on the planet! West Coast Swing can be danced to all types of music, from Blues, Jazz and R & B to Top 40 pop of all eras.

AGE:16+				
22094	Thu	9/18-10/16	7-8pm	
22100	Thu	1/15-2/12	7-8pm	

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: CHARLES ENGLAND

### Ballet Basics

Always wanted to try ballet? It's never too late! This welcoming adult class is perfect for beginners of any age. Learn fundamental ballet techniques while improving strength, balance, and confidence—all in a fun, supportive environment. No experience needed—just a desire to move with grace and joy! (No class 11/24, 12/22, 12/29, 1/19, 2/16)

AGE:18+

### 6 CLASSES

22160	Mon	9/8-10/6	7-8pm	
22161	Mon	10/20-12/1	7-8pm	
22163	Mon	12/8-2/2	7-8pm	
22164	Mon	2/9-3/23	7-8pm	

R \$54/NR \$54

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 2

## Ballet Open Level



Take your training to the next level. This class is for those who have had some ballet training and is a good additional class for a Basic or Intermediate level class. Emphasis is on improving technical strength and more movement. Students are encouraged to work at their own ability. (No class 12/24, 12/31)

AGE:18+

### 6 CLASSES

22165	Wed	9/3-10/8	7-8pm
22166	Wed	10/15-11/19	7-8pm
22167	Wed	12/3-1/21	7-8pm
22169	Wed	1/28-3/4	7-8pm
\$54			

### 3 CLASSES

22169	Wed	3/11-3/25	7-8pm
\$27			

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

## Tap Happy Adults

Discover the joy of tap dance in this fun beginner class! Boost your mood, fitness, and rhythm to energizing beats—from Classic Rock to Broadway. Build strength, balance, and flexibility while learning tap routines. If it feels good, we dance to it! Tap or character shoes required.

AGE:16+

22114	Wed	9/17-11/19	6:30p-7:30pm
R \$110/NR \$132			
22115	Wed	1/14-4/1	6:30-7:30pm
R \$132/NR \$158			

LOCATION: NKCC  
INSTRUCTOR: DEBBY SCHAEPERKOETTER



## Tap Happy Adults 2

The tapping journey continues for students with prior tapping experience. Same great workout to upbeat music with new challenging techniques. Tap shoes or character shoes please. (No class 11/11)

AGE:16+

22112	Tue	9/16-11/18	6:30-7:30pm
R \$110/NR \$132			
22113	Tue	1/13-3/31	6:30-7:30pm
R \$132/NR \$158			

LOCATION: NKCC  
INSTRUCTOR: DEBBY SCHAEPERKOETTER



## Parent and Little Barre Class

Come join in this class for parents that's an ease-back-to-movement format combining dance, yoga and Pilates, all while taking into consideration your postpartum healing journey. No childcare? - no problem: Kids ~0-5yo are welcome to tag along, and multiple children are ok, too. (No class 11/28, 11/29, 2/13, 2/14)

AGE:18+

22403	Fri	9/12-10/24	9:45-10:45am
22399	Fri	9/12-10/24	11am-12pm
R \$77/NR \$93			
22404	Fri	11/7-12/12	9:45-10:45am
22400	Fri	11/7-12/12	11am-12pm
22408	Sat	1/10-2/21	9:45-10:45am
22409	Sat	3/7-4/4	9:45-10:45am
R \$55/NR \$66			
22407	Sat	11/8-12/13	9:45-10:45am
22405	Fri	1/9-2/20	9:45-10:45am
22401	Fri	1/9-2/20	11am-12pm
22406	Fri	2/27-4/3	9:45-10:45am
22402	Fri	2/27-4/3	11am-12pm
R \$66/NR \$79			

LOCATION: NKCC  
INSTRUCTOR: STEPHANIE LADUKE

## ADULT HULA DANCE

Always wanted to learn Hula? Now's the time! Join us for fun, fitness, and beautiful Hawaiian dance. No experience needed—just a desire to move and enjoy. Taught by Jeanne Makanaokalani, a certified instructor with 15 years' experience and a graduate of Hilo's Uncle George Naope tradition.

### Pikaki Beginning and Intermediate Hula

The class teaches the basic steps and hand motions for those who are new to Hula and, for those wanting to improve existing skills. Emphasis is on basic hula movements in an easy friendly environment. Basics are reviewed consistently, as we continue to more difficult hulas, both kahiko (ancient) and 'auana (modern). Culture and language will be taught as it pertains to the dance being learned. Students will progress to 'illima class at teacher's discretion. Wear comfortable clothing (shorts or pants and t-shirt), no jeans please.

