

# KIRKLAND RECREATION GUIDE

FALL 2024 / WINTER 2025



**KTUB REOPENING**

PAGE 28

**TEEN PROGRAMS**

PAGE 30

**ADULTS 50+**

PAGE 44



## REGISTRATION BEGINS SOON!

Kirkland Resident Registration Begins August 21 at 7AM.  
Non-Resident Registration Begins August 22 at 8AM.  
Sign up at [KirklandParks.net](http://KirklandParks.net) or call 425-587-3336.

# See Spot Splash

September 7  
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 fourth 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)

## BE A BARK RANGER



We ask that all dogs and their humans follow a few simple principals while visiting Kirkland's parks and natural spaces.

**BAG YOUR PET'S WASTE.** Pet waste also contains harmful organisms.

**ALWAYS USE A LEASH.** Even a well-behaved dog can get excited when visiting a park.

**RESPECT WILDLIFE.** Pets could startle or provoke animals, resulting in injury.

**KNOW WHERE YOU CAN GO.** Dogs are welcome at nearly all Kirkland parks. Dogs are not allowed in the following places: in designated swimming areas at Houghton Beach, Juanita Beach, and Waverly Beach; on synthetic turf areas, and in all community gardens. Service animals are always welcome while aiding their human partner.

If park staff sees you and your pet abiding by these principals, you can be rewarded with BARK Ranger swag to proudly show that your pet is a true BARK Ranger. Click on the QR code to learn more.



# Kirkland Parks and Community Services – Where You Belong!



Dear Kirkland Community Members,

Twice each year we bring you a diverse array of recreational opportunities that cater to all ages and interests through the biannual issue of the Kirkland Recreation Guide. In this guide, you'll see fabulous teen programs, fitness classes, after-school care, senior programs, preschool programs, and general interest classes. You will also see some new facilities and services, some of which are highlighted below.

This summer we expanded with new temporary recreation features at the former Houghton Park and Ride, turning it into the Houghton Park and Play. The temporary features include community gardens, pickleball courts, a modular skate park, a modular pump track, and a bicycle play garden. These temporary features will remain in place while the City evaluates long-term uses for the site.

This fall, we are thrilled to announce the re-opening of the Kirkland Teen Union Building (KTUB) as a teen center. Starting on September 3, KTUB will offer drop-in programs, classes, late-night events, and behavioral health services for middle school and high school aged youth six days per week (Monday–Saturday). You are invited to help us celebrate and reconnect with KTUB at a ribbon cutting on Wednesday, September 18, 2024, from 5:30-7:30 PM.

We are committed to providing high-quality, inclusive recreation opportunities that enhance the quality of life for everyone in our community. I encourage you to peruse this guide and discover the many ways you can connect with neighbors, stay active, and make the most of fall and winter in Kirkland.

Thank you for being part of our community. We look forward to seeing you at See Spot Splash on September 7, Harvest Festival on October 5, Día de los Muertos on October 26, or Lunar New Year on February 8.

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



## KIRKLAND RECREATION GUIDE FALL 2024 / WINTER 2025

### Facilities Information & Class Locations

**Kirkland City Hall**  
123 Fifth Ave  
425-587-3330

**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 St

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

**Everest Park**  
500 8th St S

**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 3rd 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

**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 6th St

**Sno King Ice Arena**  
14326 124th Ave NE

06	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

Mike Holland,  
2024 Chair  
Amy Ambrosini,  
2024 Vice Chair  
Juliana Born  
Tammy Cohen  
Katherine Kearny  
Jared Silva  
Crystal Thimsen



### All Are Welcome

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



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

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

Kirkland Parks and Community Services staff are unable to provide personal care (feeding, toileting assistance, giving medications, transfers, etc.). Participants in need of personal assistance are encouraged to participate with a caregiver. Older adults with care needs may be eligible for community-based programs, such as adult day care centers (see page 57). 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. Our inclement weather hotline is 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/their Title VI protection has been violated may file a complaint with the City.

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

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

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

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

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

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

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

### Refunds / Cancellations / Transfers

- To request a transfer or cancellation, please email us at [eparks@kirklandwa.gov](mailto:eparks@kirklandwa.gov) or call 425-587-3330.
- Some programs have specific cancellation requirements outside our general cancellation policy listed below. For detailed information,

please see our Refund and Cancellation Policies at [www.kirklandwa.gov/Recreation](http://www.kirklandwa.gov/Recreation).

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

### Disclaimer

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

### WATCH FOR THESE ICONS



New Program



Virtual Program



Family Program

## 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, 8/21 phone line opens at 7AM or 8/22 at 8AM.

## Register for programs

**PRIORITY** REGISTRATION DATES FOR KIRKLAND RESIDENTS!

RESIDENT REGISTRATION BEGINS **AUGUST 21 AT 7 AM**. NON-RESIDENT

REGISTRATION BEGINS **AUGUST 22 AT 8 AM** FOR ALL PROGRAMS!

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



## TEMPORARY HOUGHTON PARK & PLAY

The Houghton Park and Ride has been temporarily transformed into the Houghton Park and Play while the City evaluates long-term uses of the site. The features added to the site include:

- Bicycle play garden
- Community gardens (pea patches)
- Pickleball courts
- Pump track
- Skate park

Parking is available on-site and there are limited restroom facilities.

6920 NE 70<sup>th</sup> Place, Kirkland, WA 98033

[www.kirklandwa.gov/Houghton-Park-And-Play](http://www.kirklandwa.gov/Houghton-Park-And-Play)

## NEW INCLUSIVE PLAY FEATURES

Several new inclusive features were added to the Kirkland park system this spring.

Musical instruments were installed at North Kirkland Community Park, 132<sup>nd</sup> Square Park and Totem Lake Park. These instruments are great for improving hand-to-eye coordination, rhythm, and fine motor skills and allow children and adults to explore creating music.

A new communication board was also installed at 132<sup>nd</sup> Square Park. The pictures and symbols on the board provide non-verbal, speech-challenged, and early learners a way to communicate with others. Thanks to Eagle Scout Evan Frank and BSA Troop 565 for their support of this project.



## PARENT/CHILD DANCE & MOVEMENT

### Happy Seeds Yoga

Yoga Play with your Toddler

Yoga comes to life in these fun and creative classes designed to stimulate a young child'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 11/28, 2/13, 4/17)

#### AGE:1-4

19743	Thu	9/12-10/17	10-10:45am
19745	Thu	10/31-12/12	10-10:45am
19746	Thu	1/16-2/27	10-10:45am
19747	Thu	3/13-4/24	10-10:45am

R \$96/NR \$116

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYO ALVAREZ

### Parent & 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 kiddos are ok, too. (No class 11/29)

#### AGE:18+

19738	Fri	9/13-10/18	10:15-11:15am
19739	Fri	11/1-12/13	10:15-11:15am

R \$66/NR \$79

19740	Fri	1/10-2/7	10:15-11:15am
-------	-----	----------	---------------

R \$55/NR \$66

19741	Fri	2/21-4/4	10:15-11:15am
-------	-----	----------	---------------

R \$77/NR \$92

LOCATION: NKCC

INSTRUCTOR: STEPHANIE LADUKE

### 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 11/26, 11/27)

#### PARENT/CHILD MOTION I

Child must be walking!

##### AGE:1½-2½

19864	Tue	9/10-10/15	10:20-11:05am
19877	Wed	9/11-10/16	10:20-11:05am
19867	Tue	10/29-12/10	10:20-11:05am
19878	Wed	10/30-12/11	10:20-11:05am
19871	Tue	1/7-2/11	10:20-11:05am
19913	Wed	1/8-2/12	10:20-11:05am
19872	Tue	2/25-4/1	10:20-11:05am
19914	Wed	2/26-4/2	10:20-11:05am

R \$57/NR \$68

LOCATION: NKCC

TUESDAY INSTRUCTOR: TBD

WEDNESDAY INSTRUCTOR: JANICE GOEBEL

#### PARENT/CHILD MOTION II

##### AGE:2-3

19863	Tue	9/10-10/15	9:30-10:15am
19875	Wed	9/11-10/16	9:30-10:15am
19879	Wed	9/11-10/16	11:15am-12pm
19866	Tue	10/29-12/10	9:30-10:15am
19876	Wed	10/30-12/11	9:30-10:15am
19880	Wed	10/30-12/11	11:15am-12pm
19869	Tue	1/7-2/11	9:30-10:15am
19911	Wed	1/8-2/12	9:30-10:15am
19915	Wed	1/8-2/12	11:15am-12pm
19870	Tue	2/25-4/1	9:30-10:15am
19912	Wed	2/26-4/2	9:30-10:15am
19916	Wed	2/26-4/2	11:15am-12pm

R \$57/NR \$68

LOCATION: NKCC

TUESDAY INSTRUCTOR: TBD

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 11/27)

#### AGE:2

20040	Wed	9/11-10/16	9:45-10:30am
20046	Wed	10/30-12/11	9:45-10:30am
20047	Wed	1/8-2/12	9:45-10:30am
20048	Wed	2/26-4/2	9:45-10:30am

R \$57/NR \$68

LOCATION: NKCC

INSTRUCTOR: KATE KINGERY

### 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 1/23 & 2/13)

#### AGE:3-6

19650	Thu	9/12-10/10	5-5:45pm
19652	Thu	1/9-2/20	5-5:45pm
19653	Thu	2/27-3/27	5-5:45pm

R \$90/NR \$108

19651	Thu	10/31-11/21	5-5:45pm
-------	-----	-------------	----------

R \$72/NR \$86

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

## 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  
 20069 Tue 9/10-9/24 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE



### 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  
 20070 Tue 10/8-10/22 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE

ASK US  
 ABOUT OUR  
 SCHOLARSHIP  
 PROGRAM  
 See page 41

### Wibble Wobble Gobble Gobble

We are whipping up some pumpkin pie dough, rainbow turkeys, and more in this class that will have you "thankful" you signed up!

AGE: 2½-3½  
 20071 Tue 11/5-11/19 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE

### Mittens and Mistletoe

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

AGE: 2½-3½  
 20072 Tue 12/3-12/17 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE

### Frosty and Friends

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

AGE: 2½-3½  
 20073 Tue 1/7-1/21 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE



### 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  
 20075 Tue 2/4-2/18 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE

### 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  
 20076 Tue 3/4-3/18 9:30-10:15am  
 R \$30/NR \$36

LOCATION: NKCC  
 INSTRUCTOR: MONIQUE BAYNE

## 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 drop-in play 10/16, 11/27)

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

2024	Wed	9/18-12/18	10am-1pm
2025	Wed	1/8-4/9	10am-1pm

LOCATION: NKCC

# PARENT & CHILD

## 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!

AGE:2			
20062	Tue	9/10-9/24	10:30-11:15am
20063	Tue	10/8-10/22	10:30-11:15am
20064	Tue	11/5-11/19	10:30-11:15am
20065	Tue	12/3-12/17	10:30-11:15am
20066	Tue	1/7-1/21	10:30-11:15am
20067	Tue	2/4-2/18	10:30-11:15am
20068	Tue	3/4-3/18	10:30-11:15am

R \$30/NR \$36

LOCATION: NKCC  
INSTRUCTOR: MONIQUE BAYNE



## Boogie and Books

Join Miss Karen 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. Program is located at North Rose Hill Park Picnic Shelter during September-October and again starting on March 31 and at North Kirkland Community Center November-March 24. (No class 11/11, 2/17, 4/14)

AGE:2-5			
19695	Mon	9/9-9/30	10-11am
19696	Mon	10/7-10/28	10-11am
19948	Mon	1/27-2/24	10-11am
19700	Mon	3/3-3/24	10-11am
19701	Mon	3/31-4/28	10-11am

R \$41/NR \$49

19697	Mon	11/4-11/25	10-11am
19698	Mon	12/2-12/16	10-11am

R \$31/NR \$37

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



## PARENT/CHILD COOKING

### Cooking for Preschoolers

In this changing monthly themed parent/child cooking class, get ready to peel, pour, shred, shake, bake, mash and more! Class held at McAuliffe Park, see receipt for location details. These are parent/child classes. (No class 4/16)

#### APPLE OF MY EYE

AGE:2½-4½			
19702	Wed	9/11-10/2	10:30-11:30am

R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

#### LITTLE PUMPKIN PIE

AGE:2½-4½			
19703	Wed	10/9-10/30	10:30-11:30am

R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

#### OODLES OF NOODLES

AGE:2½-4½			
19704	Wed	11/6-11/20	10:30-11:30am

R \$45/NR \$54

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

#### GINGERBREAD HOUSE

AGE:2½-4½			
19705	Wed	12/4	10:30am-12pm
20145	Wed	12/11	10:30am-12pm

R \$20/NR \$24

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## HUGS AND CHOCOLATE KISSES

AGE:2½-4½			
19706	Wed	2/5-2/26	10:30-11:30am

R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## LITTLE SPUDS AND TINY TATERS

AGE:2½-4½			
19707	Wed	3/5-3/26	10:30-11:30am

R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## ITTY BITTY BREAKFAST CLUB

AGE:2½-4½			
19708	Wed	4/2-4/30	10:30-11:30am

R \$60/NR \$72

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## PARENT/CHILD GENERAL PROGRAMS

### Self Defense for Children with Parent

Keep the magic of childhood safe in these low-key, friendly, age-appropriate safety skills classes for girls and boys ages 5-8. 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:5-8			
19807	Sat	10/12	12-1:15pm
19808	Sat	2/22	12-1:15pm

R \$40/NR \$48

LOCATION: NKCC  
INSTRUCTOR: STRATEGIC LIVING, LLC



## 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 makeups are available for missed classes.

## GENERAL PROGRAMS

### Playschool Prep

Through science, art, literacy, and sensory activities, we will engage your child's social, cognitive and language skills in this fun play-based class.

We want playschool to be a fun introduction to a classroom setting.

We engage in circle times, STEAM activities and beginning literacy appreciation!

### PLAYSCHOOL PREP FOR TWO'S

This Playschool Prep class is only for age 2!

AGE:2			
19978	Wed	9/11-11/20	9:30-10:30am
19982	Wed	1/8-3/19	9:30-10:30am

R \$132/NR \$158

LOCATION: NKCC  
INSTRUCTOR: TBA

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

This Playschool Prep class is for 3- and 4-year-olds.

AGE:3-4			
19983	Wed	9/11-11/20	10:45-11:45am
19984	Wed	1/8-3/19	10:45-11:45am

R \$132/NR \$158

LOCATION: NKCC  
INSTRUCTOR: TBA

## ART & MUSIC

### Story Spark Art For Three's

Our art teacher will read an engaging story and then we will create an art project sparked by what we have read. We'll touch on seasonal stories like The Ugly Pumpkin and Sneezing the Snowman, to classics such as The Little Red Hen and Dragons Love Tacos to newbies like The Artist. Bringing stories to life through mixed media has never been more fun! New stories each week.

#### AGE:3-4

20098	Thu	9/19-9/26	9:30-10:15am
20099	Thu	10/10-10/24	9:30-10:15am
20100	Thu	11/7-11/21	9:30-10:15am
20101	Thu	12/5-12/19	9:30-10:15am
20102	Thu	1/9-1/23	9:30-10:15am
20103	Thu	2/6-2/20	9:30-10:15am
20105	Thu	3/6-3/20	9:30-10:15am

R \$30/NR \$36

LOCATION: NKCC  
INSTRUCTOR: TBA

### Science Art

#### AGE:4-5

20109	Thu	9/12-9/26	10:30-11:15am
20110	Thu	10/10-10/24	10:30-11:15am
20112	Thu	11/7-11/21	10:30-11:15am
20113	Thu	12/5-12/19	10:30-11:15am
20114	Thu	1/9-1/23	10:30-11:15am
20115	Thu	2/6-2/20	10:30-11:15am
20116	Thu	3/6-3/20	10:30-11:15am

R \$48/NR \$58

LOCATION: NKCC  
INSTRUCTOR: TBA



# Periwinkle Outdoor Explorers

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 10**

(No class 11/28, 12/24, 12/25, 12/26, 4/8, 4/9, 4/10)

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



Edith Moulton Park  
Tuesday, Wednesday, Thursday • 9:30am-12:30pm  
For information or to register call (425) 587-3350



**AGES 3.5 - 5 YEARS OLD**





## CRESCENDO KIDS PIANO 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 activities designed to teach and motivate your child to play their best on the piano keyboard. Piano at home is not required but is recommended. Recitals are scheduled throughout the year. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. Masks optional. (No class 10/31, 11/28, 11/28, 2/13, 2/18)

AGE: 3½-4

19669	Tue	9/10-12/10	4:10-4:40pm
19670	Tue	9/10-12/10	5:20-5:50pm

R \$252/NR \$302

19674	Thu	9/12-12/12	4:10-4:40pm
19675	Thu	9/12-12/12	5:55-6:25pm

R \$216/NR \$259

19680	Tue	1/14-4/1	4:10-4:40pm
19683	Tue	1/14-4/1	5:20-5:50pm
19687	Thu	1/16-4/3	4:10-4:40pm
19688	Thu	1/16-4/3	5:55-6:25pm

R \$198/NR \$238

AGE: 5-6

19671	Tue	9/10-12/10	4:45-5:15pm
19672	Tue	9/10-12/10	5:55-6:25pm

R \$252/NR \$302

19676	Thu	9/12-12/12	4:45-5:15pm
19677	Thu	9/12-12/12	6:30-7pm

R \$216/NR \$259

19684	Tue	1/14-4/1	4:45-5:15pm
19685	Tue	1/14-4/1	5:55-6:25pm
19689	Thu	1/16-4/3	4:45-5:15pm
19690	Thu	1/16-4/3	6:30-7pm

R \$198/NR \$238

LOCATION: NKCC  
INSTRUCTOR: PAMELA CORNELL

## PRESCHOOL COOKING

### Creating in the Kitchen – Child Only

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!