AGE:18+

21979	Sun	9/14-11/16	12-1pm
21982	Sun	1/11-3/15	12-1pm
R\$120/ NR \$144			

LOCATION: NKCC  
INSTRUCTOR: MAKANAOKALANI

### 'Ilima Advanced Hula

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

AGE:18+

21980	Sun	9/14-11/16	11am-12pm
21981	Sun	1/11-3/15	11am-12pm
R \$120/ NR \$144			

LOCATION: NKCC  
INSTRUCTOR: MAKANAOKALANI

## ADULT FITNESS

### Barre: Yoga/Pilates/Dance

In this 60-min class, we will use weights, barres, mats, bands, and balls for a full body, yet low impact workout in a fun format for all ages and stages! (No class 1/19, 2/16)

AGE:18+

22395	Mon	9/8-10/20	6:30-7:30pm
22396	Mon	11/3-12/15	6:30-7:30pm

R \$77/NR \$93

22397	Mon	1/12-2/23	6:30-7:30pm
22398	Mon	3/2-4/6	6:30-7:30pm

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

### Adult Fitness: Strength, Mobility & Flexibility

This adult fitness class is designed for individuals 18 years and older who want to tone their bodies, improve posture, and build strength. Each session combines stretching, conditioning, and strength training to support overall wellness and mobility. Join us to build strength, increase flexibility, and feel great in your body!

AGE:18+

22710	Mon, Thu	9/8-12/15	9-10:30am
22712	Mon, Thu	1/5-3/30	9-10:30am

R \$560/NR \$672

LOCATION: LA LUNA ACADEMY

INSTRUCTOR: LA LUNA ACADEMY



### Adult Zumba

This dance inspired class is great for everyone interested in fitness. Easy to follow dance routines encourage aerobic fitness, using a combination of low-intensity and high-intensity moves. Come and enjoy the calorie-burning dance fitness party.

Please note - this class is a high intensity class. You will be moving around for 45 minutes straight! If you are looking for a lower intensity class, please see our Zumba Gold offerings. (No class 9/18, 11/27)

AGE:18+

22494	Thu	9/11-10/23	6-6:45pm
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R \$108/NR \$130

22495	Thu	11/6-12/11	6-6:45pm
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R \$90/NR \$108

22496	Thu	1/8-2/19	6-6:45pm
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22497	Thu	2/26-4/9	6-6:45pm
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R \$140/NR \$168

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

### Barre/Pound Fusion

A fun, fiery fusion of barre and drumming where grace meets grit. Enjoy a full-body, low-impact workout, then rock out with ripstix to energizing beats. All ages and levels welcome—move, sweat, smile! (No class 1/19, 2/16)

AGE:18+

22391	Mon	9/8-10/20	7:30-8:30pm
22392	Mon	11/3-12/15	7:30-8:30pm

R \$77/NR \$93

22393	Mon	1/12-2/23	7:30-8:30pm
22394	Mon	3/2-4/6	7:30-8:30pm

R \$55/NR \$66

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

### Cardio & Core with Joleen

Get stronger, more agile, and ready for real life—like lifting that vacation carry-on! This fun, full-body workout blends functional training and HIIT (high intensity interval training) with evidence-based methods to keep it fresh and effective. (No class 11/26, 11/27, 1/19, 2/16)

AGE:16+

22269	Wed	9/10-10/22	6-7pm
22270	Thu	9/11-10/23	9-10am

R \$77/NR \$93

22273	Wed	11/12-12/17	6-7pm
22274	Thu	11/13-12/18	9-10am

22271	Mon	11/17-12/15	6-7pm
22272	Tue	11/18-12/16	9-10am

R \$55/NR \$66

22275	Mon	1/12-3/2	6-7pm
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R \$66/NR \$79

22266	Mon	9/8-10/27	6-7pm
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22267	Tue	9/9-10/28	9-10am
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22279	Tue	1/13-3/3	9-10am
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22280	Wed	1/14-3/4	6-7pm
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22281	Thu	1/15-3/5	9-10am
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R \$88/NR \$106

LOCATION: NKCC

INSTRUCTOR: JOLEEN LESTER

### CardioBox

Sweat it out in this 45-minute, full-body boxing and strength workout! Learn strikes, footwork, and defense while spending over half the class on the bags. No sparring—just fun, high-energy fitness. No experience needed! Bring hand wraps (180”), gloves (14–16oz), and water. (No class 1/19)