AGE: 4-6

19709	Wed	9/11-10/2	2-3pm
19710	Wed	10/9-10/30	2-3pm
19713	Wed	2/5-2/26	2-3pm
19714	Wed	3/5-3/26	2-3pm
19715	Wed	4/2-4/9	2-3pm

R \$60/NR \$72

19711	Wed	11/6-11/20	2-3pm
-------	-----	------------	-------

R \$45/NR \$54

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS

### Cooking with Karen – Holiday Baking

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

AGE: 4-6

19712	Wed	12/4	2-3pm
19719	Wed	12/4	3:30-4:30pm

AGE: 6-10

20140	Wed	12/11	2-3pm
20141	Wed	12/11	3:30-4:30pm

R \$20/NR \$24

LOCATION: MCAULIFFE PARK  
INSTRUCTOR: KAREN RENFROE-GIELGENS



# 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, and more. Each child will collect small prizes 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 25 • 10AM-12PM

**#19574 • \$16 per child**  
**Age 1-5 • NKCC**



## PRESCHOOL MOVEMENT & GYMNASTICS

### Kids In Motion A

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have FUN developing their large muscle motor skills. This program progresses with your child...they'll be crawling, climbing, balancing, and bouncing! These 45-minute classes are for children only. (No class 11/26)

#### AGE: 2½-3

19868	Tue	9/10-10/15	11:15am-12pm
19865	Tue	10/29-12/10	11:15am-12pm
19873	Tue	1/7-2/11	11:15am-12pm
19874	Tue	2/25-4/1	11:15am-12pm

R \$57/NR \$68

LOCATION: NKCC  
INSTRUCTOR: TBD

### NEW FRIDAY FAMILY STEM NIGHTS

See page 25



### 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 clothing with buttons or zippers. (No class 11/27, 11/29, 11/30, 2/14, 2/15)

#### AGE: 3-4

19881	Wed	9/11-10/16	2-2:45pm
19882	Wed	10/30-12/11	2-2:45pm
19889	Fri	11/1-12/13	9:30-10:15am
19891	Fri	11/1-12/13	10:20-11:05am
19895	Sat	11/2-12/14	9-9:45am
19897	Sat	11/2-12/14	9:50-10:35am
19917	Wed	1/8-2/12	2-2:45pm
19923	Fri	1/10-2/21	9:30-10:15am
19925	Fri	1/10-2/21	10:20-11:05am
19929	Sat	1/11-2/22	9-9:45am
19931	Sat	1/11-2/22	9:50-10:35am
19918	Wed	2/26-4/2	2-2:45pm
19924	Fri	2/28-4/4	9:30-10:15am
19926	Fri	2/28-4/4	10:20-11:05am
19930	Sat	3/1-4/5	9-9:45am
19932	Sat	3/1-4/5	9:50-10:35am

R \$60/NR \$72

19888	Fri	9/20-10/18	9:30-10:15am
19890	Fri	9/20-10/18	10:20-11:05am
19894	Sat	9/21-10/19	9-9:45am
19896	Sat	9/21-10/19	9:50-10:35am

R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: JANICE GOEBEL

### Little Tumblers 2

This class for children on their own and requires previous tumbling experience. Review tumbling skills and advance to the next level with additional work on all apparatus. Please dress comfortably in shorts, T-shirts, or leotards. \* No clothing with buttons or zippers. (No class 11/27, 11/29, 11/30, 2/14, 2/15)

#### AGE: 4-6

19883	Wed	9/11-10/16	2:50-3:35pm
19885	Wed	9/11-10/16	3:45-4:30pm
19884	Wed	10/30-12/11	2:50-3:35pm
19886	Wed	10/30-12/11	3:45-4:30pm
19893	Fri	11/1-12/13	11:15am-12pm
19898	Sat	11/2-12/14	10:45-11:30am
19919	Wed	1/8-2/12	2:50-3:35pm
19921	Wed	1/8-2/12	3:45-4:30pm
19927	Fri	1/10-2/21	11:15am-12pm
19933	Sat	1/11-2/22	10:45-11:30am
19920	Wed	2/26-4/2	2:50-3:35pm
19922	Wed	2/26-4/2	3:45-4:30pm
19928	Fri	2/28-4/4	11:15am-12pm
19934	Sat	3/1-4/5	10:45-11:30am

R \$60/NR \$72

19892	Fri	9/20-10/18	11:15am-12pm
19899	Sat	9/21-10/19	10:45-11:30am

R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: JANICE GOEBEL

### Rhythmic Gymnastics Play and Learn

Students participate with their parents and are led by the instructor. Class is formatted as a circuit setting with a fun atmosphere. It is supported with a soft flooring area, safe beams, bars and climbing. Hoops, balls, ribbon, rope, and clubs are part of their play and learning process. Our goal is to further develop motor skills and learn to follow instructions of the parent and teacher. This is very beneficial for their development at an early age. (No class 11/30, 4/19)

#### AGE: 3-4

19980	Sat	9/7-12/14	11-11:45am
19991	Sat	1/4-4/26	11-11:45am

R \$350/NR \$420

R \$400/NR \$480

LOCATION: LA LUNA GYM  
INSTRUCTOR: LA LUNA GYM

# PRESCHOOL

## Beginners Ballet and Rhythmic Gymnastics

This class is designed for beginners in ballet and gymnastics. We cover the basic positions of classical ballet combined with foundations of rhythmic gymnastics. Class will begin warming up on the floor, then continues to the barre and in center. We will utilize stretching, beautiful dance choreography and rhythmic apparatus such as hoop, ball, ribbon, rope, and clubs. Showcase performances for parents are at the end of the session. (No class 11/30, 4/19)

### AGE:4-5

19985	Sat	9/7-12/14	10-10:45am
			R \$350/NR \$420
19992	Sat	1/4-4/26	10-10:45am
			R \$400/NR \$480

LOCATION: LA LUNA GYM  
INSTRUCTOR: LA LUNA GYM

## Rhythmic Gymnastics Level 1

This is an introductory rhythmic gymnastics class for the youngest beginner. We practice with hoop, ball, ribbon, clubs and rope through the music and dance moves. We will focus on basic positions from ballet and floor gymnastics. The benefits of this class are strength, flexibility, eye-hand coordination, and creativity. Showcase performances for parents are at the end of the session. (No class 11/27, 11/30, 4/16, 4/19)

### AGE:4-5

19976	Sat	9/7-12/14	2-2:45pm
			R \$350/NR \$420
19974	Wed	9/11-12/11	3-3:45pm
			R \$325/NR \$390
19987	Sat	1/4-4/26	2-2:45pm
19986	Wed	1/8-4/30	3:00-3:45pm
			R \$400/NR \$480

LOCATION: LA LUNA GYM  
INSTRUCTOR: LA LUNA GYM

# 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. Leather-soled ballet slippers required. (No class 11/26, 11/27, 11/30)

### BALLET A

#### AGE:3-4½

20021	Wed	9/11-12/11	11:30am-12:15pm
20025	Sat	9/14-12/14	9-9:45am
20031	Sat	9/14-12/14	11:35am-12:20pm
20054	Tue	9/10-12/10	11:30am-12:15pm
20022	Wed	1/8-4/2	11:30am-12:15pm
20026	Sat	1/11-4/5	9-9:45am
20033	Sat	1/11-4/5	11:35am-12:20pm
20053	Tue	1/7-4/1	11:30am-12:15pm

R \$124/NR \$149

LOCATION: NKCC  
TUESDAY INSTRUCTOR: TBA  
WEDNESDAY INSTRUCTOR: KATE KINGERY  
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. Leather-soled ballet slippers required. (No class 11/30, 1/27)

#### AGE:4-6

20023	Wed	9/11-12/11	10:40-11:25am
20027	Sat	9/14-12/14	9:50-10:35am
20035	Sat	9/14-12/14	12:30-1:15pm
20024	Wed	1/8-4/2	10:40-11:25am
20028	Sat	1/11-4/5	9:50-10:35am
20036	Sat	1/11-4/5	12:30-1:15pm

R \$124/NR \$149

LOCATION: NKCC  
WEDNESDAY INSTRUCTOR: KATE KINGERY  
SATURDAY INSTRUCTOR: ULIANA CLAROS

# SNOWFLAKE Ball

*Dance the night away with your special guest.*

**FRIDAY \* DECEMBER 6, 2024 \* 6:30-8:30PM**

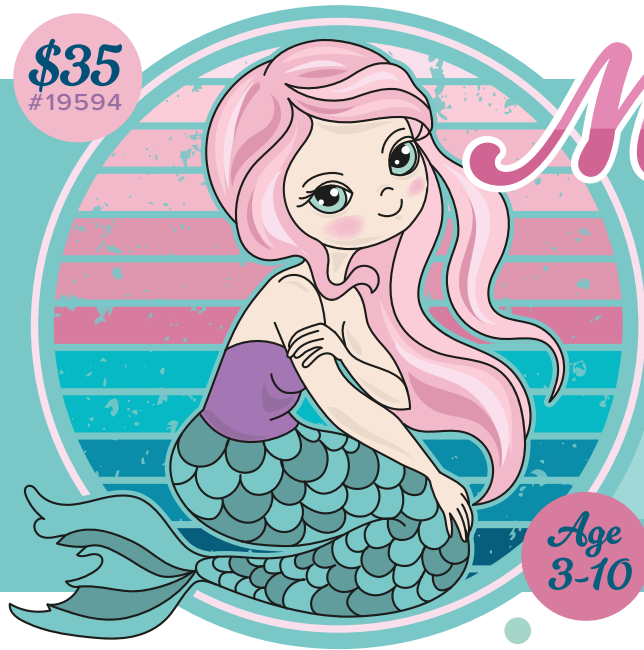
Everyone is invited to participate in this enchanting evening that includes music, a thematic craft, and light refreshments. Dress to impress so the photographer can capture what is sure to be a treasured memory!

**\$35** AGE: 3-9 • #19584  
NORTH KIRKLAND COMMUNITY CENTER

Sorry, no refunds for this event. PRE-REGISTER SINCE THIS EVENT ALWAYS SELLS OUT! Limited to one escort per child. All genders and gender identities welcome, come with any adult guardian of your choice.



**\$35**  
#19594



# 3RD ANNUAL Mermaid Ball

• FRIDAY, MARCH 21ST, 6:30-8:30PM

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!

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

Age  
3-10

• NORTH KIRKLAND COMMUNITY CENTER

## 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 11/26)

AGE:3-4½

20051	Tue	9/10-12/10	10:40-11:25am
20052	Tue	1/7-4/1	10:40-11:25am

R \$124/NR \$149

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. Leather-soled ballet slippers and tap or dress shoes required! (No class 11/26)

AGE:4-6

20019	Tue	9/10-12/10	4:40-5:25pm
20020	Tue	1/7-4/1	4:40-5:25pm

R \$124/NR \$149

AGE:5-7

20014	Tue	9/10-12/10	5:30-6:15pm
20018	Tue	1/7-4/1	5:30-6:15pm

R \$124/NR \$149

LOCATION: NKCC  
INSTRUCTOR: ULIANA CLAROS

## Hippity Hop

IT'S BOOGIE TIME! Students can expect to gain skills in balance, coordination, memory retention and confidence as they dance to the beat of their favorite songs. We will explore big and high energy movement with a focus on attitude, style, and personal expression. Parents may join us for the last class to watch and take pictures. Students of all genders welcome. (No class 11/26)

AGE:3-4

20049	Tue	9/10-12/10	9:45-10:30am
20050	Tue	1/7-4/1	9:45-10:30am

R \$124/NR \$149

LOCATION: NKCC  
INSTRUCTOR: TBA



## 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 9/18, 11/11, 11/13, 11/25, 1/20, 2/17)

AGE:4-6

19542	Mon, Wed	9/4-10/2	5:15-6pm
19543	Mon, Wed	10/7-10/30	5:15-6pm
19544	Mon, Wed	11/4-12/11	5:15-6pm
19545	Mon, Wed	1/6-2/3	5:15-6pm
19546	Mon, Wed	2/5-3/5	5:15-6pm
19547	Mon, Wed	3/10-4/2	5:15-6pm

R \$140/NR \$168

LOCATION: PKCC  
INSTRUCTOR: COTY VALDEZ

## CAPOEIRA FOR AGES 7-16

See page 22

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41



**SPORTS**

**Challenger Sports Tiny Tykes**

Tiny Tykes is an exciting child development program delivered through soccer. Sessions are focused on learning motor skill development, balance, coordination, concentration, listening skills and teamwork. Children use fundamental soccer activities, games and stories to develop their physical, cognitive, language and social-emotional skills. An additional \$25 uniform will be added. (No class 10/14, 1/20)

**TINY TYKES**

AGE:2-4			
19730	Mon	9/9-11/4	9-9:35am
			R \$225 /NR \$265
19731	Mon	11/18-12/9	9-9:35am
			R \$125 /NR \$145
19732	Mon	1/6-2/17	9-9:35am
19733	Mon	3/3-4/7	9-9:35am
			R \$150/NR \$180
AGE:5-6			
19734	Mon	9/9-11/4	9:45-10:30am
			R \$208 /NR \$250
19735	Mon	11/18-12/9	9:45-10:45am
			R \$104/NR \$124
19736	Mon	1/6-2/17	9:45-10:30am
19737	Mon	3/3-4/7	9:45-10:30am
			R \$156/NR \$187

LOCATION: NKCC  
INSTRUCTOR: JACK DREW

**Pee Wee Basketball League**

Pee Wee Basketball focuses 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 will practice and play games on Saturdays. (No games 11/30)

AGE: 3-4			
19570	Sat	10/26-12/7	9:30am-12pm
AGE: 5-6			
19573	Sat	10/26-12/7	12pm-3pm
			R \$96/NR \$115

LOCATION: KIRKLAND MIDDLE SCHOOL

**Lil Hoopers Basketball**

Lil' Hoopers is an introductory basketball program run in a fun environment! 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. Open to all gender identities. (No games on 1/18)

AGE:5-6			
19599	Kindergarten Coed	1/11-2/22	9am-4pm
AGE:6-8			
19601	1st/2nd Grade Boys	1/11-2/22	9am-4pm
19600	1st/2nd Grade Girls	1/11-2/22	9am-4pm
			R \$108/NR \$129

LOCATION: KIRKLAND MIDDLE SCHOOL

# Cereal with Santa

SATURDAY, DECEMBER 14 • 10:30-11:30AM

AGES  
2-9  
YEARS  
OLD



\$15

CHILD & PARENT  
#19593  
MUST REGISTER  
ADD'L CHILD

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.

There are no refunds for this event. Don't forget to preregister as this event always sells out!

NORTH KIRKLAND COMMUNITY CENTER






### Skyhawks Skill Academies

This fun, skill-intensive program is designed for beginning 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.

INSTRUCTOR: SKYHAWKS

#### HOOPSTERTOTS (FROGGIES)

AGE:3-4

19823	Tue	10/29-12/3	3:50-4:35pm
19821	Tue	1/7-2/11	3:50-4:35pm
19825	Tue	2/25-4/8	3:50-4:35pm

R \$179/NR \$215

LOCATION: NKCC

#### HOOPSTERTOTS (KANGAROOS)

AGE:4-5

19824	Tue	10/29-12/3	4:45-5:30pm
19822	Tue	1/7-2/11	4:45-5:30pm
19826	Tue	2/25-4/8	4:45-5:30pm

R \$179/NR \$215

LOCATION: NKCC

#### SOCCERTOTS (BEARS)

AGE:3-4

19816	Thu	9/19-10/24	3:50-4:35pm
-------	-----	------------	-------------

R \$179/NR \$215

LOCATION: TERRACE PARK

#### SOCCERTOTS (GRIZZLIES)

AGE:4-5

19817	Thu	9/19-10/24	4:45-5:30pm
-------	-----	------------	-------------

R \$179/NR \$215

LOCATION: TERRACE PARK



### Pee Wee Hockey

McVander Hockey is excited to introduce ball hockey to our youngest participants. NO ICE, NO SKATING, and NO EXPERIENCE REQUIRED.

The league is structured in a “team” format, meaning your child will be put on a team of 10, and assigned a coach. The program meets on Saturday mornings. The program is one hour in duration, with the first 30-minutes of the hour devoted to practice. The last 30-minutes are reserved for a friendly, recreational-style scrimmage. Games will be played in the upstairs recreation room at the North Kirkland Community Center. If the weather allows, we may move some games outside to the basketball court.

AGE:3-6

19952	Sat	1/11-2/15	10:30-11:30am
-------	-----	-----------	---------------

R \$108/NR \$108

LOCATION: NKCC

INSTRUCTOR: MCVANDER HOCKEY

### ICE SKATING CLASSES

See page 22

### 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.

AGE:4-6

19958	Sat	9/14-10/19	10:30-11am
-------	-----	------------	------------

R \$80/NR \$96

LOCATION: MILLER MARTIAL ARTS

INSTRUCTOR: MILLER MARTIAL ARTS



## SPRING LEAGUE REGISTRATION OPENS

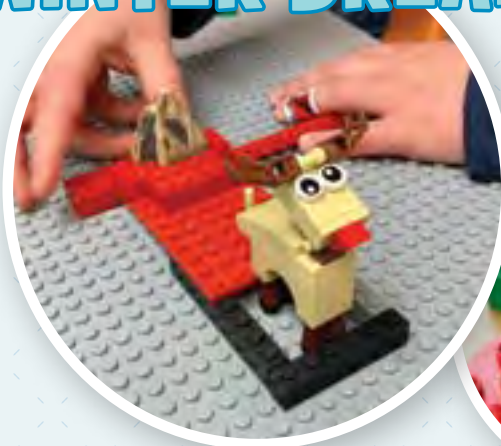
RESIDENTS 2/5 AT 8 AM  
NON RESIDENTS 2/6 AT 8AM

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

Ages  
3-6



# WINTER BREAK CAMPS



## Snapology Camps

Snapology provides interactive STEAM programs featuring technology and popular building toys (such as LEGO or K'Nex). We are committed to developing the next generation of scientists, mathematicians, engineers, inventors, and leaders. All Snapology programs are developed to engage students in a positive and exciting way to foster their continued interest and excitement to learn. We provide a dedicated Snapologist to teach your child, as they work in pairs or small groups, developing important executive function and critical thinking skills.

### Snapology Winter Break Holiday Robotics Workshop NEW

In this holiday workshop, students will work together to build winter holiday-inspired (Christmas, Hanukkah, Kwanzaa) robotic models. They will play games with their models and modify their work to learn the basics of robotics and create unique memories that will last much longer than just the holiday season!

AGE: 6-10

19787	Mon	12/23	9:30am-12:30pm
19792	Mon	12/30	1-4pm

R \$75/NR \$90

LOCATION: NKCC  
INSTRUCTOR: SNAPOLOGY

### Snapology Winter Break Superheroes Workshop NEW

In this special workshop, students explore the world of their favorite superheroes. Students will learn about forces, energy, and problem solving as they build models inspired by Superman, Batman, and all their favorite heroes. Experimentation and fun are crucial components of this "super" educational program!

AGE: 6-10

19789	Mon	12/23	1-4pm
-------	-----	-------	-------

R \$75/NR \$90

LOCATION: NKCC  
INSTRUCTOR: SNAPOLOGY

### Snapology Winter Break Ninja Adventures Workshop NEW

At some point, every child wishes they could be a ninja. Ninjas have been admired in media and culture for centuries! While they are taking part in Snapology's Ninjas Workshop, they will get to experience what it is like to be a skilled warrior. The students will have the opportunity to build many of the things that make up the culture of ninjas. A Japanese castle, Japanese dragon, labyrinth, and dojo to name just a few.

AGE: 6-10

19790	Mon	12/30	9:30am-12:30pm
-------	-----	-------	----------------

R \$75/NR \$90

LOCATION: NKCC  
INSTRUCTOR: SNAPOLOGY





## Northwest University Sports Academies

2-Day Specialty Shooting Camp hosted by Northwest University Men's Basketball. Learn how to develop a repeatable shooting motion, generate power, and increase your range. 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. The camp will be directed and coached by members of the NU MBB program. This camp is open to all genders. Each camper will receive a t-shirt.

### AGE:8-10

19644 Mon, Tue 12/30-12/31 9am-12pm  
R \$149/NR \$179

### AGE:11-14

19645 Mon, Tue 12/30-12/31 1-4pm  
R \$149/NR \$179

LOCATION: NORTHWEST UNIVERSITY GYM  
INSTRUCTOR: NORTHWEST UNIVERSITY



ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41

# MID WINTER BREAK CAMPS

## Snapology Mid-Winter Break 2-Day Workshop

NEW

In this 2-day workshop students will spend the first day learning what it takes to be an archeologist! They will practice techniques to uncover artifacts and use skills of induction to piece together parts of a whole and will delve into some of history's most famous archaeological sites. On day two we will focus on foundational engineering and students will explore pulley systems and gears, and how they can be used to reduce work, transfer energy, and convert rotary motion to lateral motion. They will then build a motorize merry-go-round and conveyor belt for their pulley system!

AGE:6-10 19793 Thu, Fri 2/13-2/14 9am-12pm

R \$150/NR \$180

LOCATION: NKCC  
INSTRUCTOR: SNAPOLOGY



## Play-Well Engineering Camps 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.

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

### ADVENTURES IN STEM WITH LEGO® MATERIALS CAMP

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 the endless creative possibilities of the LEGO® building system.

AGE:5-8 19941 Thu, Fri 2/13-2/14 9am-12pm

R \$143/NR \$172

### MINECRAFT MASTER ENGINEERING WITH LEGO® MATERIALS CAMP

Bring your favorite Minecraft adventures to life with our enthusiastic Play-Well instructors. In a Minecraft world powered by LEGO® resources, we will build shelters to keep out Creepers, craft mystical items that only true masters can wield, and perfect our crossbow skills to stop the Wither from taking over! If you can imagine it, we can build it.

AGE:7-12 19942 Thu, Fri 2/13-2/14 1-4pm

R \$143/NR \$172

# SPRING BREAK CAMPS



## Spring into STEM with LEGO® Materials Camp

Celebrate the coming of spring with Play-Well and tens of thousands of LEGO parts! Build chirping birds, design blossoming flowers, and take a ride on a paddle boat. Design and build as never before and explore your craziest ideas.

AGE:5-8  
 19943 Mon-Fri 4/14-4/18 9am-12pm  
 R \$231/NR \$277

LOCATION: HERITAGE HALL  
 INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Snapology Space Wars Robotics Spring Break Camp

NEW

Join Snapology over Spring Break for Space Wars Robotics, inspired by Star Wars and space travel! Come on an adventure building and programming functional robots using LEGO bricks in this super-fun camp! Learn about space, space travel, and of course, Star Wars! All experience levels welcome!

AGE:6-12  
 19794 Mon-Wed 4/14-4/18 9am-12pm  
 R \$260/NR \$312

LOCATION: NKCC  
 INSTRUCTOR: SNAPOLOGY

## Mad Science Camps

Kids will explore the different fields of science in an interesting and entertaining way. You could be inspiring the next Einstein or Madame Marie Curie!

### Mad Science Super Science Sampler Spring Break Camp

Mad Science comes in all shapes and sizes as our campers will discover in this exciting week of science activities. Become an engineer and build bridges, assemble and control pulleys, levers, catapults, and simple machines. Explore physical and chemical reactions through chemistry. Behold birds and beasts as we discover the animal kingdom!

AGE:6-11  
 19956 Mon-Fri 4/14-4/18 9:30am-12pm  
 R \$331/NR \$397

LOCATION: NKCC  
 INSTRUCTOR: MAD SCIENCE



### Mad Science Scene of the Crime Spring Break Camp

Like to solve mysteries? Crack the Case? Join the Mad Science Bureau of Investigation and use science to uncover clues and analyze evidence at the Scene of the Crime. Best for children entering 2<sup>nd</sup> through 6<sup>th</sup> grade who are able to read and write.

AGE:8-12  
 19957 Mon-Fri 4/14-4/18 1-4pm  
 R \$331/NR \$397

LOCATION: NKCC  
 INSTRUCTOR: MAD SCIENCE

## Empowered Kids – Running and Outdoor Spring Break Camp

Embark on a transformative 5-Day Empowerment, Running, and Outdoor Camp with PNW Kids Run Club! Designed to foster a growth mindset and enhance social-emotional skills, we empower youth to become self-believers and efficient runners.

Each day of our camp introduces new empowerment principles and running techniques through our engaging Drill of the Day.

AGE:6-12  
 19955 Mon-Fri 4/14-4/18 10am-12:50pm  
 R \$299/NR \$359

LOCATION: 132ND SQUARE PARK  
 INSTRUCTOR: PNW RUN CLUB



## Spring Break Fencing Camp

Experience one of the fastest growing sports in America! This camp will teach fencing skills using interactive games with other students of their own size. This camp includes discounted entry to the end of the summer fencing tournament.

AGE:7-18  
 19800 Mon-Fri 4/14-4/18 9am-12pm  
 19801 Mon-Fri 4/14-4/18 1-4pm  
 R \$303/NR \$358

LOCATION: KAIZEN ACADEMY  
 INSTRUCTOR: KEVIN MAR



# ONE DAY WORKSHOPS

## Celebrate Miniature Golf Day with LEGO® Materials

Did you know that September 21<sup>st</sup> is officially known as Miniature Golf Day? Well, it is! Join Play-Well TEKologies to celebrate this day by creating your own LEGO® golfer and designing epic miniature golf courses, while also learning about the engineering concepts that make it all work.

AGE:5-9

19748	Sat	9/21	9am-12pm
R \$47/NR \$56			

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Spooktacular Halloween Workshop with LEGO® Materials

With Halloween just around the corner, it's time to get out your decorations and get ready for trick-or-treaters! Build spooky ghosts and other moving decorations, learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO® bricks, we know your Halloween display will be simply "gourd-geous"!

AGE:7-12

19749	Sat	10/26	9am-12pm
R \$47/NR \$56			

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Winter Wonderful Workshop with LEGO® Materials

In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas, a hilltop village, slopes for LEGO® skiers and sleds.

AGE:5-9

19750	Sat	12/7	9am-12pm
R \$47/NR \$56			

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES

## Discover Pi Day using LEGO® Materials

Have you ever tried building circles with LEGO®? Get tips from the pros this Pi Day and celebrate all things circular in this workshop from Play-Well TEKologies! Use LEGO® parts to investigate pi and calculate that famous ratio, then take your building skills to the next level with other circle-inspired projects. With the guidance of an experienced Play-Well instructor, the fun (just like a circle) will never end.

AGE:7-12

19751	Sat	3/15	9am-12pm
R \$47/NR \$56			

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES



## BattleTrack with 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 the endless creative possibilities of the LEGO® building system.

AGE:7-12

19752	Sat	4/5	9am-12pm
R \$47/NR \$56			

LOCATION: NKCC  
INSTRUCTOR: PLAY-WELL TEKNOLOGIES



## YOUTH DANCE, MOVEMENT, & GYMNASTICS

### Ballet 1 Youth

Ballet vocabulary, alignment, posture, strength, and fluidity will be the focus through barre exercises, floor and center work. Parents are invited to watch on the last day of class. Leather-soled ballet shoes required. Prerequisite for 5-year-olds: Preschool Dance B or equivalent experience.

**AGE:5-7**

20029	Sat	9/14-12/14	10:45-11:30am
20030	Sat	1/11-4/5	10:45-11:30am

R \$124/NR \$148

LOCATION: NKCC

INSTRUCTOR: ULIANA CLAROS



### Elementary Tumblers

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 is perfect for beginners and those with some tumbling experience. (No class 10/23, 10/26, 11/27, 11/30, 2/15, 2/19)

**AGE:7-10**

19900	Wed	9/11-12/4	4:40-5:40pm
19901	Wed	9/11-12/4	5:45-6:45pm
19902	Sat	9/21-12/14	11:35am-12:35pm

R \$138/NR \$166

19938	Wed	1/8-3/19	4:40-5:40pm
19939	Wed	1/8-3/19	5:45-6:45pm
19940	Sat	1/11-3/22	11:35am-12:35pm

R \$125/NR \$150

LOCATION: NKCC

INSTRUCTOR: JANICE GOEBEL

### Youth Hip Hop

Our Hip instructor Dufon Smith "Orb" moved to Seattle in 1996. Shortly thereafter, he met a group of dancers with backgrounds in hip hop, house, capoeira, new jack, freestyle and breaking. Together they formed the influential Seattle crew, Circle of Fire. Orb has competed, performed, and taught around the world, and we are thrilled he is teaching in our community the art form of hip hop. Classes focus on culture, attitude, style, and funk while building self-esteem and coordination to age-appropriate music. Wear comfortable clothing and shoes and bring a water bottle to class. Parents are invited to watch on the last day of class.

### 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 11/27)

**AGE:5-7**

20032	Wed	9/11-10/16	4:15-5pm
20034	Wed	10/30-12/11	4:15-5pm
20037	Wed	1/8-2/12	4:15-5pm
20038	Wed	2/26-4/2	4:15-5pm

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: DUFON SMITH

### HIP HOP YOUTH I

Bust a move in this fun, high energy, street dance style class taught to "cleaned-up" versions of fast paced hip hop music. (No class 11/27)

**AGE:7-11**

20039	Wed	9/11-10/16	5:05-5:50pm
20041	Wed	10/30-12/11	5:05-5:50pm
20042	Wed	1/8-2/12	5:05-5:50pm
20043	Wed	2/26-4/2	5:05-5:50pm

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: DUFON SMITH

### Rhythmic Gymnastics & Ballet Level 2

This class is designed for beginner students of both rhythmic gymnastics and/or ballet who are ready to start learning choreography and perform for their parents. We will focus on basic elements such as balance, turns and jumps combined with basic ballet. Choreography is set to music using the hoop, ball, ribbon, rope, and clubs. Showcase performances for parents are at the end of the session. (No class 4/16)

**AGE:5-6**

19988	Tue	9/3-12/10	4-5:30pm
-------	-----	-----------	----------

R \$450/NR \$540

19975	Tue	1/7-4/29	4-5:30pm
-------	-----	----------	----------

R \$480/NR \$576

LOCATION: LA LUNA GYM

INSTRUCTOR: LA LUNA GYM

### Rhythmic Gymnastics & Dance Performance Team

This class is designed for an older child with limited experience in either dance or gymnastics of any kind. This class will cover classical ballet, basic acrobatics, gymnastics, flexibility, strength and hand-eye coordination. We will also cover rhythmic apparatus, such as hoop, ball, ribbon, rope, and clubs taught by highly qualified experts. Showcase performances for parents are at the end of the session. (No class 11/27, 11/30, 4/19)

**AGE:7-12**

19979	Sat	9/7-12/14	3-4:30pm
-------	-----	-----------	----------

R \$420/NR \$504

19977	Wed	9/11-12/11	6-7:30pm
-------	-----	------------	----------

R \$390/NR \$468

19990	Sat	1/4-4/26	3-4:30pm
19989	Wed	1/8-4/30	6-7:30pm

R \$480/NR \$576

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 too including at the Seattle Storm and UW! Previous experience not required. Cheer classes are run by Eastside Dream Elite Cheer & Dance, [www.EastsideDreamElite.com](http://www.EastsideDreamElite.com). (Some extra costs may be incurred for this class.) Class continues throughout the school year. (No class 11/28)

#### AGE:7-15

19855	Thu	9/19-10/24	6-7:30pm
19856	Thu	11/7-12/19	6-7:30pm
19857	Thu	1/9-2/13	6-7:30pm

R \$138/NR \$166

19858	Thu	2/27-4/10	6-7:30pm
-------	-----	-----------	----------

R \$161/NR \$193

LOCATION: NKCC

INSTRUCTOR: EASTSIDE DREAM ELITE

### Cheerleading Stunt & Tumble Class



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 non-performing class. Concurrent registration in Dream Team is required to participate in this class. Class continues throughout the school year. (No class 11/28).

#### AGE:7-18

19859	Thu	9/19-10/24	7:30-8:30pm
19860	Thu	11/7-12/19	7:30-8:30pm
19861	Thu	1/9-2/13	7:30-8:30pm

R \$84/NR \$101

19862	Thu	2/27-4/10	7:30-8:30pm
-------	-----	-----------	-------------

R \$91/NR \$109

LOCATION: NKCC

INSTRUCTOR: EASTSIDE DREAM ELITE



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

**W: 2:00-6PM**

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

**CAMP FEE PER MONTH: R \$336/NR \$403**

**TRANSPORTATION FEE PER MONTH: R \$126/NR \$151**

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.

#### REGISTRATION FEES/DEPOSITS

**MONTHLY FEE - R \$336/NR \$403**

All camp fees include a \$25.00 non-refundable deposit.

**MONTHLY INSTALLMENTS** - Full fee for your initial month of After School Camp and transportation is required upon registration (fee includes a \$25 deposit). Monthly installment option is not available for online registration. Additional months will be reserved by paying a \$25 non-refundable, non-transferable deposit per month per child. **The remaining balance due must be paid by the 15th of the previous month, otherwise the reserved spot and deposit will be lost.** The monthly installment option is only available for those registering for the full school year.

#### REFUND POLICY

The \$25 deposits for the Peter Kirk After School Camp are non-refundable and non-transferable. For withdrawals a refund/credit less the \$25 deposit will be granted if withdrawal request is received at least

two (2) weeks prior to the start of the new month. No refunds/credits will be granted with less than two (2) weeks' notice.

#### CAMP TRANSPORTATION

The After School Camp program provides transportation for students at Peter Kirk Elementary. Transportation to the after-school program is available for a limited number of students on a first come, first serve basis.

This service is offered at an additional cost of R \$126/ NR \$151 per month (December 2024 & January 2025 will be pro-rated). You must be registered for the After School Camp in order to register for Transportation.

#### HEALTH & MEDICATIONS

A participant information sheet must be filled out for each child, indicating all health concerns, allergies and limitations.

**REGISTER NOW FOR  
2024-25 SCHOOL YEAR!**

## YOUTH GENERAL

### Challenge Island – Believe It or Not Island NEW

Take a deep breath and dive into the most mind-blowing, jaw-dropping, eye-popping island ever! You and a STEAM team of friends will take on unbelievable engineering challenges inspired by zany, wacky, wild, 100% true facts! From amazing animals to extreme sports, from epic earthquakes to outer space; from breathtaking rescues to crazy competitions – Believe It or Not Island is sure to be an all-time record breaker! (No class 11/11)

AGE: 8-12

19795 Mon 9/9-11/18 4:15-5:30pm

R \$308/NR \$370

LOCATION: NKCC

INSTRUCTOR: CHALLENGE ISLAND



### Challenge Island – Cool Careers Island NEW

Your future awaits at this colossally cool island! You and a STEAM team of friends will engineer your way through some of the world's most exciting jobs from veterinarian to surgeon to marine biologist to professional basketball player! You'll even explore the world of entrepreneurship and engineer a business all your own. Your future is looking fabulous on Cool Careers Island.

AGE: 8-12

19903 Mon 1/6-3/24 4:15-5:30pm

R \$308/NR \$370

LOCATION: NKCC

INSTRUCTOR: CHALLENGE ISLAND



### Mad Science STEM Odyssey NEW

Join us on a journey of discovery as students are illuminated with the properties of light, awed by the mysteries of magnetism and shocked with our investigation of static electricity. Along the way, we'll embark on a mission of nutrition, analyze the science of sound and explore science that is at times hot, sometimes cold and occasionally, a little bit smelly!

AGE: 7-11

19903 Sat 10/12-11/2 9:30am-12pm

R \$308/NR \$370

LOCATION: MCAULIFFE PARK

INSTRUCTOR: MAD SCIENCE

### Mad Science Fantastic Forces NEW

Join Mad Science in an investigation of how things work as we explore Fantastic Forces. We'll witness the enormous power of tiny electrons, reveal how magicians use science to create astounding illusions, examine the four forces of flight, experiment with gravity, inertia and centripetal force, and uncover how these and other forces affect everything from buildings, to water, to the air around us.

AGE: 7-11

19903 Sat 3/1-3/22 9:30am-12pm

R \$308/NR \$370

LOCATION: MCAULIFFE PARK

INSTRUCTOR: MAD SCIENCE



### Ice Skating

Come experience ice skating in a fun and safe learning environment. Classes include rental skates, 30 minutes of professional instruction, and practice skating time. Students will be divided into their skill level first and age level second. Helmets are highly recommended. Registration deadline is two weeks before the first class. No refunds issued after registration closes. (No class 11/26, 11/27)

AGE: 4+

19659 Tue 9/10-12/3 10:45-11:45am

19661 Tue 1/7-3/25 10:45-11:45am

AGE: 5+

19662 Wed 1/8-3/26 6:05-6:50pm

19660 Wed 9/11-12/4 6:05-6:50pm

R \$468/NR \$562

LOCATION: SNO KING ICE ARENA

INSTRUCTOR: SNO KING ICE SKATING

### 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 9/18, 11/11, 11/13, 11/25, 1/20, 2/17)

AGE: 7-16

19548 Mon, Wed 9/4-10/2 6:15-7:15pm

19549 Mon, Wed 10/7-10/30 6:15-7:15pm

19550 Mon, Wed 11/4-12/11 6:15-7:15pm

19551 Mon, Wed 1/6-2/3 6:15-7:15pm

19552 Mon, Wed 2/5-3/5 6:15-7:15pm

19553 Mon, Wed 3/10-4/2 6:15-7:15pm

R \$140/NR \$168

LOCATION: PKCC

INSTRUCTOR: COTY VALDEZ

### CAPOEIRA AGES 4-6

See page 13



## 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. Class is open for ages 8 and up. This class is taught all together, kids and adults. Please wear comfortable exercise clothes, and please note that kendo is practiced barefoot.

### Beginners Kendo

Beginning classes are taught in a roughly 10-week curriculum, focusing on fundamentals, etiquette, footwork, and sword handling. 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+			
19484	Wed	9/25-12/11	6-7:30pm
			R \$132/NR \$158
19486	Wed	1/8-3/12	6-7:30pm
			R \$110/NR \$132

LOCATION: FINN HILL MIDDLE SCHOOL GYM  
INSTRUCTOR: JULIE CHEN

### Intermediate/Advanced Kendo

This class is for both intermediate and advanced students. Advanced students are people who are already in armor. Intermediate students are people who have completed the beginner's class in the previous quarter and wish to continue on to further improve their skills. Half of the class time will be spent on drills with the advanced group. Halfway through the quarter, intermediate students will be asked to purchase uniforms. Details will be discussed further during class.

AGE:8+			
19485	Wed	9/25-12/11	7-9pm
			R \$156/NR \$187
19487	Wed	1/8-3/12	7-9pm
			R \$130/NR \$156

LOCATION: FINN HILL MIDDLE SCHOOL GYM  
INSTRUCTOR: JULIE CHEN

### Bully Proof Martial Arts

Teach your kids to stand up for themselves! Korbett Miller of Miller Martial Arts Academy teaches what he preaches by showing students how to set verbal boundaries, what to say and when and how to say it. Class incorporates martial arts to build self-esteem and give students alternatives to solving physical, verbal, and cyber bullying conflicts. Korbett empowers kids to feel confident and teaches them how to use their voices to stay safe in physical situations.

AGE:7-12			
19959	Sat	10/12	1-2pm
			R \$30/NR \$36

LOCATION: MILLER MARTIAL ARTS  
INSTRUCTOR: MILLER MARTIAL ARTS



ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41



## Babysitting 101

Students completing this course will be better prepared to provide a safer and more positive infant/child-care experience. We cover parent expectations, basic first aid, home and fire safety, Heimlich maneuver, telephone tips, toys and activities and infant care. Babysitting 101 handbook and a course completion card included. Bring a morning snack, a sack lunch, and a drink.