AGE:18+

22358	Mon	9/8-10/13	7:15-8pm
22359	Mon	10/27-12/1	7:15-8pm

R \$60/NR \$72

22360	Mon	1/5-2/9	7:15-8pm
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22361	Mon	3/9-4/6	7:15-8pm
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R \$50/NR \$60

LOCATION: NKCC

INSTRUCTOR: SHARON GOH ADAMS

**MORE ADULT EXERCISE CLASSES!**

See page 47



### Open Gym

This program follows the LWSD calendar and is canceled during their breaks and closures 11/9, 11/23, 12/14, 12/21, 12/28, 1/4, 2/15, 4/12, 4/19, 1/18, 12/28

AGE:18+

22508 Sun 9/21-6/14 5-8pm

#### DROP-IN OPTION

\$6.00 per visit

#### 3 VISIT PUNCH CARD

\$18

#### 10 VISIT PUNCH CARD

\$54

### CAPOEIRA

See page 20

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM

See page 2

### Rock Steady Boxing (RSB)

This is a non-contact, evidence-based fitness class for people with Parkinson's. Led by certified coaches, it blends boxing drills, strength, balance, and cardio to boost function, confidence, and community—at any stage of the disease—with a motivating “tough love” approach.

Participants must complete an assessment and receive Coach approval prior to joining class. Completion of \$40 assessment, MD clearance and purchase of boxing gloves required prior to class. Please call 425-587-3350 for more information and to schedule your assessment. (No class 10/31, 11/11, 11/27, 11/28, 12/5, 3/12, 3/19, 3/20, 3/26, 4/2, 4/9)

AGE:18+

#### 10 VISIT PUNCH CARD - ROCK STEADY BOXING FALL

##### FALL

22260 Tue, Thu, Fri 9/9-12/19 10:15am-1pm

##### SPRING

22261 Tue, Thu, Fri 1/13-4/10 10:15am-1pm

\$120

### 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+

5 classes

22284	Wed	9/3-10/1	8:45-10am
22285	Wed	12/3-12/31	8:45-10am
22286	Wed	3/11-4/8	8:45-10am

R \$70/NR \$84

LOCATION: PKCC

INSTRUCTOR: HELEN HUANG



### Tai Chi and Meridian Stretching- Virtual



Zoom login information will be sent prior to class. (No class 2/2)

AGE:18+

5 classes

22142	Mon	9/1-9/29	4:45-6pm
22144	Mon	12/1-12/29	4:45-6pm
22146	Mon	1/12-2/16	4:45-6pm
22147	Mon	3/9-4/6	4:45-6pm

\$60

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: HELEN HUANG

## SPORTS & LEAGUES

### Golf Instruction

Learn to play golf in the comfortable atmosphere of the Redwood Golf Center in Woodinville. An experienced instructor teaches group lessons. Learn basic golf, grip stance, swing, rules and etiquette. By the end of this 4-part series you will be able to play on the golf course. Bring your own clubs or try the Golf Center's demo clubs.

**AGE:18+**

22229	Wed	9/3-9/24	10-11am
22230	Wed	9/3-9/24	11:15am-12:15pm

R \$144/NR \$173

LOCATION: REDWOOD GOLF CENTER  
INSTRUCTOR: REDWOOD GOLF CENTER



### ICE SKATING

See page 20



### Fall 2025 Volleyball League

Teams compete in various Women's and COED rec leagues. All gender identities and gender expressions are welcome. (No games 11/11)

**AGE:18+**

22089	Women's Upper	Mon	9/8-11/10	6:45-10pm
22090	Women's Inter	Mon	9/8-11/10	7:20-9pm
22091	COED Upper	Tue	9/9-11/18	6:45-10pm
22092	COED Inter	Tue	9/9-11/18	7:20-9pm
22116	COED Lower	Wed	9/10-11/12	7:20-9pm

\$410/Team

#### INDIVIDUAL FREE AGENT TEAM MEMBER

22117	COED Lower	Wed	9/10-11/12	7:20-9pm
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\$50

LOCATION: KAMIAKIN MIDDLE OR EMERSON HIGH SCHOOL GYM

REGISTRATION  
OPENS 12/4

### Winter 2026 Volleyball League

Teams compete in various Women's and COED rec leagues. All gender identities and gender expressions are welcome. (No games 11/11)

**AGE:18+**

22343	Women's Upper	Mon	1/19-3/23	6:45-10pm
22344	Women's Inter	Mon	1/19-3/23	7:20-9pm
22346	COED Upper	Tue	1/20-3/24	6:45-10pm
22345	COED Inter	Tue	1/20-3/24	7:20-9pm
22347	COED Lower	Wed	1/21-3/25	7:20-9pm

\$410/Team

#### INDIVIDUAL FREE AGENT TEAM MEMBER

22348	COED Lowe	Wed	1/21-3/25	7:20-9pm
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\$50

LOCATION: KAMIAKIN MIDDLE OR EMERSON HIGH SCHOOL GYM



## Harvest Festival Pickleball Tournament

Juanita Beach Park  
Register at [KirklandParks.net](http://KirklandParks.net)





## Wheels and Reels Movie Series

Enjoy a night out under the stars at Juanita Beach Park with our Drive-in Movie Series. The parking lot opens at 6pm and the movie starts at 7pm. Watch each movie on our giant LED screen!

All ages welcome. Event will be held rain or shine - no refunds.  
No RVs, limos, buses or alcohol.

**SATURDAYS \* JUANITA BEACH PARKING LOT  
9703 NE JUANITA DR  
(LOT OPENS AT 6PM, MOVIES STARTS AT 7PM)**

### Fall Series

**SEPTEMBER 20  
MOANA 2 (PG)**

**OCTOBER 18  
BEETLEJUICE  
BEETLEJUICE (PG-13)**

### Winter Series

**FEBRUARY 7  
TWISTERS (PG-13)**

**MARCH 7  
LILO AND STICH (PG)**

**APRIL 11  
MUFASA:  
THE LION KING (PG)**

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

**\$20 per vehicle**  
pre-registration required



# Off Leash Dog Parks

Well-mannered canines are welcome in Kirkland's off-leash dog areas for a run or free play with other dogs. Learn more about dogs in Kirkland parks at [kirklandwa.gov/DogParks](http://kirklandwa.gov/DogParks).

**JASPER'S DOG PARK**  
Heronfield Wetlands  
11225 NE 120th St

**EDITH MOULTON PARK**  
13634 108th Ave NE

**JUANITA BEACH PARK**  
9703 NE Juanita Drive

**SNYDER'S CORNER**  
13267 Old Redmond Rd



## 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 **K** / Koelsch COMMUNITIES

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 **COGIR** SENIOR LIVING

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



### Clearpoint Financial Services

(Formerly Solutions Consumer Credit Counseling)

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

Call 866-260-5996 or go to [www.clearpoint.org](http://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](http://www.ssa.gov).

## EMPLOYMENT

### Employment Service

Low-income seniors looking for part-time work. Call Senior Employment Service/AARP, 206-624-6698 or go to [www.aarpworksearch.org](http://www.aarpworksearch.org)

### Employment Resource Center

This service 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](http://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](http://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

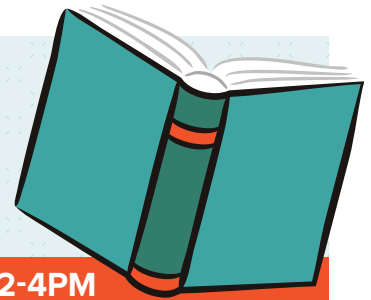
## Movie & Popcorn

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; GEORGIAR@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; GEORGIAR@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**



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 Agers

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

NEW

## CPR & First Aid

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

NEW

## Exercise & Osteoporosis

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

NEW

## Humor Throughout the Holidays

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



NEW

## Laughter Yoga

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

NEW

## Arthritis & Diet Connection

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

NEW

## Trouble Choosing Supplements

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](http://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](http://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/](http://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](http://www.aarp.org/states/wa)

### Benefits Check Online

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

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



## Adult Day Centers

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

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

**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 / UKRANIAN 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

# 50+ ADULTS



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

## 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](http://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](http://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

## 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



## 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

## 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

# 50+ ADULTS

## 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](mailto: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](http://kirklandwa.gov/SeniorCouncil) or email [Scouncil@kirklandwa.gov](mailto: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](mailto: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

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**

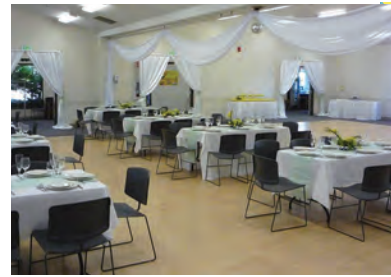
22171 Thu 2/12 2-3:30pm

Free; Pre-registration Required

LOCATION: PKCC

INDOOR AND OUTDOOR SPACES AVAILABLE FOR YOUR EVENT

# CELEBRATE



## WEDDINGS SPECIAL OCCASIONS BIRTHDAY PARTIES CORPORATE EVENTS GRADUATION PARTIES AND MORE

Kirkland Parks and Community Services offers four indoor rental locations and many outdoor picnic locations to choose from.