### SUPER SITTERS

AGE:11-15

19944	Sat	9/28	9am-2pm
19945	Sat	2/1	9am-2pm

R \$70/NR \$84

LOCATION: NKCC

INSTRUCTOR: SUPER SITTERS LLC

## Home Alone Safe Kids 101

When is your child ready to stay home alone? What should they know about first aid, choking, fire prevention or aggressive dogs? Wondering how to initiate the discussion on abuse, abduction, or digital safety, like cyberbullying or sexting? We'll teach your child how to be safer at home and in the community! Safe Kids 101 book included. Bring a water bottle and snack.

AGE:9-13

19946	Sat	11/16	9am-12pm
19947	Sat	1/25	9am-12pm

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: SUPER SITTERS LLC

## YOUTH COOKING

### 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! (No class 4/16)

AGE:6-10

19716	Wed	9/11-10/2	3:30-4:30pm
19717	Wed	10/9-10/30	3:30-4:30pm
19720	Wed	2/5-2/26	3:30-4:30pm
19721	Wed	3/5-3/26	3:30-4:30pm
19722	Wed	4/2-4/30	3:30-4:30pm

R \$60/NR \$72

19718	Wed	11/6-11/20	3:30-4:30pm
-------	-----	------------	-------------

R \$45/NR \$54

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS

### Cooking with Karen – Holiday Baking

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

AGE:6-10

19719	Wed	12/4	3:30-4:30pm
20141	Wed	12/11	3:30-4:30pm

R \$20/NR \$24

LOCATION: MCAULIFFE PARK

INSTRUCTOR: KAREN RENFROE-GIELGENS



## ART & MUSIC



NEW

### Mixed Media After-School Art

Painting and crafting come together in this mixed media program where young artists will learn tips and tricks of painting with acrylics, making fascinating figurines from air dry clay and explore working with many different mediums, making beautiful meaningful projects in the process.

An activity packed with creativity and loads of fun! (No class 10/31, 11/28, 2/13, 2/20)

AGE:8-12

20124	Thu	10/10-12/12	4:45-5:45pm
20125	Thu	1/16-3/20	4:45-5:45pm

R \$260/NR \$312

LOCATION: NKCC

INSTRUCTOR: SHIKHA VIJAI

### Drama Kids After-School

This composite class is designed for 1<sup>st</sup> through 5<sup>th</sup> graders and will include various stimulating dramatic lessons perfectly suited for most elementary school children. Students will participate in a wide range of creative activities, including speech, dramatic movement, improvisation, snippets, and scripted scenes or mini-plays – tailored to their requirements and abilities. (No class 11/27)

AGE: 6-10

20144	Wed	9/18-12/11	4-5pm
-------	-----	------------	-------

R \$324/NR \$389

LOCATION: NKCC

INSTRUCTOR: DRAMA KIDS INTERNATIONAL

### TEEN SELF-DEFENSE

See page 30



### Crescendo Kids Piano 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. Recitals are scheduled throughout the year. New material each session. One-time materials fee of \$20 due to the teacher on the first day of class. Masks optional. (No class 10/31, 11/28, 2/13, 2/18)

**AGE:7-10**

19673	Tue	9/10-12/10	6:30-7pm
R \$252/NR \$302			
19678	Thu	9/12-12/12	5:20-5:50pm
19679	Thu	9/12-12/12	7:05-7:35pm
R \$216/NR \$259			
19686	Tue	1/14-4/1	6:30-7pm
19691	Thu	1/16-4/3	5:20-5:50pm
19692	Thu	1/16-4/3	7:05-7:35pm
R \$198/NR \$238			

LOCATION: NKCC  
INSTRUCTOR: PAMELA CORNELL

**PRE-SCHOOL PIANO CLASSES**

See page 10



### YOUTH SPORTS

#### PNW Kids Run Club

Join PNW Kids Run Club for an empowering workshop! We inspire self-reflection, helping kids discover their unique talents and strengths. Through fun running games with power words, like ‘brave’ and ‘strong’, children learn to see themselves in a positive light. With a focus on a growth mindset, they embrace challenges and set ambitious goals. Let’s nurture their potential as future runners and champions!

**AGE:6-12**

19953	Sat	9/14	2-3:50pm
R \$49/NR \$59			

LOCATION: CRESTWOODS PARK  
INSTRUCTOR: PNW RUN CLUB

#### Empowering Youth through Running and Goal Setting

Experience PNW Kids Run Club’s dynamic 7-week Empowerment and Running Program! Each week, children delve into empowering discussions and refine their running skills through our customized drill of the day. By the program’s end, kids not only earn a medal after completing a challenging 1-mile run but also gain improved posture, speed, endurance, and cadence. Join us for a journey of self-belief and physical achievement!

**AGE:6-12**

19954	Sat	9/21-11/2	9:30-10:20am
R \$196/NR \$235			

LOCATION: EVEREST PARK  
INSTRUCTOR: PNW RUN CLUB

## FAMILY STEM NIGHT NEW

#### Roller Coaster Ridge

It’s Friday! Do something fun and take part in family STEM night with Challenge Island, where you will be challenged with Science, Technology, Engineering and Math to brainstorm, create and build as a family unit. Whole family registers under one parent’s name. Geared towards ages 5 and up.

**AGE:18+**

19795	Fri	9/20	6:30-8pm
R \$40/NR \$48			

LOCATION: NKCC  
INSTRUCTOR: CHALLENGE ISLAND

#### Mummy Wrap and More!

It’s Friday! Do something fun and take part in family STEM night with Challenge Island, where you will be challenged with Science, Technology, Engineering and Math to brainstorm, create and build as a family unit. Whole family registers under one parent’s name. Geared towards ages 5 and up.

**AGE:18+**

19795	Fri	10/25	6:30-8pm
R \$40/NR \$48			

LOCATION: NKCC  
INSTRUCTOR: CHALLENGE ISLAND





# SKYHAWKS AFTER SCHOOL SKILLS ACADEMIES



### 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 (NO CLASS ON 10/25)

<b>AGE:6-8</b>				
19810	Mon	9/16-10/21	4:30-5:20pm	
19814	Wed	9/18-10/23	4:30-5:20pm	
<b>AGE:9-12</b>				
19811	Mon	9/16-10/21	5:30-6:20pm	
19815	Wed	9/18-10/23	5:30-6:20pm	

R \$179/NR \$215

LOCATION: ROSE HILL ELEMENTARY  
OUTDOOR COVERED COURT  
INSTRUCTOR: SKYHAWKS

### TENNIS (NO CLASS 10/25)

<b>AGE:6-8</b>				
19819	Fri	9/20-11/1	4:30-5:20pm	
<b>AGE:9-12</b>				
19820	Fri	9/20-11/1	5:30-6:20pm	

R \$179/NR \$215

LOCATION: JUANITA BEACH PARK  
INSTRUCTOR: SKYHAWKS



### SOCCER

<b>AGE:6-8</b>				
19812	Tue	9/17-10/22	4:30-5:20pm	
19818	Thu	9/19-10/24	5:45-6:30pm	
<b>AGE:9-12</b>				
19813	Tue	9/17-10/22	5:30-6:20pm	

R \$179/NR \$215

TUESDAY LOCATION: KIRKLAND MIDDLE SCHOOL  
THURSDAY LOCATION: TERRACE PARK  
INSTRUCTOR: SKYHAWKS

# Youth BASKETBALL LEAGUE

Grades  
3rd-6th

Registration Closes:  
November 5th

FEE: \$160 R / \$192 NR

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



AGES  
8-12



The City of Kirkland's Youth Basketball League's purpose is to allow each child to learn the importance of good sportsmanship and fair play in competition. In our league players will learn the basic rules, skills, and techniques involved in basketball so that each child may play and enjoy the game. Our league has certified officials, which allows our players and coaches to have a better game experience throughout the season.

BOYS LEAGUE		GIRLS LEAGUE	
19663	3rd Grade Boys	19666	3rd Grade Girls
19664	4th Grade Boys	19667	4th Grade Girls
19665	5th & 6th Grade Boys	19668	5th & 6th Grade Girls

Register your child under the school they attend or your nearest LWSD Elementary School. All 6th grade players will register to their nearest LWSD Elementary School. All gender identities and gender expressions are welcome in our league. Please register by your child's grade level and gender league preference. Teams are formed by school, grade, and gender.

Teams are formed in order of registration with a 10-player limit. We use the first 1-10 registrants at the same school to form the first team, and then the next 11-20 to form the second team, and so on. Some schools will form multiple teams. In some cases, schools of the same grade and gender will be combined to form teams. Teams are formed immediately following registration closing. There are NO coach requests, team requests, teammate requests, or team transfers.

Practices are scheduled at least once a week. Practice times will vary depending on coach and school availability. Most practices are scheduled between the hours of 5-9pm on weeknights. Practices do not occur during any Lake Washington School District (LWSD) holidays or when LWSD is closed.

The Season begins December 2nd. Coaches will receive rosters and coaching information at our coaches meeting on November 23rd. Coaches will contract players by phone or email the week of November 25th. The coach will provide you with information on practice time and location.

Games will start on Saturday, January 11th, 2025. Each team plays at least 8 games in a season. Our league has one make-up date available in the event of inclement weather or unforeseen game cancellations. Games are played on Saturdays between 8am – 5pm. \*No games Saturday, February 15th due to LWSD Mid-Winter Break.

We are hiring Youth Sports Facility Leads for the season. Youth Sports Facility Leads must be at least 18 years of age and available to work Saturdays 8am–5pm in January, February, and March. Pay ranges \$18.26 - \$21.81 an hour. For more information call 425-587-3334 or visit [kirklandwa.gov/ParksJobs](http://kirklandwa.gov/ParksJobs) to apply.

**Youth Basketball Refund Policy:**

Full refunds less a \$10 administrative fee will be granted through the registration period. Once registration closes on November 5th, 50% refund will be granted. No refunds will be granted after December 2nd when league practices start.

**VOLUNTEER COACHES NEEDED!**

The Youth Basketball program relies on volunteer coaches to operate our league. We are searching for volunteer coaches that can assist with providing players with an awesome season and experience that will enrich the lives of the youth in our community! We highly recommend teams have co-coaches to help with the practices and games. If you've ever thought about coaching youth sports, this is a great opportunity to get started!

If you would like to be a coach, please visit [kirklandwa.gov/Volunteer](http://kirklandwa.gov/Volunteer)

# KIRKLAND TEEN UNION BUILDING (KTUB)

We are thrilled to announce the re-opening of the Kirkland Teen Union Building (KTUB) as a teen center. Starting on **Tuesday, September 3**, KTUB will offer free drop-in activities, programs, late-night events, and behavioral health services for middle school and high school aged teens, five days per week (Monday–Friday) and most Saturdays. Learn more at [www.kirklandwa.gov/KTUB](http://www.kirklandwa.gov/KTUB)

Because offerings at KTUB are based on youth input, we are constantly adding new and exciting options. For the most up to date information, visit [www.kirklandwa.gov/KTUB](http://www.kirklandwa.gov/KTUB), or follow us on Instagram @kirkland.teens.ktub



**SAMPLE WEEKLY CALENDAR (ALL FREE FOR MIDDLE SCHOOL AND HIGH SCHOOL AGED TEENS)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Each weekday we will offer Art, Homework Help, Games, Social Lounge, Recording Studio, and Mental Health Services at no cost.</p>					
<p>Life Skills Classes</p>	<p>Cooking Classes</p>	<p>Movement Day</p>	<p>Explore a New Sport / Hobby</p>	<p>Open Mic</p>	

### Counseling & Outreach

KTUB partners with Youth Eastside Services (YES) to provide an on-site counselor for drop-in support and scheduled appointments. Services are free and include support for mental health, substance use issues, assistance with life challenges, and referral and connection to additional resources as needed.



Katelyn Mullikin is excited to join YES and the KTUB Team providing mental health counseling, substance abuse education, and life skills support at the Teen Center.



She has been working with young people in schools, summer camps, and sports practices for the last ten years; and she recently graduated from the University of Washington with a Master's in clinical Social Work and Public Health. In her counseling practice, Katelyn enjoys learning about her clients' interests, experiences, cultures, and values, to help them achieve their goals. When she's not working, Katelyn enjoys listening to music, running, hiking, and hanging out at the beach- even on a cloudy day. You can drop in to see Katelyn at KTUB or call to schedule a time: 425-517-1380.

### 4 Tomorrow at KTUB

4 Tomorrow is a youth and Latinx focused organization that provides access to human and mental health services to all communities, especially those marginalized and low income. Community members of all ages can access case management and eviction prevention rental assistance through our Life Services Program, as well as coordination and therapy at no cost. Additionally for youth, we offer affinity group spaces, creative workshops and recording studio time!



4 Tomorrow es una organización centrada en jóvenes y latinos que brinda acceso a servicios humanos y de salud mental a todas las comunidades, especialmente aquellas marginadas y de bajos ingresos. Los miembros de la comunidad de todas las edades pueden acceder a la gestión de casos y a la asistencia de alquiler para la prevención de desalojos a través de nuestro programa de Servicios de Vida, así como a coordinación y terapia sin costo. Además, para los jóvenes, ofrecemos espacios para grupos de afinidad, talleres creativos y tiempo en el estudio de grabación.

Contact information: Info@4tomorrowtoday.org or 425-891-0346

Tentative Hours: M-F from 2:00pm-6:00 pm

### Teen Recreation Programs

KTUB will also offer a regular schedule of recreation classes and workshops throughout the year. Programs range from video gaming to painting to learning life skills. While some of our classes have small fees, we always strive to make rates affordable and make scholarships available.

#### Kirkland Teen Union Building (KTUB)

348 Kirkland Ave  
Kirkland, WA 98033

425-587-3370 • ktub@kirklandwa.gov  
www.kirklandwa.gov/KTUB

#### Hours:

- Monday drop-in 3-6PM
- Tuesday drop-in 3-6PM
- Wednesday drop-in 1:30-6PM
- Thursday drop-in 3-6PM
- Friday drop-in 3-6PM event hours 6-9:30PM
- Saturday event hours 5-9:30PM
- Sunday - Closed

#### Drop In

All middle school and high school aged youth are welcome at KTUB during our open hours of operation. Study with peers, play video games, or catch up with friends. We have many planned and spur-of-the-moment activities from cooking classes to occasional field trips. See schedule on previous page (28) for drop-in activities

## SAVE THE DATE

You are invited to celebrate the re-opening of the Kirkland Teen Union Building (KTUB).

**Wednesday, September 18, 2024**  
from 5:30 – 7:30 PM

**JOIN US FOR FOOD, FUN,  
GIVEAWAYS, AND MORE**

#### FOLLOW US ON



Facebook.com/  
kirklandteenunionbuilding



@kirkland.teens.ktub

*\*Subject to change using the guidance of the LWSD Calendar*

# Teen Night EXTRAVAGANZAS



NO COST EVENTS

On Fridays, KTUB will offer free drop-in night activities, such as game nights, dances, movie nights, concerts, open mic, improv, and more.

The schedule will be posted online at [kirklandwa.gov/KTUB](http://kirklandwa.gov/KTUB) and [@kirkland.teens.ktub](https://twitter.com/kirkland.teens.ktub).

### Teens Zombie Run

Try your best to survive a zombie outbreak. Each teen will get three flags representing their lives. Then we will have moments of zombie outbreaks throughout the evening. Do your best to survive.

AGE:11-15				
19236	Fri	9/27	5:30-7:30pm	
AGE:15-18				
19237	Fri	9/27	7:30-9:30pm	Free

LOCATION: PETER KIRK PARK



### Teens Zombie Prom

Prom and Zombies? Yes please! This event will have make-up artists on-site, or you can arrive zombie ready. We will have a DJ and fun zombie related games.

AGE:11-15				
19238	Fri	10/25	5:30-7:30pm	
AGE:15-18				
19239	Fri	10/25	7:30-9:30pm	Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)



### Teens-Giving Feast

Teens Celebrate Thanksgiving, with a feast! We will have board games and a Nintendo Switch for Video Games.

AGES:11-15				
19240	Fri	11/22	5:30-7:30pm	
AGES:15-18				
19241	Fri	11/22	5:30-7:30pm	Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### Teens Holiday Escape Rooms & Cocoa Bar

Escape rooms are a great way to celebrate the holidays. We will have three different rooms to escape from so bring your friends or make new ones, then work together to decipher the clues to escape the rooms.

AGE:11-15				
19242	Fri	12/20	5:30-7:30pm	
AGE:15-18				
19243	Fri	12/20	7:30-9:30pm	Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### Teens Choice (January)

The KTUB Launch Team will decide what will happen at this teen night. Check [Kirklandwa.gov/TeenPrograms](http://Kirklandwa.gov/TeenPrograms), for updates.

AGE:11-18				
20013	Fri	1/31	6:30-9:30pm	Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)



### Teens Whodunit Mystery Night

Each participant will receive a character to portray throughout the night and clues to lead them to discover Whodunit. These were very popular events in the past, so register early to ensure you get a main character.

AGE:11-18				
20015	Fri	2/28	6:30-9:30pm	Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### Teen's Choice (March)

The KTUB Launch Team will decide what will happen at this teen night. Check [Kirklandwa.gov/TeenPrograms](http://Kirklandwa.gov/TeenPrograms), for updates.

AGE:11-18				
20016	Fri	3/28	6:30-9:30pm	Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)



## Teen General / Teen Art Workshops

### Teen Art Workshop: Screen Printing

Screen-print your shirts, screen-print your pants, screen-print your backpacks, screen-print your socks! Seriously, you can screen-print a lot of things, so come to this workshop and learn how.

AGE:11-18				
20005	Wed	9/25	6:30-8:30pm	
				R \$31/NR \$37

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)  
INSTRUCTOR: KARLA & LOLETTE

### Teen Watercolor Painting Workshop

Watercolor painting is such a great way to find your creative voice without constraints and constrictions. This workshop celebrates individuality in an inclusive space.

AGE:11-18				
20006	Wed	11/6	6:30-8:30pm	
				R \$31/NR \$37

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)  
INSTRUCTOR: KARLA & LOLETTE

### Teen Choice Art Workshop (February)

The KTUB Launch Team will decide what art workshop this will be. Check [Kirklandwa.gov/TeenPrograms](http://Kirklandwa.gov/TeenPrograms), for updates.

AGE:11-18				
20007	Wed	2/12	6:30-8:30pm	
				R \$31/NR \$37

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)  
INSTRUCTOR: KARLA & LOLETTE

### Teen Choice Art Workshop (March)

The KTUB Launch Team will decide what art workshop this will be. Check [Kirklandwa.gov/TeenPrograms](http://Kirklandwa.gov/TeenPrograms), for updates.

AGE:11-18				
20008	Wed	3/26	6:30-8:30pm	
				R \$31/NR \$37

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)  
INSTRUCTOR: KARLA & LOLETTE

## FOLLOW US ON



Facebook.com/  
[kirklandteenunionbuilding](https://www.facebook.com/kirklandteenunionbuilding)



@kirkland.teens.ktub

## Teen Cooking Classes: We Nailed It, but Is It Cake?

In each of these cooking classes, we will be attempting to create a realistic cake, like the show, "Is It Cake?" We fully expect success, but we know that even successful bakes sometimes turn into a version of "Nailed It!"

AGE:11-18				
19993	Sat	9/7	12:30-3:30pm	
19994	Sat	11/16	12:30-3:30pm	
19995	Sat	1/18	12:30-3:30pm	
19996	Sat	3/22	12:30-3:30pm	

R \$31/NR \$37

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)  
INSTRUCTOR: KAREN RENFROE-GIELGENS

## TEENS CELEBRATE KINDNESS

Did you know that doing kind acts for other helps you live longer? It's true! Embrace the opportunity to celebrate Random Acts of Kindness Day with us by meeting at Kirkland Teen Union Building and spreading Kindness like glitter. Registration is encouraged but walk-ins are welcome.

### TEEN WORLD KINDNESS DAY

AGE:11-18				
20000	Wed	11/13	6:30-8:30pm	
				Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### TEEN RANDOM ACTS OF KINDNESS DAY

AGE:11-18				
20003	Wed	2/19	6:30-8:30pm	
				Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)



## TEENS TAKEOVER SERIES

Join us for these local adventures just for teens!  
 Transportation is provided from KTUB.  
 Registration required; bring lunch money and fun money.

BRING LUNCH OR DINNER MONEY



### TEENS TAKEOVER MAIZE MAZE @ MARRIS FARMS

Maris Farms is like the Disneyland of Farms, with their Corn Maze, Pedal Cart Track, Candy Cannon, Apple Blasters, Human Foosball, and more!  
 Registration is required so that we can properly plan transportation. Don't forget to bring some lunch money for food, snacks, and souvenirs.

AGE:11-16  
 20009 Sat 10/12 12-4pm  
 R \$53/NR \$53  
 LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### TEENS TAKEOVER LEAVENWORTH

We are going to check out the Bavarian town and meet authentic reindeer. Bring your camera and your holiday spirit! Campfires will be warm, but please dress for cold weather as your tour will take place outdoors and Leavenworth can get quite chilly.  
 Registration is required, bring lunch money and additional "fun money" is encouraged.

AGE:11-16  
 20010 Sat 12/14 9am-6pm  
 R \$79/NR \$94.80  
 LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### TEENS TAKEOVER 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 maintained by The Summit and other locations along Snoqualmie Pass.  
 Registration is required and bring some money for lunch.

AGE:11-16  
 20011 Sat 1/4 9am-6pm  
 R \$79/NR \$94.80  
 LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### TEENS TAKEOVER WILD-LANTERNS @ WOODLAND ZOO

Begin your 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.

AGE:11-16  
 20012 Sat 1/11 5:30-9:30pm  
 R \$53/NR \$63  
 LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### TEENS TAKEOVER WINGS OVER WASHINGTON

Take a ride in the state-of-the-art "flying theater" that will transport you on an aerial adventure above one of America's most scenic and beautiful states, Washington.

AGE:11-16  
 20017 Sat 3/1 12-4pm  
 R \$53/NR \$63  
 LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)



MEET AT KTUB



## 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.



## Self Defense for Teen Girls – Moms Optional

This 3-hour class will educate teen girls about potentially risky situations: dating violence, how assailants target and test potential victims, personal safety, and more. Students will learn strikes to vulnerable targets, releases from grabs, and how to safely remove oneself from threatening situations. This class is intended for people of marginalized genders, cis and trans women, as well as non-binary folks and trans men. This class centers on the experiences of women and all people who have lived experiences of misogyny. If mothers attend with teens (not required) they must also register and pay for program.

AGE:14-19

19802	Sat	2/22	1:45-4:45pm
			R \$89/NR \$107

LOCATION: NKCC

INSTRUCTOR: STRATEGIC LIVING, LLC

## VolunTeens Community Service

### Teens Removing Invasive Species (R.I.S.)

Gardening is great for your mental health so we'll be removing invasive species from nature as well as from our brains.

AGE:11-18

20122	Wed	9/25, 10/16, 11/6, 11/30, 12/4, 1/8, 2/5, 2/26, 3/5, & 3/26	3-5pm
			Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

### Teens Choice

The KTUB Launch Team will decide where to spread our community service. Check [Kirklandwa.gov/TeenPrograms](http://Kirklandwa.gov/TeenPrograms), for updates.

AGE:11-18

20123	11/30	TBD	
			Free

LOCATION: KTUB (KIRKLAND TEEN UNION BUILDING)

# FRIENDSHIP \$5 Adventures

### Halloween Spooktacular Dance

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. Pre-register on-line for all activities at [www.friendshipadventures.org/events](http://www.friendshipadventures.org/events)

AGE:18+				
19693	Sat	10/26	5:30-8pm	

### Family Bingo Night

Come for an afternoon of fun and prizes! Snack and beverages will be provided.

Access drop off time 2pm, pick up window from 3:45-4:15pm. Pre-register and pay online at [www.friendshipadventures.org/events](http://www.friendshipadventures.org/events) or RSVP by email and pay at the door.

AGE:18+				
19694	Sun	11/10	2-4pm	

Questions? Contact [maureen@friendshipadventures.org](mailto:maureen@friendshipadventures.org) or 425-555-3132

No charge for family, volunteers, and caregivers.

Location: NKCC





## ADULT DANCE

### Ballet Basics -Virtual



Have you always wanted to take a ballet class but something got in the way? Here's the good news, it's never too late to learn ballet! No reason to be intimidated! This adult ballet basic class offers something for everyone from young adults to seniors and provides a fun way to tone and tighten your body while learning the fundamental techniques in a positive and supportive environment. Ballet develops balance, coordination, strength, stamina, self-confidence, and body-centered awareness. This class is for those with little or no dance training but want to embrace one of the most beautiful and graceful of all dance styles.

#### MONDAY

6 CLASSES (NO CLASS 11/11, 11/25, 1/20, 2/17)

AGE:18+

19767	Mon	9/9-10/14	7-8pm
19768	Mon	10/21-12/9	7-8pm
19769	Mon	1/6-2/24	7-8pm
19770	Mon	3/3-4/7	7-8pm

\$54

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

#### WEDNESDAY

6 CLASSES (NO CLASS 12/25, 1/1)

AGE:18+

19771	Wed	9/4-10/9	6-7pm
19772	Wed	10/16-11/20	6-7pm
19773	Wed	12/4-1/22	6-7pm
19774	Wed	1/29-3/5	6-7pm

\$54

3 CLASSES

19775	Wed	3/12-3/26	6-7pm
-------	-----	-----------	-------

\$27

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

### Ballet Open Level Virtual



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.

AGE:18+

6 CLASSES (NO CLASS 12/25, 1/1)

19776	Wed	9/4-10/9	7:15-8:15pm
19777	Wed	10/16-11/20	7:15-8:15pm
19778	Wed	12/4-1/22	7:15-8:15pm
19779	Wed	1/29-3/5	7:15-8:15pm

\$54

3 CLASSES

19781	Wed	3/12-3/26	7:15-8:15pm
-------	-----	-----------	-------------

\$27

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: MARCO CARRABBA

### Walk in-Hula Out!

So you have always wanted to learn the Hula? Now is the time. Our Hula classes welcome everyone to come and dance with us; no previous training is necessary, just expect to work the body a little, meet some new friends and enjoy. Instructor, Jeanne Makanaokalani is a graduate of Uncle George Naope of Hilo Hawai'i, with 15 years' experience teaching for Kirkland Parks.

### Pikaki Beginning and Intermediate Hula

The Pikaki class teaches the basic steps and hand motions for those who are new to Hula and for those who are wanting to improve existing skills.

AGE:18+

19797	Sun	9/15-11/17	12-1pm
19799	Sun	1/19-3/23	12-1pm

R \$120/NR \$134

LOCATION: NKCC  
INSTRUCTOR: JEANNE MAKANAOKALANI

### 'Ilima Advanced Hula

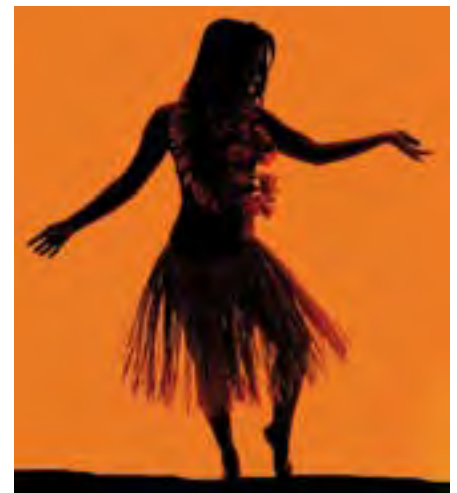
The 'Ilima class is for the dancer with a more extensive background with kahiko, 'auana, hula implements and some performing experience.

AGE:18+

19796	Sun	9/15-11/17	11am-12pm
19798	Sun	1/19-3/23	11am-12pm

R \$120/NR \$134

LOCATION: NKCC  
INSTRUCTOR: JEANNE MAKANAOKALANI



# PARTNER DANCING *with* CHARLES ENGLAND

Partner Dancing at the Peter Kirk Community Center. Adults and teens. Each participant must be registered.

## 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+

19846	Thu	9/12-10/10	7-8pm
19849	Thu	1/16-2/13	7-8pm

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. (No class on 11/7)

AGE:16+

19847	Thu	10/17-11/21	7-8pm
19851	Thu	2/20-3/20	7-8pm

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! (No class on 11/7)

AGE:16+

19848	Thu	10/17-11/21	8-9pm
19852	Thu	2/20-3/20	8-9pm

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+

19845	Thu	9/12-10/10	8-9pm
19850	Thu	1/16-2/13	8-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: CHARLES ENGLAND

## Tap Happy Adults

Learn new skills and increase positive endorphins through the joy of Tap Dance! This beginner's class offers you a great workout to upbeat music without feeling the effort of a monotonous workout. Learn routines and tap dance techniques, while developing balance, strength, flexibility and rhythm. We will be dancing to everything from Classic Rock, and America's Top 40 to Big Band, Jazz and Broadway Musicals! If it has a beat, and feels good, we will be dancing to it...Please wear tap shoes or character shoes.

AGE:16+

19970	Tue	9/10-11/12	6:25-7:25pm
19971	Tue	1/14-3/18	6:25-7:25pm

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: DEBBY SCHAEPERKOETTER

## TAP HAPPY II

AGE:16+

19972	Tue	9/10-11/12	7:30-8:30pm
19973	Tue	1/14-3/18	7:30-8:30pm

R \$110/NR \$132

LOCATION: NKCC

INSTRUCTOR: DEBBY SCHAEPERKOETTER



ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41

## ARTS & CRAFTS

### Watercolor Painting

Whether you are a beginner or advanced painter, you will enjoy learning techniques for a successful painting. Jean demonstrates every step and provides individual assistance to all. Working from photo references provided by instructor, you will paint still life, florals, landscapes/seascapes, animals and more. Supply list available at PKCC.

AGE:18+			
19563	Tue	9/3-9/24	6-9pm
19564	Tue	10/1-10/22	6-9pm
19565	Tue	10/29-11/19	6-9pm
19566	Tue	11/26-12/17	6-9pm
19567	Tue	1/7-1/28	6-9pm
19568	Tue	2/4-2/25	6-9pm
19569	Tue	3/4-3/25	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 12/26)

AGE:18+			
19580	Thu	9/5-9/26	6-9pm
19581	Thu	10/3-10/24	6-9pm
19582	Thu	10/31-11/21	6-9pm
19583	Thu	12/5-1/2	6-9pm
19585	Thu	1/9-1/30	6-9pm
19586	Thu	2/6-2/27	6-9pm
19587	Thu	3/6-3/27	6-9pm

R \$65/NR \$78

LOCATION: PKCC

INSTRUCTOR: JEAN PRATT-BEUOY



## ADULT FITNESS

### Adult Zumba

This dance inspired class is great for anyone interested in fitness. These 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 1/23 and 2/13)

AGE:18+			
19654	Thu	9/12-10/10	6-6:45pm
19656	Thu	1/9-2/20	6-6:45pm
19657	Thu	2/27-3/27	6-6:45pm

R \$90/NR \$108

19655	Thu	10/31-11/21	6-6:45pm
-------	-----	-------------	----------

R \$72/NR \$86

LOCATION: NKCC

INSTRUCTOR: TANYA DANCE FITNESS

### Latin Heat Zumba

This dance class includes a wide range of dances originating in Latin America, Puerto Rico and Cuba. Examples include the Cha-cha-cha, Rumba, Cumbia, Bachata, Reggaeton, Samba, Salsa and Merengue. This class allows you to be a part of the Latin explosion in today's music and culture! Dancers will learn Latin ballroom basics and fuse these basics with jazz dance technique for a fun, stylized experience. (No class 11/27)

AGE:18+			
20057	Wed	9/11-10/9	8:30-9:15am

R \$50/NR \$60

20058	Wed	10/23-12/18	8:30-9:15am
-------	-----	-------------	-------------

R \$80/NR \$96

20059	Wed	1/8-2/12	8:30-9:15am
20060	Wed	2/26-4/2	8:30-9:15am

R \$60/NR \$72

LOCATION: NKCC

INSTRUCTOR: MARIETTA SARKISOVA

**MORE ART CLASSES!**

See page 65

**MORE ZUMBA CLASSES!**

See page 48

**Cardio & Core with Joleen**

Need to lift your heavy carry-on into the overhead storage on an airplane? Easy! Become stronger and more agile in ways that you can use every day! Full body Functional Training and High Intensity Interval Training (HIIT) for results you can measure and feel! Different activities and games each week will keep it interesting, while evidence-based approaches will help you progress your fitness goals with this fun loving group. Modifications will be shown for different fitness levels. (No class 11/11, 11/27, 11/28, 1/20)

**AGE:16+**

19616	Mon	9/9-10/7	6-7pm
19617	Tue	9/10-10/8	9-10am
19618	Wed	9/11-10/9	6-7pm
19619	Thu	9/12-10/10	9-10am

R \$55/NR \$66

19620	Mon	10/28-12/16	6-7pm
19622	Wed	10/30-12/18	6-7pm
19623	Thu	10/31-12/19	9-10am
19624	Mon	1/13-3/3	6-7pm

R \$77/NR \$92

19621	Tue	10/29-12/17	9-10am
19626	Tue	1/14-3/4	9-10am
19627	Wed	1/15-3/5	6-7pm
19629	Thu	1/16-3/6	9-10am

R \$88/NR \$104

LOCATION: NKCC  
INSTRUCTOR: JOLEEN LESTER

**MORE ADULT EXERCISE CLASSES!**

See page 47

**Virtual Cardio & Core**

These classes are offered virtually. Zoom login will be sent prior to class. Enjoy working out with friends from the convenience of your home or vacation destination.

**AGE:18+**

19630	Wed	3/12-4/9	6-7pm
19631	Thu	3/13-4/10	9-10am

R \$55/NR \$66

LOCATION: VIRTUAL  
INSTRUCTOR: JOLEEN LESTER

**CardioBox**

A 45-minute total body workout session, using the basic principles of boxing, and various body conditioning / strengthening exercises. This class is designed for anyone with or without prior boxing experience. In this class, you will learn the different strikes used in boxing, along with footwork, body movement and defense. You will stay active, moving from one round to another, with more than 50% of the time on the bag. Additionally, you will be utilizing other equipment to condition and strengthen your body. (No class 1/20)

**AGE:18+**

19495	Mon	9/23-10/28	7:15-8pm
19497	Mon	1/6-2/17	7:15-8pm

R \$60/NR \$72

19496	Mon	11/18-12/16	7:15-8pm
19498	Mon	3/3-3/31	7:15-8pm

R \$50/NR \$60

LOCATION: NKCC  
INSTRUCTOR: SHARON GOH ADAMS



**Rock Steady Boxing (RSB)**

Taught by certified Affiliate Coaches, Rock Steady Boxing (RSB) is an evidence-based boxing fitness class designed specifically to help fight the effects of Parkinson Disease. Non-contact boxing drills, strength, balance, cardio and coordination activities are provided with a “tough love” approach and create the basis for functional improvements for people with any level of Parkinson’s. In addition to improved strength and function, participants enjoy a new sense of confidence and build supportive relationships with fellow class members. Participants must complete a \$40 assessment and receive affiliate coach approval prior to joining class. (No class 10/15, 10/17, 10/18, 10/25, 11/28, 11/29, 12/6, 12/26, 1/2)

**AGE:18+**

Fall	Tue, Thu, Fri	9/10-3/7	10:15-11:30am
Fall	Tue, Thu, Fri	9/10-3/7	11:45am-1pm
Winter	Tue, Thu	3/11-4/11	10:15-11:30am
Winter	Tue, Thu	3/11-4/11	11:45am-1pm

**10 VISIT PUNCH CARD**

\$120

LOCATION: NKCC  
INSTRUCTOR: JOLEEN LESTER





## Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your well-being.

5 CLASSES (NO CLASS 11/28)

AGE:18+

19960	Thu	11/21-12/26	3-4:15pm
19961	Thu	3/6-4/3	3-4:15pm

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: HELEN HUANG

## Tai Chi & Meridian Stretching



5 CLASSES (NO CLASS 11/25)

AGE:18+

19962	Mon	11/18-12/23	4:45-6pm
19963	Mon	3/3-3/31	4:45-6pm

\$55

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
See page 41

## SPECIAL INTEREST

### Mindfulness Meditation



Lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, chanting, and body-scanning (vipassana) techniques. Study methods to effectively release and manage physical and mental stress. Through mindfulness practice, learn to enjoy living fully in the present moment.

6 CLASSES

AGE:18+

19964	Tue	1/8-2/12	7:30-8:30pm
-------	-----	----------	-------------

\$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG



### Ukulele Beginning Fun 1.0

Aloha! The ukulele is a fun and engaging instrument that you can play! It's portable, fairly inexpensive, and great for playing songs with friends! It's also a great primer for learning other stringed instruments. Whether you're a beginner or have a little experience, you're invited to join our friendly group classes. We'll learn a couple of chords each week, learn to strum, and will be playing music together at our first class! Only requirements; a ukulele, and a willingness to try something new.

AGE:14+

19724	Tue	10/8-11/5	5:45-6:45pm
19725	Tue	03/18-4/15	5:45-6:45pm

R \$50/NR \$60

LOCATION: NKCC  
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+

19727	Tue	10/8-11/5	7-8pm
19728	Tue	3/18-4/15	7-8pm

R \$50/NR \$60

LOCATION: NKCC  
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. If you are bringing an electric guitar no amp is necessary.