### HERITAGE HALL

This historic Kirkland treasure features restored 1920's charm. Open year round and offers increased seasonal capacity using patios and Centennial Gardens.

CAPACITY: HALL 70, SEASONALLY WITH OUTDOOR PATIO USE 125

### KIRKLAND TEEN UNION BUILDING

Located in Peter Kirk Park, the Kirkland Teen Union Building offers a large multi-purpose room that includes a stage and café area. A meeting room and classroom is also available.

CAPACITY: MULTI-PURPOSE ROOM 100, MEETING ROOMS 16

### NORTH KIRKLAND COMMUNITY CENTER

Located in the Juanita area, the center includes a large multi-purpose room and lower level meeting room and a warming kitchen, tables and chairs

CAPACITY: MULTI-PURPOSE ROOM 245, MEETING ROOM 35

### PETER KIRK COMMUNITY CENTER

In the heart of downtown, Peter Kirk Community Center offers a large multi-purpose room with stage and kitchen. Meeting rooms are also available.

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

### PICNIC AREAS/SHELTERS & ATHLETIC FIELDS

We have 17 picnic areas and shelters, and more than 50 athletic fields available for your private event.

Visit [kirklandwa.gov/ParkRentals](http://kirklandwa.gov/ParkRentals) or call 425-587-3330



**PLAN AHEAD! RESERVE YOUR SPACE.** Halls and fields require a minimum of 30 days advance booking. Picnic shelters require 7 days advance reservation. For full site descriptions, pricing, rental policies, and amenities visit [kirklandwa.gov/ParkRentals](http://kirklandwa.gov/ParkRentals) or email us at [eparks@kirklandwa.gov](mailto:eparks@kirklandwa.gov).



**WE'RE  
Hiring**

# Come work with Kirkland Parks and Community Services!

Hiring continuously throughout the  
year to support Recreation and  
Park Management

## Hiring over 50 Positions!

- Recreation Attendants and Leads at KTUB
- Recreation Attendants for Rentals
- Recreation Attendants and Leads at Community Centers & City Hall
- Recreation Leads for Events
- After School Camp Leaders and Directors
- Teen Program Instructors
- Preschool Program Instructors
- Dance Instructors
- Recreation Attendants and Leads for Adult, Youth, and Preschool Sports



View open positions and apply at [kirklandwa.gov/ParksJobs](http://kirklandwa.gov/ParksJobs) or scan the QR code.

Questions? Call 425-587-3300 or email [eparks@kirklandwa.gov](mailto:eparks@kirklandwa.gov)





# The Kirkland Initiative

A PREMIERE CITY LEADERSHIP PROGRAM

We are looking for Kirkland residents who want to change the world, one local leader at a time.

**An Opportunity for All in Kirkland**  
 JOIN THE FREE 8-WEEK, 3-HOUR COURSE

- Network with neighbors and City officials and staff
- Learn Kirkland's civic engagement process and policies
- Gain leadership skills that will last a lifetime

## Apply today!

[www.kirklandwa.gov/kirklandinitiative](http://www.kirklandwa.gov/kirklandinitiative)





**SATURDAY, SEPTEMBER 13**

**11 A.M. - 4 P.M.**

# CITY HALL 4ALL



THIS IS YOUR CITY HALL

For more information, visit  
[www.kirklandwa.gov/CityHallForAll](http://www.kirklandwa.gov/CityHallForAll)



COMMUNITY RESOURCES
KID ACTIVITIES

LIVE MUSIC & DANCE
POP-UP MARKET

FREE GIVEAWAYS

BIG TRUCKS


# ARE YOU PREPARED?

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: [kirklandwa.gov/Prepare](http://kirklandwa.gov/Prepare)



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



Explore  
**KIRKLAND**

# Check Out Events



# VOLUNTEER IN KIRKLAND PARKS

Help build healthy forests and strong community with the Green Kirkland Partnership!

Volunteer in Kirkland's natural areas to help mulch, weed, and care for baby native plants. Green Kirkland stewardship events occur year-round, and all are welcome following the youth and event guidelines. Tools, gloves, and training are provided.