AGE:15+

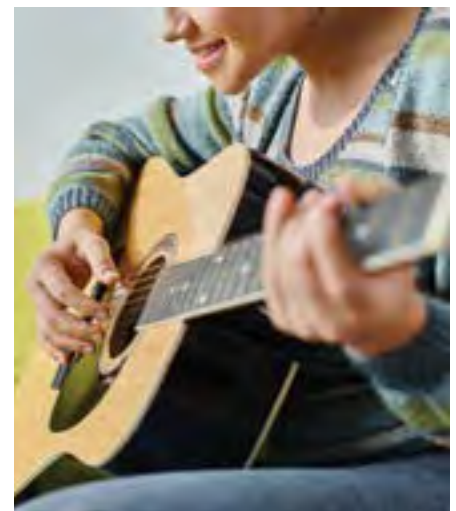
19803	Wed	11/6-12/18	7-8pm
19804	Wed	3/5-4/9	7-8pm

R \$90/NR \$108

19805	Wed	9/11-10/30	7-8pm
19806	Wed	1/8-2/26	7-8pm

R \$120/NR \$144

LOCATION: NKCC  
INSTRUCTOR: SCOTT LAWSON





### Self Defense for Women

Learn the 4 most crucial safety lessons: recognizing when someone means harm, using your body language and voice to interrupt an intended assault, simple yet effective physical skills to neutralize an attacker, and how to deal with the emotional fallout of an assault. Practice strikes to vulnerable targets, creating an impact, and releases from some common grabs. Great class to take with a friend! Bring a lunch or snack and water bottle. This class is intended for people of marginalized genders, including cis and trans women, as well as non-binary folks and trans men. This class centers on the experiences of women and all people who have lived experiences of misogyny.

AGE:18+  
 19809 Sat 10/12 1:45-4:45pm  
 R \$89/NR \$107

LOCATION: NKCC  
 INSTRUCTOR: STRATEGIC LIVING, LLC

### Voice Overs - Now is your time!

In what could be the most enlightening two hours you've ever spent, this class will show you how you can actually begin using your speaking 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+  
 19753 Mon 9/23 6-8pm  
 19754 Mon 11/4 6-8pm  
 19937 Mon 1/27 6-8pm  
 R \$40/NR \$48

LOCATION: NKCC  
 INSTRUCTOR: LISA FOSTER



### Gardening – Fall is for Planting

Autumn is the time for planting in the Northwest. Get ready to preen, prune, and plant with the cooling relief from those hot days of summer. Let's learn to prepare and rejuvenate soil, reinvigorate your trees and shrubs and deal with pests. Autumn is truly the best time for your garden. Instructor has over 40+ years in the horticulture industry, so bring your questions.

AGE:18+  
 19668 Sat 9/14 9:30-11:30am  
 R \$40/NR \$48

LOCATION: NKCC  
 INSTRUCTOR: KEN BOLSER

### Gardening – Getting Ready for Spring

Learn all you need to know about spring planting, soil preparation, late spring and summer pruning for the shapeliest of shrubs and trees, and what to do with what you have or plan to purchase. All the aforementioned while being water conscience and environmentally friendly. Instructor has over 40 + years in the horticulture industry, so bring your questions!

AGE:18+  
 19969 Sat 3/22 9:30-11:30am  
 R \$40/NR \$48

LOCATION: NKCC  
 INSTRUCTOR: KEN BOLSER

# SPONSOR

## AN EVENT

COME PARTNER WITH US!

The City of Kirkland offers a wide variety of events that reflect the incredible quality of life we enjoy. We invite local businesses, organizations, and corporations to partner with us in collaboration and promotion of your business for a truly unique marketing opportunity. The best part of sponsorship is engaging directly with customers while showing community support.

Visit [kirklandwa.gov/CommunityBuildingEvents](http://kirklandwa.gov/CommunityBuildingEvents) to view our Sponsorship Package Guide

# ADULTS



## Stand-Up Paddle Board Lesson and Sunset Tour

Learn the basic fundamentals of stand-up paddle boarding and enjoy an evening on Juanita Bay! Land and water skills, safety instruction and tours are provided by expert Seattle Paddle Guides (formerly Northwest Paddle Surfer). Sighting bay resident wildlife is common during tours, like turtles, otters, eagles, and herons. Paddleboard and safety equipment provided. Participants must be able to swim. This activity is great for individuals, friends, and families as it's open to ages 12 and up. Stand-Up Paddleboard weight limit is 225 pounds. Registration closes 8:00 AM the Tuesday before the program date.

### AGE:12+

20134	Wed	9/4	5-6:30pm
20135	Wed	9/11	5-6:30pm

R \$75/NR \$90

LOCATION: JUANITA BEACH PARK  
INSTRUCTOR: SEATTLE PADDLE

## Sunset Kayak Tour and Lesson

Learn the basic fundamentals of kayaking and enjoy an evening on Juanita Bay! Tours, land and water kayaking instructions, and safety skills are taught by industry expert Seattle Paddle kayak guides (formerly Northwest Paddle Surfers). Sighting bay resident wildlife during tours is common, like turtles, otters, eagles, and herons. Kayaks and PFD provided. Kayak weight limit is 250 pounds for singles, 500 pounds for doubles. This activity is great for individuals, friends, and families as it's open to ages 12 and up. Registration closes 8:00 AM the Tuesday before the program date.

### SINGLE KAYAKS

#### AGE:12+

20130	Wed	9/18	5-6:30pm
20132	Wed	9/25	5-6:30pm

R \$65/NR \$78

### DOUBLE KAYAKS

#### AGE:12+ WITH ADULTS

20131	Wed	9/18	5-6:30pm
20133	Wed	9/25	5-6:30pm

R \$95/NR \$114

LOCATION: JUANITA BEACH PARK  
INSTRUCTOR: SEATTLE PADDLE



## Sound Bath with Ethereal Sound & Wellness

Experience deep relaxation and restoration while participating in a series of Sound Bath classes 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, and water. Please arrive 10-15 minutes early, no late entry.

### AGES:18+

#### RESTORATIVE

20181	Tue	9/10	6:30-7:30pm
-------	-----	------	-------------

#### CANDLELIGHT

20182	Tue	10/8	6:30-7:30pm
20183	Tue	11/12	6:30-7:30pm
20184	Tue	12/10	6:30-7:30pm
20185	Tue	1/14	6:30-7:30pm
20186	Tue	2/11	6:30-7:30pm
20187	Tue	3/11	6:30-7:30pm

R \$40/NR \$48

LOCATION: HERITAGE HALL  
INSTRUCTOR: SAVANNAH POWERS





## REAL ESTATE

### Home Sellers Workshop

A Senior Mortgage Specialist and Senior Real Estate Professional will explain how to gain the knowledge you need to maximize your home's value in today's market! Learn essential tips on preparing your home for sale, pricing principles, marketing strategies & contract negotiations and calculating net proceeds. Whether you're a first-time, or experienced seller, this workshop is your roadmap to success.

AGE:18+

20077	Wed	9/11	6:30-8:30pm
20078	Wed	2/5	6:30-8:30pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Home Buyer Workshop

Unlock the door to your dream home. Join a Senior Mortgage Specialist and Senior Real Estate Professional to gain invaluable insights into the home buying process including understanding mortgages, financing options, navigating the market and negotiating offers. Whether you're a first-time buyer or seasoned homeowner, this class is your key to making informed decisions.

AGE:18+

20079	Thu	1/23	6:30-8:30pm
-------	-----	------	-------------

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Retire & Upsize, Downsize, or Rightsize Your Dream Home

NEW

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+

20080	Wed	2/19	6:30-8:30pm
-------	-----	------	-------------

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

### Federally Insured Reverse Mortgage Program

Are you or your spouse at least 62 years of age and have equity in your home? If yes you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment (you are still responsible for taxes, insurance and maintenance). Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

AGE:18+

19554	Wed	10/9	10:30am-12pm
19555	Wed	3/26	10:30am-12pm

R \$12/NR \$14

LOCATION: PKCC

INSTRUCTOR: KIM PRATER

## RECREATION SCHOLARSHIP FUND

APPLY for a recreation scholarship.

DONATE toward a recreation scholarship.

For more details, visit [kirklandwa.gov/RecreationScholarships](http://kirklandwa.gov/RecreationScholarships)

## SPORTS

### Small Goal Soccer

Small Goal Soccer will provide affordable, quality, fun, fast paced 6v6 soccer for all adults. We will together build a strong soccer community and leave no player behind. Viva! Full teams and free agents who need a team can join us for the action! League winners receive championship shirts and a trophy.

**AGE:18+**

19907	Coed	Thu	9/5-11/7	7-10pm
19906	Men's	Thu	9/5-11/7	7-10pm
19966	Coed	Thu	12/5-2/20	7-10pm
19965	Men's	Thu	12/5-2/20	7-10pm

**\$795/TEAM**

19908	Free Agent	Thu	9/5-11/7	7-10pm
19967	Free Agent	Thu	12/5-2/20	7-10pm

R \$79.50

LOCATION: 132ND SQUARE PARK  
INSTRUCTOR: SMALL GOAL SOCCER



ASK US ABOUT OUR SCHOLARSHIP PROGRAM  
See page 41



### Winter 2025 Volleyball League registration opens Dec 3 at 7am

Teams compete in various Women's and COED rec leagues. All gender identities and gender expressions are welcome.

**AGE: 18+**

19786	Coed Lower	Wed	1/22-3/29	7:20-9pm
19785	Coed Inter	Tue	1/21-3/18	7:20-9pm
19784	Coed Upper	Tue	1/21-3/18	6:15-10pm
19782	Women's Lwr	Mon	1/20-3/17	7:20-9pm
19783	Women's Inter	Mon	1/20-3/17	7:20-9pm
17402	Women's Upper	Mon	1/20-3/17	6:15-10pm

\$400/team

### INDIVIDUAL FREE AGENT TEAM MEMBER

19788	Coed Lower Div	1/22-3/29	7:20-9pm
-------	----------------	-----------	----------

\$50/person

LOCATION: KAMIAKIN MIDDLE OR EMERSON HIGH SCHOOL

### Open Gym at Kamiakin Middle School

(No open gym 11/10, 11/24, 12/22, 12/29, 1/5, 2/16, 4/13, 4/20)

**AGE:18+**

20129	Sun	9/15-6/15	5-8pm
-------	-----	-----------	-------

**DROP-IN OPTION**

\$5.25 per visit

**3 VISIT PUNCH CARD**

\$13

**10 VISIT PUNCH CARD**

\$42

Follow us on FB for up-to-date information on open gym emergency closures!

**KENDO CLASSES**

See page 23



# Harvest Festival Cornhole Tournament 2024

Saturday, October 5 • 11:15am to 1pm

Come join us for a cornhole competition for the ages at the Harvest Festival! Limited space available, sign up your team early to reserve a spot. Bags start flyin' at 11:15am. Check-in begins at 10:45am @ the Tennis Courts at Juanita Beach North on Saturday, October 5.

- ◆ **Double Elimination Tournament**
- ◆ **Championship prizes to 1st & 2nd place teams**  
Thank you Sparrow!
- ◆ **Limited space available.** #19361 \$15/team.  
You only need to register one person from your team.

Location: Juanita Beach Park



# 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)

# 50+ ADULTS

## Peter Kirk Community Center **50+ Programs**

352 Kirkland Ave, Kirkland, WA 98033

425-587-3360

Monday–Friday: 8am-5pm



The Peter Kirk Community Center (PKCC) is committed to providing daytime opportunities for people aged 50 and over, to create healthy and rewarding lives for themselves and others.

### OUR MISSION

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

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

### EVERYONE IS WELCOME

At this time the Center does not provide respite, adult day care, and/or services that would normally be provided by a trained attendant, nurse, or personal caregiver (i.e., incontinence, inability to use the restroom facilities by oneself, or preventing a participant from leaving the grounds of the Center). In addition, the provision of any personal care by staff for a participant is beyond our capability and cannot be expected. Participants in need of personal assistance are encouraged to participate when accompanied by an escort. Older adults with special needs may be eligible for other community-based programs, such as adult day centers (see page 57) or contact EvergreenHealth Community Healthcare Access Team at 425-899-3200 for other options.

### ENDORSEMENTS

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

CENTER CLOSED AT 12PM 12/24, 12/31

CENTER CLOSURE DATES 9/2, 11/28, 11/29, 12/25, 1/1, 1/20, 2/17

## GAMES



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

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

### Drop-in Party Bridge

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

### Cards

Come use our card rooms for a friendly game; available days vary. Call 425-587-3360 for more information.

### Pool

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



# Special Events

at the Peter Kirk Community Center

## SPECIAL EVENTS

### Afternoon Dances with the Mountaineers

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

Mon 10/7, 12/16, 3/17 2:30-4:30pm  
\$9 at the door

### Senior Resource Fair

Join us for this fun community event that gives adults 50+ and their families an opportunity to gather information and get answers to questions they may have. Local area agencies will provide information on services ranging from health and wellness, legal services, transportation, senior living options, and much more.

Thu 9/19 10am-12pm  
Free

### Turkey Treats

Elvis will be in the house and ready to have fun! Enjoy fun musical entertainment by Danny Vernon while you celebrate Thanksgiving with all your friends, followed by a delicious holiday meal prepared by Koelsch Senior Communities. Advance registration required by 10/31!

19507 Thu 11/14 11am-1pm  
\$10

### 21<sup>st</sup> Holly-Day Brunch

Sit back and relax while members of the Kirkland Youth Council prepare and serve a delicious brunch. Register early, space is limited! Advance registration required by 11/27!

20139 Sat 12/7 10-11am  
Free

### Holiday with the Hawks

Kick off your holiday season with this fun and unique event just for the seniors in our community. Join us and Seahawk Legends for the 12 Days of Goodness. If you are a huge 12 or a fan of the Seahawk Legends, this is an event you will not want to miss! You will have an opportunity to get photos, autographs and hear fun stories from some of your past favorites. Special thanks to Answers for Elders for making this special opportunity possible and to Sunrise Senior Living for sponsoring the lunch. Advance registration required by 12/1!

19508 Thu 12/12 11am-1pm  
\$5

### Holiday D'Lights

Add some merriment to the season with the Memphis Belles at our annual holiday celebration featuring festive music. A delicious lunch prepared by Aegis will follow. This is one party you won't want to miss; it's guaranteed to get you in the spirit of the season! Advance registration required by 12/6!

19510 Fri 12/20 11am-1pm  
\$10

### Pi & Bingo

Celebrate Pi Day with a slice of pie and a chance to win a fabulous prize at bingo. Advance registration required by 3/5!

19511 Fri 3/14 11am-1pm  
\$10

## Kirkland Senior Council Special Presentation

### Medicare Part D

Outreach Specialists for Medicare & Medicaid Services will be onsite to provide non-biased information on Medicare Part D plans. Learn how to best utilize your plan, when and how to change your plan and what rights you are entitled to. Also, hear about the changes to Medicare Part D including the out-of-pocket spending cap and other updates.

19853 Thu 10/10 1-2:30pm  
Free

### Aging in Place Part II; Construction & Remodeling

It is a scientific fact that people who stay living in their own homes live longer, happier, healthier lives that are less expensive than traditional care facilities. Aging in place doesn't need to feel sterile or hospital-like. Comfort, convenience, and stunning design all work together so all may thrive and enjoy life and each other in the home. Not ready for a full-scale remodel? That is ok, learn how to prepare your spaces for future easy modifications when needed. It doesn't all need to be done now. Learn how you can prepare for your future today. Preregistration is required.

19854 Thu 1/30 10am-12pm  
Free



# Movie & Popcorn

Join your friends for a movie and popcorn. Staff has chosen some of their favorite newer releases to share with you. Everyone is welcome! Registration required.

**TUESDAYS • 1-3 PM • FREE**

Priscilla (R)	9/17	19449
A Haunting in Venice (R)	10/15	19450
Arthur the King (PG-13)	11/19	19451
Cabrini (PG-13)	12/17	19452
Wicked Little Letters (R)	1/21	19453
Wonka (PG)	2/18	19454
The Long Game (PG)	3/18	19455

## Video/DVD Movie Checkout

Our movie checkout library has grown. Movies are available to check out, free of charge.



## Mystery Book Club

Participants will select a-book-of-the-month and then meet to share their reading experiences. Join us and bring along your favorite mystery. Everyone welcome!

Group meets the 1st Wednesday of each month, 2-4pm



## ARTS & CRAFTS

### Graphite Drawing

Come learn how to create realistic pencil drawings from reference photos and still life while learning many skills and techniques. Learning to draw with graphite pencils is a foundation for many forms of art. Instruction of special techniques will be offered to enhance the drawings produced each week. In this class you will acquire skills in value, proportion, perspective, texture, and representing three-dimensional forms as well as many others. All levels of experience are welcome. (No class 1/20, 2/17)

<b>AGE:18+</b>			
19588	Mon	9/16-9/30	9:30-11:30am
			R \$49/NR \$59
19589	Mon	10/7-10/28	9:30-11:30am
19591	Mon	1/6-2/3	9:30-11:30am
19592	Mon	2/10-3/10	9:30-11:30am
			R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: KIMBERLY SMITH

### Watercolor Painting-Day

Paint along as Jean demonstrates the entire painting and provides individual assistance. Your own style will emerge as you paint many subjects from still life to landscapes to florals. You will quickly learn composition, color mixing, brush use, establishing depth and more. This class offers something for all levels. Supply list available at PKCC. (No class 9/18, 12/25, 1/1)

#### 4 CLASSES

<b>AGE:18+</b>			
19571	Wed	9/4-10/2	1-4pm
19572	Wed	10/9-10/30	1-4pm
19575	Wed	11/6-11/27	1-4pm
19576	Wed	12/4-1/8	1-4pm
19577	Wed	1/15-2/5	1-4pm
19578	Wed	2/12-3/5	1-4pm
19579	Wed	3/12-4/2	1-4pm

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: JEAN PRATT-BEUOY

### Open Art Studio

Come paint or draw with other artists. The Peter Kirk Community Center Art Room is available for drop-ins on Tuesday afternoons. Check-in at the front desk. For more information call 425-587-3360.

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

### Needle Craft Group

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

Wed	10am-12pm	Ongoing
Free		



## DANCE

### Line Dancing

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to some great music. This class includes basic line dancing for the beginner along with more challenging dances for the more advanced dancer. A new dance is taught at every class as well as reviewing previously taught dances. All abilities welcome! Join Eloise in this fun and friendly class. No partner needed. This class will not be pro-rated.

6 classes (No class 11/26)

AGE:18+

19501	Tue	9/3-10/8	10-11am
19502	Tue	10/29-12/10	10-11am
19503	Tue	1/7-2/11	10-11am
19504	Tue	2/18-3/25	10-11am

R \$48/NR \$58

Drop-In Rate \$9

LOCATION: PKCC

INSTRUCTOR: ELOISE CHINN



### MORE DANCE CLASSES

See pages 34-35



## 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. (No class 9/2, 9/4, 9/13, 9/20, 11/11, 11/27, 11/29, 12/20, 12/25, 12/27, 1/1, 1/3, 1/20, 2/17, 3/14)

Call 425-587-3360 for session dates.

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

R \$75/NR \$90

LOCATION: PKCC

### Harmony & Balance Yoga

NEW

Calm your mind while honoring the physical body with intentional movement and breath work. Focus on gentle yoga sequences and stretches that will enhance physical strength, flexibility and balance while nurturing the spirit. Please bring yoga mat.