**GREEN  
KIRKLAND**  
PARTNERSHIP



Learn more at  
[www.GreenKirkland.org](http://www.GreenKirkland.org)

# JUANITA

Fresh

Local

## FRIDAY MARKET

Since 2007

*Kirkland, Washington*

**Fridays, 3PM – 7PM,  
June 6 – September 26**

Juanita Beach Park • 9703 NE Juanita Drive  
[kirklandwa.gov/JuanitaFridayMarket](http://kirklandwa.gov/JuanitaFridayMarket)

# DIA DE LOS MUERTOS



**Saturday, October 25 2-4pm**  
Peter Kirk Community Center 352 Kirkland Ave

Acompáñenos a celebrar el Día de Los Muertos para recordar a nuestros familiares antepasados, y disfrutar actividades tradicionales, comida, música, y más. El evento es gratis y para todas las edades en el centro comunitario Peter Kirk. Para más información, visite [www.kirklandwa.gov/CommunityBuildingEvents](http://www.kirklandwa.gov/CommunityBuildingEvents)

Join us to celebrate Día de Los Muertos as we remember our loved ones, enjoy traditional activities, food, music, and more. Free event for all ages. Located at the Peter Kirk Community Center. For more information, visit [kirklandwa.gov/CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents) or call 425-587-3336.

**Celebrate the tradition of honoring our ancestors and families.**



2026



# LUNAR NEW YEAR

**SATURDAY FEBRUARY 28 2-4PM**  
Peter Kirk Community Center, 352 Kirkland Ave

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

For complete details, visit [kirklandwa.gov/CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents).



Kirkland Parks & Community Services

# Harvest Festival

OCT 4, 2025  
11AM to 4PM

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

**amazon**

Thank You for your Sponsorship!

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

Kids Korral  
Pony Rides, Cow Milking,  
Crafts, Games

Pickleball Tournament  
Register on-line at  
[KirklandParks.net](http://KirklandParks.net)

**LIMITED PARKING**  
Bike, Bus or Walk.  
Shuttle Info at:  
[kirklandwa.gov/  
CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents)

Additional sponsors:

**Neal Smiles**  
ORTHODONTICS





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



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KIRKLAND, WA  
PERMIT NO. 268

ECRWSS  
Local Postal Customer

# Fall and Winter Community Events

## IN KIRKLAND

### JUANITA FRIDAY MARKET

Fridays through September 26  
3 PM - 7 PM  
Juanita Beach Park  
9703 NE Juanita Dr

### SEE SPOT SPLASH

Saturday, September 6  
10 AM - 3 PM  
Peter Kirk Pool  
340 Kirkland Ave  
Free to watch, registration required  
for dogs - [kirklandparks.net](http://kirklandparks.net)

### CITY HALL FOR ALL

Saturday, September 13  
11 AM - 4 PM  
Kirkland City Hall - 123 5th Ave

### SENIOR RESOURCE FAIR

Thursday, September 18  
10 AM - 12 PM  
Peter Kirk Community Center  
352 Kirkland Ave



### KIRKLAND HEALTH AND WELLNESS FAIR

Saturday, September 20  
10 AM - 2 PM  
Juanita High School  
10601 NE 132nd St

### MEDICARE RESOURCE FAIR

Thursday, October 2  
10 AM - 1 PM  
Peter Kirk Community Center  
352 Kirkland Ave

### HARVEST FESTIVAL

Saturday, October 4  
1 AM - 4 PM  
Juanita Beach Park  
9703 NE Juanita Dr

### KIRKLAND COSTUME SWAP

Saturday, October 11  
10 AM - 12 PM  
Kirkland City Hall - 123 5th Ave

### DÍA DE LOS MUERTOS

Saturday, October 25  
2 PM - 4 PM  
Peter Kirk Community Center  
352 Kirkland Ave

### COMMUNITY BONFIRES AT THE PARK

Sunday, November 30  
4:35 PM - 4:55 PM\*  
O.O. Denny Park  
12032 Holmes Point Drive NE

Saturday, December 20  
5:35 PM - 5:55 PM\*  
Juanita Beach Park  
9703 NE Juanita Dr

Monday, December 22  
2:10 PM - 2:30 PM\*  
Marina Park - 25 Lakeshore Plaza

### LUNAR NEW YEAR

Saturday, February 28, 2026  
2 PM - 4 PM  
Peter Kirk Community Center - 352  
Kirkland Ave

For more information visit  
[kirklandwa.gov/  
CommunityEvents](http://kirklandwa.gov/CommunityEvents)  
or call 425-587-3336.

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