4 classes (No class 9/19, 10/3, 10/10, 11/14, 12/12, 1/30, 2/13)

AGE:18+

19512	Thu	9/5-10/17	10:30-11:30am
19513	Thu	10/24-11/21	10:30-11:30am
19514	Thu	12/5-1/2	10:30-11:30am
19515	Thu	1/23-2/27	10:30-11:30am
19516	Thu	3/6-3/27	10:30-11:30am

R \$40/NR \$48

LOCATION: PKCC

INSTRUCTOR: DEBORAH MATTINGLY

### Yoga for Beginners



Virtual Yoga for Beginners-Wednesday

With over 25 years' experience teaching yoga, Sally teaches the basics of yoga. She will introduce postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness and the ability to relax and release stress. Learn tricks and exercises you can do at home to improve your balance. Chairs are used in class to help with stability. You will leave class with a great stretch and a smile on your face; this class loves to laugh! This virtual class will be offered via Zoom, the instructor will email a Zoom invitation link to registered participants before the first day of class.

4 classes (No class 1/29)

AGE:18+

20083	Wed	10/2-10/23	10-11am
20084	Wed	10/30-11/20	10-11am
20085	Wed	11/27-12/18	10-11am
20086	Wed	1/8-2/5	10-11am
20087	Wed	2/12-3/5	10-11am
20088	Wed	3/12-4/2	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)

INSTRUCTOR: SALLY RODICH



## Strength & Stretch



Can't make it to the gym but still want to maintain strength? Don't have gym equipment and don't want to trip over weights? Not a problem. This class will help you to maintain your fitness in the comfort of your home! Use things you have at home to create strength. Walls, chairs, books, canned soup, and a towel are all you'll need for a complete full body workout. Learn tips and tricks that you can practice on your own. If you have equipment you'd like to use, please feel free. Zoom login information will be sent prior to class.

4 CLASSES (NO CLASS 9/13, 9/20, 10/11, 11/29)

AGE:18+			
20089	Fri	9/6-10/18	10-11am
20090	Fri	10/25-11/15	10-11am
20091	Fri	11/22-12/20	10-11am
20092	Fri	1/3-1/24	10-11am
20093	Fri	2/7-2/28	10-11am
20094	Fri	3/7-3/28	10-11am

\$32

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: SALLY RODICH

ASK US  
ABOUT OUR  
SCHOLARSHIP  
PROGRAM  
See page 41

## Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere is exercise in disguise! Feel the music, forget you are exercising and just move with joy! You don't have to know how to dance, just know how to have fun! All abilities welcome. Wear athletic shoes.

4 CLASSES

AGE:18+			
20095	Tue	9/3-9/24	2:15-3pm
20096	Tue	10/1-10/22	2:15-3pm
20097	Tue	10/29-11/19	2:15-3pm
20104	Tue	11/26-12/17	2:15-3pm
20106	Tue	1/7-1/28	2:15-3pm
20107	Tue	2/4-2/25	2:15-3pm
20108	Tue	3/4-3/25	2:15-3pm

R \$35/NR \$42

LOCATION: PKCC  
INSTRUCTOR: MARIETTA SARKISOVA

## Fit, Fabulous & Over 50

NEW

ENERGIZE your morning with friends! Join us and jumpstart your day with stretching and strengthening. You will go through a series of exercises to build strength, flexibility, and balance to achieve overall improved conditioning. Each class includes some wall Pilates for the ultimate full-body workout. You will leave class feeling happy, connected, invigorated AND eager to take on whatever life has to offer. No mat needed but bring your water bottle and a willingness to engage. All abilities welcome. (No class 9/19, 10/14, 11/28, 12/12)

4 CLASSES

AGE:18+			
20111	Thu	9/5-10/3	9-10am
20117	Thu	10/10-10/31	9-10am
20118	Thu	11/7-12/19	9-10am
20119	Thu	1/2-1/23	9-10am
20120	Thu	2/6-2/27	9-10am
20121	Thu	3/6-3/27	9-10am

R \$40/NR \$48

LOCATION: PKCC  
INSTRUCTOR: CHRIS KOCHER

## Tai Chi & Meridian Stretching

This energy-based class applies meridian stretching techniques and Tai Chi/Ki Gong forms to open blockages and release stagnant energy in the body. This holistic training allows you to detox at a deeper physical, emotional, and mental level to help rejuvenate your well-being.

5 CLASSES (NO CLASS 11/28)

AGE:18+			
19960	Thu	11/21-12/26	3-4:15pm
19961	Thu	3/6-4/3	3-4:15pm

R \$65/NR \$78

LOCATION: PKCC  
INSTRUCTOR: HELEN HUANG



## Virtual Tai Chi & Meridian Stretching

5 classes

AGE:18+			
19962	Mon	11/18-12/23	4:45-6pm
19963	Mon	3/3-3/31	4:45-6pm

\$55

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG

## Mindfulness Meditation Virtual



Lay a solid foundation for self-sufficient meditation practice by introducing proper postures, breathing, chanting, and body-scanning (vipassana) techniques. Study methods to effectively release and manage physical and mental stress. Through mindfulness practice, learn to enjoy living fully in the present moment.

6 CLASSES

AGE:18+			
19964	Wed	1/8-2/12	7:30-8:30pm

\$65

LOCATION: ZOOM (VIRTUAL)  
INSTRUCTOR: HELEN HUANG





### Financial & Legal Class Policy

The Peter Kirk Community Center offers a variety of financial and legal classes but does not endorse any speaker. Presenters have been asked not to call or solicit any students and to give information only. We suggest you listen to a variety of presenters before making any financial or legal decisions. This is an educational opportunity only. No marketing is allowed. Report any violations to Betsy Maxwell, Program Coordinator. Advance registration is required for all programs. Call 425-587-3360.

### Real Estate

#### Retire & Upsize, Downsize or Rightsize Your Dream Home NEW

Join a Senior Mortgage Specialist for a 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+			
20080	Wed	2/19	6:30-8:30pm
			R \$12/NR \$14

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER

### Federally Insured Reverse Mortgage Program

Are you or your spouse at least 62 years of age and have equity in your home? If yes you may qualify to stay in your home for your lifetime without having another mortgage payment, possibly receiving a portion of your home equity in one lump sum or having it as an additional income every month again with zero payment (you are still responsible for taxes, insurance and maintenance). Join a local Reverse Mortgage Specialist for a round-table workshop and gather the information needed to make you feel comfortable and confident with a decision based on your personal scenario.

AGE:18+			
19554	Wed	10/9	10:30am-12pm
19555	Wed	3/26	10:30am-12pm
			R \$12/NR \$14

LOCATION: PKCC  
INSTRUCTOR: KIM PRATER

## COMPUTERS

### One on One Tech Assistance

Are you having email issues or struggling to figure out that new phone? Need help navigating a website? Enjoy one-on-one tech support and assistance with Michele! Here is a fabulous opportunity to improve your computer skills and enhance your equipment knowledge. Due to high demand for this service, participants are allowed only one appointment per month. \*Participants should bring their own laptop, iPad or phone. Advanced registration is required, call 425-587-3360 to schedule an appointment.

Wednesdays

Free

LOCATION: PKCC  
INSTRUCTOR: MICHELE GIBSON

## KIRKLAND EMERGENCY MANAGEMENT

### Are you prepared?

Kirkland Emergency Management offers in-person and online opportunities for you to prepare yourself, your family, and your community!



Find out more about our class offerings, preparedness information, and sign up for our newsletter by visiting us at [www.kirklandwa.gov/KirklandEM](http://www.kirklandwa.gov/KirklandEM).



## Enhance® Wellness Program

Do you want to take control of your life and improve your health, but aren't sure where to turn? Let the Enhance®Wellness team help you develop a personalized plan to address the areas of your health that are most important to you.

Maybe you have thought of increasing your social circle, working on your feelings, managing your weight, or starting an exercise program, but have had difficulty getting motivated. Maybe you're dealing with a new condition like Pre-diabetes and not sure what to do. We all have a multitude of reasons for not acting on things that could enhance our well-being, but research shows that with a little help we can overcome these barriers. Enhance®Wellness is a participant-driven, evidence-based health promotion program. You will work one-on-one with a nurse and/or social worker who will provide an assessment, personal guidance to improve your identified health issues, and ongoing support to help you meet your goals.

Program is FREE of charge.

(Fridays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)  
 LYDIA BARNESLEY, LPN; 425-286-1029; LYDIAB@MYNORTHSHORE.ORG

### Enhance®Wellness - Social Work Consultation

For those needing assistance from a social worker for any concerns or problems, such as health, depression, loss and grief, life transitions, etc.

(Mondays, 8-4pm; by appointment; available in-person, virtual and/or by phone.)  
 GEORGIA RIGLER; 425-286-1047; 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

Program is FREE of charge

(Wednesdays 8am-4pm; by appointment or walk-in; available in-person, virtual and/or by phone.)  
 CASSIDY STOUT, MSW; 425-286-1072; CASSIDYS@MYNORTHSHORE.ORG

## 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 provide a wide range of unpaid services to their loved ones. You may care for a loved one at home or provide long distance support. The Social Services staff person is available to you, the caregiver, to assess, manage and improve your own health. Services include consultation, connecting with community resources, strategies to cope with stress, and enhancing your personal health and wellbeing. Please call for an individual appointment.

Mondays by appointment.

This service is FREE.

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

## SUPPORT & DISCUSSION GROUPS

### Women's Coffee Hour


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

Mondays, 10-11am

Free

LOCATION: PKCC, IN-PERSON  
FACILITATOR: GEORGIA RIGLER, MSW, LICSW,  
425-286-1047; GEORGIAR@MYNORTHSHORE.ORG

### Rainbow Pride Coffee Hour NEW

 Join us monthly for our conversation and coffee hour dedicated to building 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.

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



### Conversation Café Groups

Join others in these free weekly virtual or in-person conversation groups.

It's an opportunity to make social connections and to simply have some fun and enjoyable conversation. Come check them out. We would love to have you join in!

Mondays 1:30-2:30pm

FREE

LOCATION: NSC BOTHELL, ROOM 104  
FOR MORE DETAILS, CONTACT LYDIA BARNESLEY AT  
425-286-1029; LYDIAB@MYNORTHSHORE.ORG

### Men's Conversation Café

Join other men in this free weekly group. It's an opportunity to make social connections and to have some fun and enjoyable conversation.

Wednesdays 11am-12pm

Free

LOCATION: VIRTUAL  
FOR MORE DETAILS, CONTACT JOHN RYND, 425-308-4613.

### The More You Know: Community Resources & Info Sharing NEW

Meet on the first Tuesday of each month to learn, share and explore resources in the community. Sessions will have both information being presented as well as space for others to share what they know or have experienced in accessing community supports. Registration required.

First Tuesday of each month, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205  
FACILITATOR: CASSIDY STOUT, MSW,  
COMMUNITY RESOURCE SPECIALIST  
FOR MORE DETAILS AND TO REGISTER,  
CALL OR EMAIL 425-286-1072;  
CASSIDYS@MYNORTHSHORE.ORG

## Sharing and Caring

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

Wednesdays, 1-2pm

Free

LOCATION: NSC BOTHELL, ROOM 205  
FOR MORE DETAILS, CONTACT  
JANET ZIELASKO, MS, LSW, 425-286-1035;  
JANETZ@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 Wednesday, 10-11am

Free

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

## Diabetes/Pre-Diabetes Group

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

First Friday, 11am-12pm

Free

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

## Parkinson's Support Group

Both caregivers and persons with Parkinson's disease can gain from presentations by guest speakers and discussions with other group members.

Third Tuesday, 10-11am

Free

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

### ROCK STEADY BOXING

See page 37

## 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 Wednesday, 6:30-8pm

Free

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



## Caregivers Support Group

Are you a spouse, partner, son, daughter, relative or friend who cares for a loved one with dementia or other chronic illness or disability? Come join other unpaid family caregivers for mutual support and assistance.

First and third Thursdays, 10:30am-12pm

Free

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

Second Wednesday; 1-2pm

Free

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

Fourth Wednesday, 11am-12pm

Free

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

NEW

## Peer Discussions Group Challenging Family Situations

This free, peer-led discussion group will focus on challenging and strained relationships with adult children, grandchildren and/or family members impacted by drug/alcohol use and/or addiction. This is not a therapy group, but it will provide an opportunity to share concerns with others who may be in similar situations and discuss ways for better understanding, self-care, and coping. We care and want you to know that you are not alone.

Every Thursday, 1-2:30pm

Free

LOCATION: NSC BOTHELL, ROOM 103  
FOR MORE INFORMATION, CONTACT  
TERRY BUSCH AT 510-813-1825.

## WELLNESS CLASSES

### Mandala

Mandala - loosely translated means "circle," but it is far more than a simple shape. It represents wholeness and can be seen in all areas of life. Creating a mandala is an activity that can reduce stress, bring about peace and produce calmness. When creating a mandala, you work on focusing from the center of the circle to the outer edge. In this class, you will learn how to make a collage mandala using photos, paints, crayons, colored pencils, pastels, and cards in making this creative tool for mindfulness! You can also feel free to bring your own pictures and anything else you may wish to include for your mandala. \$5 supply fee; payable to instructor at start of class.

AGE:50+

19742 Wed 9/9 1-3pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: BERTHA MARSELIS



### Eating for Kidney Health

Learn about the kidney-friendly diet. Eating well can keep your kidneys healthy and help slow the progression of chronic kidney disease. Taught by a renal dietitian, you'll learn nutrition basics for kidney health; what foods are good for the kidneys, how to shop for and cook kidney-healthy foods, and tips for eating healthy if you have chronic kidney disease.

AGE:50+

20201 Fri 9/20 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: PUGET SOUND KIDNEY CENTER REPRESENTATIVE



### Medicare Open Enrollment Presentation

During this FREE session, you will learn:

- What you can do during Medicare Open Enrollment
- Choosing and changing plans
- Medigaps
- How to get help paying for Medicare

Registration required; seating is limited.

AGE:18+

19744 Mon 9/30 1-3:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTERS: LARRY COLE AND RASHMI DUGAL, SOLID GROUND SHIBA VOLUNTEERS

### Opioids in Our Community: What I Need to Know

Learn how opioids are impacting our communities and how to administer naloxone (aka "Narcan") after an overdose emergency. Whether you know someone who uses opioids or not, you might be able to save someone's life.

AGE:50+

19758 Wed 10/9 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTERS: SEAN HEMMERLE, OVERDOSE EDUCATION & NALOXONE DISTRIBUTION CONSULTATION

### Matter of Balance

Aging is often accompanied by a change in balance and/or loss of strength that can lead to an increased risk for falls. In this 8 session FREE workshop, you will learn about fall hazards, strategies to prevent falls, how to get up from a fall, and ways to become more physically active. We will do gentle exercises to improve strength and balance. This workshop is designed for those who have become less active due to experiencing a fall or a fear of falling, or those who use assistive devices to avoid falls.

AGE:18+

19759 Fri 10/18-12/13 1-3pm

Free; Pre-registration required.

LOCATION: PKCC

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

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

NEW

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

AGE:50+

19760 Mon 11/4 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

PRESENTER: GEORGIA RIGLER, MSW, LICSW

ASK US ABOUT OUR SCHOLARSHIP PROGRAM See page 41



**Mindfulness Practice:  
Living a Happier & Healthier Life**

Please join us for a 90-minute presentation with a longtime meditation teacher and practitioner, who will share how to meditate, how it works, and how to get past obstacles. Mindfulness practice is cultivating moment-by-moment awareness of breathing, while observing thoughts and feelings without judgment. We will learn how to relax into the present, how to not get stuck in difficulties. From this mindfulness, happiness and freedom arise.

AGE: 18+  
19761 Mon 1/6 1-2:30pm  
Free; Pre-registration required.

LOCATION: PKCC  
PRESENTER: STEVE WILHELM, CERTIFIED MINDFULNESS TEACHER

**Living Well with Chronic Conditions**

Do you have a health condition that causes: fatigue, shortness of breath, pain, lack of activity, frustration, or isolation? If you respond "yes to any of these then the Living Well with Chronic Conditions Workshop might be just what you need! This six-week educational series teaches specific skills and techniques that will help you better manage your chronic condition and regain self-confidence so you can Live Well!

AGE: ALL AGES  
19764 Fri 3/7-4/11 1-3:30pm  
Free; Pre-registration required.

LOCATION: PKCC  
PRESENTER: LYDIA BARNESLEY, LPN & JANET ZIELASKO, MS LSW



**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.

**KIRKLAND MARINA PARK**  
Wednesday, December 18 • 5:00 PM - 5:20 PM

**OO DENNY PARK**  
Friday, December 20 • 8:30 PM - 8:50 PM

**JUANITA BEACH PARK**  
Sunday, December 22 • 2:35 PM - 2:55 PM



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



# EvergreenHealth

## The Tell-Tale Heart

NEW

Learn to recognize the warning signals of heart disease and raise your awareness of risk factors. You will also get the facts on the latest medical research and lifestyle recommendations.

Thu 9/12 1-2:30pm

Free

## Living with Ease and Arthritis

NEW

Make your home arthritis friendly by creating more accessible living space with assistive technology and learn simple techniques for daily use.

Thu 10/17 1-2:30pm

Free

## Chair Yoga

This is a gentle form of yoga practiced sitting in a chair or standing with the support of a chair. It is appropriate for those with mobility issues due to aging and body constitution or those recovering from recent surgeries.

Thu 11/21 1-2:30pm

Free

## Eating for a Healthy Weight Loss

NEW

Talk to a nutritionist about diet risks, myths, and fads. Learn simple, safe tips for achieving healthy weight loss while maintaining balanced nutrition.

Thu 12/19 1-2:30pm

Free

## First Response

NEW

Gain the knowledge and confidence to act quickly and correctly if you are the first person upon an emergency situation. Learn techniques to help you effectively communicate with emergency response personnel and how to be of the most assistance to someone in trouble.

Thu 1/16 1-2:30pm

Free

## Good Night, Sleep Tight

NEW

Do you have trouble sleeping? Learn how aging, illness or medication can affect your sleep patterns, and get tips that may help you sleep through the night.

Thu 2/13 1-2:30pm

Free

## Growing Older, Eating Better: Nutrition for Adults

NEW

Learn why good nutrition in later years can help lessen the effects of osteoporosis, high blood pressure, gastrointestinal problems, other diseases and chronic conditions.

Thu 3/13 1-2:30pm

Free

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

LOCATION: PKCC

## Health Services

### Oral Health Care

Affordable teeth and denture cleaning for adults age 50+ provided by Healthy Smiles Inc. Dental hygiene services include cleaning, oral cancer screening and fluoride treatment for \$95.00. This is a special program approved by the WA State Legislature. For appointments and more information call 425-587-3360. LOCATION: PKCC

### Meals on Wheels Program

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

For info call 425-403-5255.

### Congregate Lunch Nutrition Program

Nutritious meals are available to anyone age 60+ at 12pm on Monday and Tuesday, to be enjoyed on-site at the Peter Kirk Community Center. Lunches must be pre-ordered, to reserve a lunch call 425-587-3360. \$4.50 donation for 60+, all others \$6.50.

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

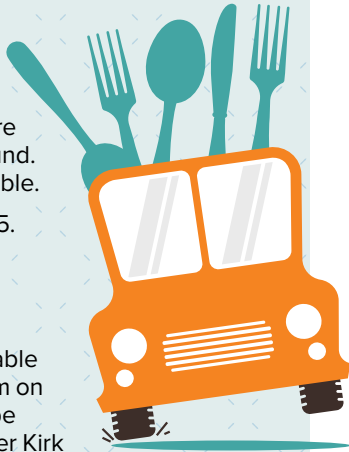
Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will be available the fourth Friday of each month to meet with you privately to answer questions about Medicare (billing procedures), Medicare Part D, health insurance and long-term care insurance.

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)



## Community Resources

### Community Living Connections

To speak with someone about what services and supports may be available to aid with 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

<https://www.evergreenhealth.com/about-us/investing-in-our-community/levy-funded-services-programs/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 Up 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.



## Respite Care Program

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

For more information call Sound Generations 206-448-3110.

### Respite Care Services on the Eastside

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

**EvergreenHealth Home Care** 425-899-3300

**Eastside Friends of Seniors** 425-369-9120

**Volunteer Chore Services (Catholic Comm. Svcs.)** 206-328-5787

**Jewish Family Services** 206-461-3240

### Adult Day Centers

These certified centers provide safe, well-supervised therapeutics, 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



## FINANCIAL SERVICES

### Income Tax Assistance

Volunteer Tax Advisors will help you prepare your 2024 tax return.

Appointments are required and available Fridays from 9am-3pm, Feb 3–April 14. Call 425-587-3360 beginning Jan 2, 2025 to schedule an appointment.

Free

### Attorney General's Consumer Protection Web Page

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

### Clearpoint Financial Services

*(Formerly Solutions Consumer Credit Counseling)*

Provides counseling, money management assistance, advice on debt reduction and the wise use of credit. Call 1-800-750-2227 or go to [www.clearpoint.org](http://www.clearpoint.org).

### Property Tax Benefits Program

To receive a property tax exemption, a taxpayer must be age 61+, own and occupy their residence and have an annual income that does not exceed \$35,000. To see if you qualify, call 206-296-3920.

### Social Security

Open 7am-7pm weekdays.  
Call 1-800-772-1213 or go to [www.ssa.gov](http://www.ssa.gov)

## 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.soundgenerations.org/our-programs/senior-rights-assistance/](http://www.soundgenerations.org/our-programs/senior-rights-assistance/)

### Eastside Legal Assistance Program

ELAP provides lawyers to answer your legal questions.

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.

## 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)

## Latino, Chinese and Russian/Ukrainian Services

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

Programs and services available to all seniors are more easily accessible to Latino, Chinese and Russian/Ukrainian 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, 206-764-8044.



### 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, 206-764-8044.

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

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

Mensual 10-11:45am 1er Lunes  
Gratis

### ESL para Adultos Mayores Latinos

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

Lunes 12:45-2pm En Curso  
Gratis

### CHINESE SERVICES – Tuesdays

For more information call Jiaoling Li at the Chinese Information & Services Center, 206-396-7287 or Boliver Choi boliverc@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 9:30am-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

### 中国舞蹈与音乐

加入这个有趣的社交活动, 结识新朋友。提供普通话/粤语服务。費用全免。

周二 - 进行中

### 中国老年人的

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

周二 进行中

### RUSSIAN / UKRAINIAN SERVICES – Thursday

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

### Russian Speaking Information & Assistance

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

Thu 9am-12pm Ongoing  
Free

## Transportation



### Access

Transportation to appointments, grocery shopping and the Community Senior Center. To schedule, call 206-205-5000 or toll free 1-866-205-5001.

### Volunteer Transportation for Seniors

Personal transportation to medical and other essential appointments.

For rides or to be a volunteer driver, call 206-448-5740 or toll free 1-800-282-5815 or go to [www.soundgenerations.org](http://www.soundgenerations.org).

### METRO Information

24-Hour Rider Information.

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

### HOPELINK

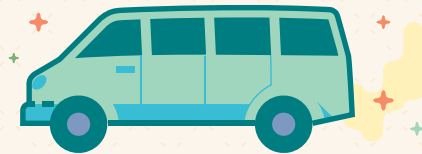
Transportation to medical appointments for individuals with Medicaid coupons. Call 1-800-923-7433 or go to [www.hope-link.org/get-help/transportation](http://www.hope-link.org/get-help/transportation)

### 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 5 PM, the day before service. The van provides rides to:

- Peter Kirk Community Center,
- Local grocery stores and Hopelink's Food Bank,
- Medical appointments in Kirkland, Bellevue, Bothell, or Redmond, on a space available basis.

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

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

If we have space available, we will provide you with transportation for up to 30 days to the Peter Kirk Community Center while your Access application is being processed.

**To schedule a ride or for more info, please call 425-286-1026.**

The transportation program is a partnership of the City of Kirkland, King County Metro, and Northshore Senior Center Transportation.

\*All trips include sales tax



# Out to Lunch Bunch



11am–2pm • R \$15 / NR \$18

### The Stone House SEATTLE

This family-owned business adds flavor to its diverse community and offers home-style cooking to bring back the nostalgic feelings of the past.

19431 9/3

### Zio Sal REDMOND

Authentic generational Italian recipes in a warm, welcoming atmosphere.

19432 10/15

### Salty's on Alki SEATTLE

Located on Alki Beach with the most spectacular view of the Seattle skyline.

19433 11/19

### Barking Frog WOODINVILLE

Upscale bistro in the Willows Lodge serving Northwest cuisine & wines.

19434 12/17

### Brianna's Cafe MILL CREEK

A casual, family-owned diner known for their delicious food.

19435 1/21

### Tanoor SAMMAMISH

Tanoor is a family-owned and operated authentic Lebanese restaurant.

19436 2/11

### Shawn O'Donnell's EVERETT

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

19437 3/11

\*All trips include sales tax\*

# PKCC VAN TRIPS



**BRING LUNCH/DINNER MONEY**

## Trip Difficulty Rating

Mild Walking

Moderate Walking

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



## Bingo & Lunch - Waterway Cruises

Spend an exciting afternoon on the water enjoying bingo, a delicious lunch, and the captain's narration of Seattle sights!

19438 Tue 9/10 10am-2:30pm  
R \$83/NR \$88

## Mystery Trip

Visit six continents in one hour!

19439 Tue 9/17 10:15am-3pm  
R \$44/NR \$53

## St. Demetrios Greek Festival

This fun festival has been a Seattle tradition since 1960. Enjoy delicious Greek food, traditional singing and dancing, and fabulous shopping. Be sure to save time to sign up for a guided tour of the beautiful church. Bring dinner \$.

19442 Fri 9/27 1-7pm  
R \$25/NR \$30



## Peepers 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.

19440 Tue 10/1 9am-6pm  
R \$35/NR \$42

## My Lord, What a Night - Taproot Theater

Based on the real-life friendship between famed singer Marian Anderson and physicist Albert Einstein. Their friendship transcended the boundaries of the time and of their respective backgrounds, and was forged through mutual admiration, respect, and a shared commitment to justice and equality during a profoundly divisive era. **NO MEAL STOPS ON THIS TRIP.** Must sign up by 9/3 to secure reservations.

19443 Wed 10/9 12:45-5pm  
R \$53/NR \$57



## Snohomish & Craven Farms

Spend some time browsing in the fun Snohomish shops and enjoy lunch on your own at one of the many restaurants. On the way home pick out your favorite pumpkin while visiting Craven Farm or just explore the on-site gift shop. Bring lunch \$.

19482 Tues 10/22 10:30am-4pm  
R \$20/NR \$24

**ASK US ABOUT OUR SCHOLARSHIP PROGRAM**  
See page 41



### Paramount Theater Tour

Are you interested in learning more about the historic Paramount Theater? This 90-minute tour will include the history of the theater, behind-the-scenes visits to the dressing rooms, green rooms, backstage and more. Enjoy lunch at a local restaurant before heading home. Bring lunch \$.

19483 Tues 10/29 9:30am-2:30pm  
R \$20/NR \$24

### Meeker Mansion Tour

Take a one-hour guided tour of one of Puyallup's most important and historic sites. Enjoy lunch at a local restaurant before heading back to PKCC. Bring lunch \$.

19525 Tue 11/5 9:15am-3:30pm  
R \$32/NR \$37



### Swinomish Casino

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

19526 Tue 11/12 9am-4:30pm  
R \$25/NR \$30

### A Victorian Country Christmas

The Victorian Country Christmas Festival features vendors who offer a wide variety of high-quality gifts for the holiday season. Bring lunch \$.

19529 Fri 12/6 9am-3pm  
R \$34/NR \$38



### Warm Beach the 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. Bring dinner \$.

19530 Fri 12/13 3:30-10pm  
R \$34/NR \$39

### Washington State History Museum

Connect with Washington State's rich history while exploring the exhibits on your own, at your own pace. Enjoy a late lunch at a local restaurant before heading home. Bring lunch \$.

19532 Tue 1/7 8:45am-3:30pm  
R \$36/NR \$41



### IKEA

Have fun exploring the store and stop by for lunch at the Ikea Swedish Restaurant and Bistro. Bring lunch \$.

19533 Tue 1/14 10am-2pm  
R \$15/NR \$18



### LaConner

Bundle up and have fun exploring the town on your own. Enjoy lunch at one of the many local restaurants before heading home. Bring lunch \$.

19541 Tue 1/28 9am-4pm  
R \$22/NR \$26



### National Nordic Museum

Explore Nordic Journeys, the Nordic Museum's core exhibition on your own and get a close-up view of Way of the Bird King, one of the Northwest Trolls. Enjoy lunch at Salmon Bay Cafe. Bring lunch \$.

19534 Thu 2/6 9am-2:30pm  
R \$21/NR \$25

# 50+ ADULTS



## Dial M for Murder - Village Theater

  Tony married his wife for her money, and now he plans to murder her for it. Will he get away with it, or will justice be served? You'll be guessing until the end! Enjoy an early lunch at Coho in Issaquah. Must sign up by 1/2/25 to secure reservations. Bring lunch \$.

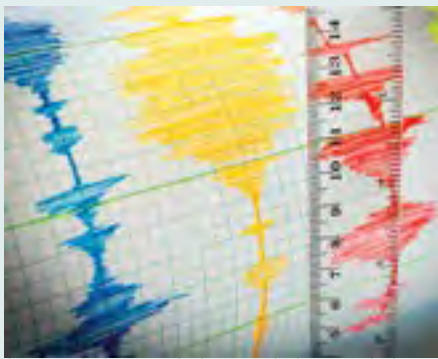
19535 Thu 2/20 10:45am-5pm  
R \$115/NR \$121






## Centralia Square Antiques

  You will have approximately 4 hours to treasure hunt in the charming stores, enjoy lunch on your own and maybe even grab an ice cream cone. Bring lunch \$.

19538 Tue 3/18 9am-5pm  
R \$29/NR \$35





## UW Seismology Lab

   Tour the Seismology Lab at the University of Washington and learn about Plate Tectonic Theory, the three zones where earthquakes occur in the PNW and how earthquakes are located and measured. Lunch at a local restaurant. Bring lunch \$.

19536 Tue 2/25 9:30am-3:30pm  
R \$34/NR \$38



## Nisqually Red Wind Casino

  This Vegas style casino offers over 1500 slots, with the newest releases on both the main floor and in the smoke-free area. Enjoy lunch on your own at one of the on-site restaurants. Bring lunch \$.

19537 Tue 3/4 10am-4pm  
R \$34/NR \$38



## Seattle Chocolate Factory Tour

  If you like chocolate, you are going to love this trip! Tour the Seattle Chocolate Factory and visit the flagship store. You will see how the chocolate is made from start to finish. They even have samples for you to try! Stop at Bahama Breeze on your way home for lunch. Bring lunch \$.

19539 Tue 3/25 9:30am-3:30pm  
R \$34/NR \$38

## Van Trip Registration & Policy

1. Cancellations requested more than one week prior to the Van Trip are subject to a \$10 processing fee. Cancellations requested less than one week prior to the Van Trip receive a 50% refund minus a \$10 processing fee. Cancellations requested Van Trip Day receive no refund.
2. Pre-purchased tickets are non-refundable. This includes all special events (theater, movies, cruises, etc.).
3. All van trips depart promptly from the west side of the Peter Kirk Community Center. Please arrive 10 minutes prior to scheduled departure, as no refunds will be issued for missed rides.
4. Van trip return times are estimated and may vary depending on traffic, etc.
5. Home pick-up and take-home is available for Kirkland residents who live within the city limits, if requested in advance. A donation of \$2.00 each way is suggested. To request home pick-up, call 425-286-1026 no more than 2 weeks before the trip and no later than 48 hours in advance. Driver will call one day before the trip with your pick-up time. All others meet the bus at the Center.
6. Trip participants must be independently mobile or accompanied by a caregiver on all van trips. Caregivers must register and pay the same applicable van and admission fees. Wheelchair space is limited. If you require wheelchair or walker accommodations, please specify at time of registration.



# 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 Presentation

### Medicare Part D

Outreach Specialists for Medicare & Medicaid Services will be onsite to provide non-biased information on Medicare Part D plans. Learn how to best utilize your plan, when and how to change your plan and what rights you are entitled to. Also, hear about the changes to Medicare Part D including the out-of-pocket spending cap and other updates.

19853 Thu 10/10 1-2:30pm

Free; Pre-registration required.

LOCATION: PKCC

### Aging in Place Part II; Construction & Remodeling

It is a scientific fact that people who stay living in their own homes live longer, happier, healthier lives that are less expensive than traditional care facilities. Aging in place doesn't need to feel sterile or hospital-like. Comfort, convenience, and stunning design all work together so all may thrive and enjoy life and each other in the home. Not ready for a full-scale remodel? That is ok, learn how to prepare your spaces for future easy modifications when needed. It doesn't all need to be done now. Learn how you can prepare for your future today. Preregistration is required.

19854 Thu 1/30 10am-12pm

Free

LOCATION: PKCC

# LOOKING FOR A PLACE TO Celebrate?

Plan ahead!  
Reserve your  
space!

INDOOR AND OUTDOOR SPACES AVAILABLE FOR YOUR EVENT



*Graduation*



*Birthday*



*Special Occasion*



*Milestone*



*Wedding*

*...and more*

Whether you are hosting a wedding, business meeting or having a birthday, Kirkland Parks and Community Services offers several locations for your gathering with three halls and several picnic locations to choose from.

**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).**







HERITAGE HALL

### HERITAGE HALL

203 MARKET STREET / 425-587-3330

Heritage Hall is a historic Kirkland treasure featuring restored 1920's charm with ornate millwork and a coved ceiling. Open year round, indoor capacity of 70. Increased capacity by 55 during peak weather months by using two patios and enclosed beautiful Centennial Gardens. Amenities include warming kitchen, pull-down screen, 70 cushioned chairs, twelve 6' and three 4' rectangular tables.

**CAPACITY: HALL 70, SEASONALLY WITH OUTDOOR PATIO USE 125**



NKCC

### NORTH KIRKLAND COMMUNITY CENTER

12421103 AVE NE / 425-587-3350

Located in the Juanita area, the center includes a large multi-purpose room and lower level meeting room. Multi-purpose room amenities include a warming kitchen, 175 chairs, eighteen 6' rectangular and twelve 5' round tables.

**CAPACITY: MULTI-PURPOSE ROOM 245, MEETING ROOM 35**



PKCC

### PETER KIRK COMMUNITY CENTER

352 KIRKLAND AVE / 425-587-3360

Located in the heart of downtown, Peter Kirk Community Center offers a large multi-purpose room that includes a stage and kitchen. Several meeting rooms are also available. Multi-purpose room amenities include WIFI, kitchen, stage, podium, pull-down screen, piano, 160 cushioned chairs and twenty 6' rectangular tables.

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

### MEETING ROOMS

Available at both Peter Kirk and North Kirkland Community Centers.

### PICNIC AREAS/SHELTERS & ATHLETIC FIELDS

We have several picnic areas, picnic shelters, and athletic fields available for your private event. Great for family gatherings, company picnics, birthdays and more!

- 132nd Square Park Picnic Shelters
- Crestwoods Park Picnic Area
- Edith Moulton Park Picnic Shelter
- Everest Park Picnic Shelter
- Houghton Beach Park Picnic Area
- Juanita Beach Park Picnic Shelters
- Marina Park Al Locke Pavilion
- North Rose Hill Woodlands Park Picnic Shelter
- OO Denny Park Picnic Shelter and OO Denny Park Picnic Area
- Rose Hill Meadows Park Picnic Shelter
- Rotary Central Station Picnic Shelter on the Cross Kirkland Corridor
- Waverly Beach Park Picnic Shelter
- 58 Athletic fields



132ND SQUARE PARK PICNIC SHELTER

**Halls and fields require a minimum of 30 days advance booking. Picnic shelters require 7 days advance reservation.**



**JUANITA**

*Fresh*  *Local*

**FRIDAY MARKET**

*Since 2007*

*Kirkland, Washington*

**Fridays, 3PM – 7PM,  
June 7 – September 27**

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

THANK YOU TO OUR SPONSOR  
**sweetgreen**

# VOLUNTEER IN KIRKLAND PARKS

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

Volunteers needed to remove invasive weeds, plant native trees and nurture natural areas in City of Kirkland parks. Stewardship events occur throughout the year. All ages and experience levels are welcome following the event guidelines. Tools, training, and gloves are provided.



**GREEN  
KIRKLAND**  
PARTNERSHIP

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

# Día de los Muertos



**Saturday  
October 26  
2:00-4:00pm**

**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. Para más información, visite [kirklandwa.gov/BuildingEvents](http://kirklandwa.gov/BuildingEvents)

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.





## 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.

### Fall Series

**SEPTEMBER 21**  
SPIDER MAN: ACROSS  
THE SPIDER-VERSE (PG)

**OCTOBER 12**  
LITTLE WOMEN 2019 (PG)

**NOVEMBER 23**  
THE HUNGER GAMES:  
THE BALLAD OF  
SONGBIRDS & SNAKES (PG-13)

### Winter Series

**FEBRUARY 22**  
STRANGE WORLD (PG)

**MARCH 22**  
INSIDE OUT 2 (PG)

**APRIL 12**  
GRAN TURISMO (PG-13)

TO REGISTER VISIT  
[KIRKLANDPARKS.NET](http://KIRKLANDPARKS.NET) OR  
CALL 425-587-3336

**\$20** per vehicle  
PRE-REGISTRATION REQUIRED

# Lunar New Year

YEAR OF THE SNAKE



**SATURDAY**  
**FEBRUARY 1 • 2-4PM**

Peter Kirk Community Center  
352 Kirkland Ave

农历新年  
蛇年

2月1日星期六 (下午2:00-4:00)

了解农历新年以及其传统庆祝方式! 享受包括手工艺、美食、舞蹈和文化展示在内的活动。

详情请访问

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

[Kirklandwa.gov/CommunityBuildingEvents](http://Kirklandwa.gov/CommunityBuildingEvents)



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



PRESORTED STD  
US POSTAGE  
PAID  
KIRKLAND, WA  
PERMIT NO. 268

ECRWSS  
Local Postal Customer

Kirkland Parks & Community Services

# Harvest

OCT 5, 2024  
11AM to 4PM

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

# Festival

**amazon**

Thank You for your Sponsorship!

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

Kids Korral  
Pony Rides, Cow Milking,  
Crafts, Games

Cornhole Tournament  
\$15 per team. PRIZES!  
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:

