


Free Time!

winter recreation guide





A sudden injury
can send your world spinning.
We'll get you back on solid ground.

Overlake's Urgent Care Clinic is here for you. Day, night and anytime in between.

From sore throats to minor fractures, Overlake Medical Center Issaquah's Urgent Care Clinic is here to treat your non-life-threatening injuries and illnesses 24 hours a day, seven days a week. Our walk-in clinic offers convenient care that will get you back on your feet fast. Best of all, you'll benefit from the same world-class physicians, staff and attention you've come to expect from Overlake—care that's compassionate, personal and always available when you need it most. So while a sudden illness or injury may be inconvenient, rest assured treating it won't be—allowing your life's routine to get back in balance.



www.overlakehospital.org/urgentcare

Located at the junction of East Lake Sammamish Pkwy. SE and Issaquah-Fall City Rd. 6520 226th Pl. SE, Suite 150, Issaquah, WA 98027 425-688-5777



Free Time!

winter recreation guide

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Watch for the Spring
issue of Free Time!,
coming March 4, 2009.

The classes listed here are a round-up of offerings from the library, senior center, clubs and organizations, some non-profit agencies and the advertisers in this special section.




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The Woman in Black Jan. 9–31, 2009	The Last Night of Ballyhoo March 6–28, 2009
HMS Pinafore April 3–May 2, 2009	I Hate Hamlet June 5–27, 2009

Sprouts Children's Theatre
Performs Friday Nights 7pm Sat. & Sun. 1 & 3pm

Little Red Riding Hood Feb. 6-22, 2009	Rapunzel May 8-24, 2009
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Special Guest Aesop's Fable Jan. 2-4 2009



Issaquah / Sammamish

health & safety fair



Saturday, March 21, 2009 • 10am to 2:30pm
@ Pickering Farm • Free Admission

Free health screenings, children's fingerprinting, home safety and emergency preparedness from more than 50 health and safety professionals including family physicians & specialists, dentists, chiropractors, nutritionists, fitness professionals and alternative health practitioners.

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Area Parks

	Parking	Picnic Tables	Picnic Shelters	BBQ Grills	Restrooms	Beach	Skate Park	Climbing Wall	Playground	Soccer Fields	Baseball Fields	Tennis Courts	Indoor Rental Facility	Boating/Fishing	Basketball Courts	Grassy Play Area
Beaver Lake Park 2526 244th Ave. SE	●		●	●	●				●		●		●	●		●
Black Nugget Park 1953 24th Ave. NE		●							●			●			●	●
Central Park 1907 Park Drive NE	●	●			●				●	●	●					●
Depot Park Rainier Blvd. & Alder Place	●	●														
Gibson Park Newport Way		●	●						●				●			●
Grand View Park 2306 NE Natalie Way	●	●			●				●							●
Issaquah Community Center 301 Rainier Blvd. N.	●	●			●		●						●			●
Lake Sammamish State Park 2000 NW Sammamish Road	●	●	●	●	●	●			●	●	●			●		●
Pickering Farm 1730 10th Avenue	●	●											●			●
Pine Lake Park 2615 228th Ave. SE	●	●	●	●	●	●		●	●	●	●			●	●	
Preston Athletic Fields 87th Place	●				●				●	●	●					
Tibbetts Valley Park 12th Ave. NW & Maple St.	●	●	●		●				●		●	●				●
Sammamish Commons 801 228th Ave. SE	●	●	●	●	●		●	●					●		●	●
Veterans' Memorial Field 140 E. Sunset Way	●	●			●				●		●				●	●

Cultural Arts

6

Adult Book Club

Join Friends of the Issaquah Library for refreshments and good reading. Book selection for January is *Loving Frank* by Nancy Horan. February selection is *Animal, Vegetable, Miracle* by Barbara Kingsolver. March selection is *The Absolutely True Diary of a Part-Time Indian*, by Sherman Alexie.

- Fourth Wednesdays of the Month
- 7 p.m.
- Free
- Issaquah Library, 10 West Sunset Way
- www.kcls.org

Dance with Miss Sue

Age group: 5-6 yrs old

Your child learns the joy of dance with a combination class of ballet, tap and tumbling. They learn body awareness, to follow instructions, work together with their peers and build self-confidence through dance. We close the year with a recital. Miss Sue has taught dance to all ages for over 25 years.

- Wednesdays, Jan. 7 to June 5
- 9:45 -10:45 a.m.
- Pine Lake Community Center, 21333 SE 20th, Sammamish
- Collected every 8 wks/ \$108 + \$10 annual registration



Drawing Basics & Beyond

Ages 55+

This class teaches the fundamentals of drawing with exercises to challenge beginning and intermediate students. Experiment with techniques in charcoal, ink and graphite and learn the importance of accurate rendering, composition and use of negative space. Supply list available at registration.

- Mondays, Jan. 5-26
- 1-3 p.m.
- \$50
- Issaquah Valley Senior Center, 75 NE Creek Way
- 425-392-2381

Hip Hop- Boys only

Ages 7-14

No previous dance experience necessary to join this high-energy dance class. Hip hop consists of individualized dance steps put together to create quick dance combinations set to age-appropriate popular music. Students have so much fun, they do not even realize they are learning one of the most complex dance forms around!

- Thursdays for 19 weeks, begins Jan. 8

- 7-8 p.m.
- Dance Premiere's "DPtoo" studio at Klahanie Center
- www.dancepremier.com or dancepremier.desk@comcast.net, 425-427-2328

Line Dancing

Ages 55+

Exercise your body & mind by line dancing to lively music. It's a fun way to dance without a partner. Dancing styles covered in class are Country Western, Swing, Tango, Cha Cha, Waltz, and more. No previous dance experience necessary. Instructor Spencer Howard.

- Thursdays, weekly
- 9:30-10:30 a.m.
- \$5/session
- Issaquah Valley Senior Center, 75 NE Creek Way
- 425-392-2381

Music Lessons

All ages

Private lessons for piano, percussion, guitar, voice, violin, viola, cello, bass, trumpet, trombone, tuba, oboe, flute, clarinet and saxophone. Group classes

for guitar, flute, voice, and early childhood.

- Dates and times arranged with instructor
- Music Works Northwest, 14360 Eastgate Way, Bellevue
- Cost based on length of lesson
- 425-644-0988 or www.musicworksnw.org

Painting Basics & Beyond

Ages 55+

Learn to paint still life more confidently and successfully. You will practice how to use composition, negative space and color techniques to bring more life to your paintings. This class is open to all levels of experience. There will be a still life set up for each class. Supply list available at registration.

- Mondays, Feb. 2-23
- 1-3 p.m.
- \$50
- Issaquah Valley Senior Center, 75 NE Creek Way
- 425-392-2381

Swingin' in Vienna

All ages

Come dance to the best of both Vienna Waltzes and Jazz at this benefit for Evergreen Philharmonic and the IHS Jazz Band. This semi-formal event features an elegant dessert bar.

- Sunday, Jan. 18
- 7 p.m.
- \$35/Individual; \$50/Couple; \$25/Student or Senior

- Individual; \$40/Student or Senior Couple
- Issaquah Community Center
 - Reservations: Holenp@issaquah.wednet.edu

This Land is Our Land:

Artists Paint America

In celebration of our American heritage, this presentation will take you on a visual journey from the east to the west coast, focusing on early to mid-century artists who portrayed the American landscape, from New York to California. Artists include Andrew Wyeth, Grandma Moses and Norman Rockwell. Literary excerpts from Mark Twain, John Steinbeck, Woody Guthrie and more. Presented by art historian, writer and curator Susan Olds.

- Tuesday, Jan. 20
- 7 p.m.
- Issaquah Library, 10 W. Sunset Way
- Free

Auditioning for Musical Theatre

9+

Learn the skills of auditioning for musical theatre. This class, taught by an acting teacher and a music teacher, will cover how to present oneself professionally in an

audition situation; how to choose and prepare a monologue and 16 bars of a song. Ideal for the student who is anticipating auditioning for any upcoming spring musical or play. Students will leave this class with audition material to use for their next big audition!

- Feb. 16-18
- 1-4 pm
- Second Story Repertory, Redmond Town Center
- \$100
- Susanna Wilson, susanna@secondstoryrep.org

24 Hour Play Festival

13-18

A company of teens come together to write, rehearse and perform 4 ten-minute plays all in 24 hours! They meet and write down themes. One theme is drawn and the playwrights go home and write a ten-minute play based on that theme. The scripts are due at 7am, then the actors and directors begin rehearsing.

Performances are that evening at 7pm!

- Feb. 27
- 6 pm
- Second Story Repertory, Redmond Town Center
- Cost: \$50
- Susanna Wilson, susanna@secondstoryrep.org

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Issaquah/Sammamish Health & Safety Fair

Free health screenings, children's fingerprinting, home safety and emergency preparedness from more than 50 health and safety professionals including family physicians & specialists, dentists, chiropractors, nutritionists, fitness professionals and alternative health practitioners.

Presented by Overlake Medical Center Issaquah.
Co-sponsored by the City of Issaquah and The Issaquah Press.

- Saturday, March 21
- 10 a.m. – 2:30 p.m.
- Free admission
- Pickering Barn (across from Costco)
- Email eburnett@isspress.com for more information



A Good Night's Sleep, Why Is It So Difficult?

A sleep disorder may disrupt your personal life and work performance as symptoms vary from daytime sleepiness, insomnia, irritability and difficulty with thinking or memory to depression or impotence. A Sleep Medicine Specialist will give an overview of the various disorders including snoring, sleep apnea, insomnia, restless legs syndrome, sleepwalking, nightmares, and seizures. Strategies for getting better sleep will be



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discussed.

- Tuesday, April 7
- 6 p.m.
- Free
- Swedish/Issaquah, 2005 NW Sammamish Road
- www.swedish.org

Joint Replacement: The Right Choice for You?

If you have arthritic joint pain and are considering joint replacement, you'll want to attend this important seminar.

Wednesday, April 8

- 6 p.m.
- Free
- Swedish/Issaquah, 2005 NW Sammamish Road
- www.swedish.org

Preparing for Childbirth & Newborn Care For Expectant Parents

Discuss and explore the process of labor and birth, along with learning strategies for increasing comfort and promoting labor progress. Practice labor coping skills like breathing and relaxation, and hear about options for medications. Taught by qualified, experienced Childbirth Educators. Pre-registration required.

- Weeknights and weekends. Check online for details.
- Meadow Creek Office Park – 22510 SE 64th Place, Suite #120, Issaquah
- \$95 Comprehensive Series (for the best preparation)
- \$85 Condensed Series
- Overlake Hospital Medical Center, 425-688-5259 or www.overlakehospital.org/classes

Spine Problems: Surgical and Nonsurgical Options

Learn about a variety of treatment options, including surgery and methods for nonsurgical relief.

- Wednesday, Sept. 10
- 6 p.m.
- Free



Explore, play and learn at KidsQuest!

Hands on exhibits and activities for children ages birth to ten!

KidsQuest
Children's Museum

Located in Factoria Mall, Bellevue • 425-637-8100
kidsquestmuseum.org • info@kidsquestmuseum.org

- Swedish/Issaquah, 2005 NW Sammamish Road
- www.swedish.org

Support Groups

Alcoholics Anonymous meets at various locations and times. Go to www.eastsideintergroup.org.

Al-Anon/Alateen, meets at 10 a.m. Thursdays at Our Savior Lutheran Church, 745 Front St. S. Call 206-625-0000.

ALS Support Group offers support for people with ALS, their caregivers and other interested people. Call 656-1650.

Issaquah New Start for Al-Anon family members meets at 5:30 p.m. Thursdays at the Issaquah Community Baptist Church, 205 Mountain Park Blvd. S.W. Call 392-6893.

Teen Alcoholics Anonymous meetings are 7-8 p.m. every Wednesday at the Issaquah office of Friends of Youth, 414 Front St. N. Call 868-1099.

Women's Alcoholics Anonymous meets at 7 p.m. Fridays at the Friends of Youth Issaquah office, 414 Front St. N. Call 868-1099.

Alzheimer's Disease and Dementia Support Group for family, care partners and friends meets 6-7:30 p.m. the second Thursday at Aegis of Issaquah, 780 N.W. Juniper St. Call 313-7364.

Alzheimer's and Caregiver Family Support Group meets 3-4:30 p.m. the second Tuesday at Elder and Adult Day Services, 82 Front St. S. Call 837-3967.

Angel Care-Breast Cancer Foundation offers free emotional support to the newly diagnosed, enhancing emotional recovery while going through treatments. Go to www.angelcarefoundation.org.

Arthritis Support Group meets at 7 p.m. the second Tuesday at Overlake Hospital. Call 688-5800.

Bereavement Support Group meets at 7 p.m. the second and fourth Mondays at Overlake Hospital. Call 688-5127.

Family Caregivers Support Group meets 3-4:30 p.m. the second and fourth Thursdays at Overlake Senior Health Center, 1750 112th Ave. N.E., Suite A-101, Bellevue. Free to anyone caring for an older adult. Call 688-5807. Parkinson's Disease Support Group meets at 1:30 p.m. the second Monday at Our Savior Lutheran Church, 745 Front St. S. Call 206-230-0166.

Prostate Cancer Support Group meets at 7 p.m. the third Tuesday at Lincoln Center, 555 116th Ave. N.E., Suite 125, Bellevue. Call 746-3999.

Tops (Take Off Pounds Sensibly) meets at 9:30 a.m. Thursdays at Our Savior Lutheran Church, 745 Front St. S. Call 391-1889.

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- Age appropriate hands-on education

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Bringing Baby Home

For pregnant couples and couples with a baby less than one year old

A baby's first year is a time brimming with happiness and challenges. Your baby needs care, but so does your relationship as a couple. Attend our NEW Bringing Baby Home workshop authored by renowned relationship expert, Dr John Gottman. Attend two consecutive Saturdays and develop strategies for a thriving and loving family.

Taught by Gottman Certified Educators.

- Two Saturdays, Jan. 24 and 31 or Mar. 7 and 14
- 9am-4pm
- Meadowcreek Office Park – 22510 SE 64th Place – Suite #120
- \$150.00
- Pre-registration required
- Overlake Hospital Medical Center, 425-688-5259 or

www.overlakehospital.org/classes



Conscious Fathering: After Baby

For New Dads

Dad, bring your baby! Learn about infant development, and how your baby benefits from your fathering. Network with other new fathers. Taught by a fathering expert and experienced Dad!

- Saturday, Feb. 7
- 9 to 10:30 am
- Meadowcreek Office Park – 22510 SE 64th Place – Suite #120
- \$30
- Pre-registration required
- Overlake Hospital Medical Center, 425-688-5259 or www.overlakehospital.org/classes

You and Your New Baby

For New Mothers with Infants up to 12 weeks

Five-week class designed to encourage group interaction and support. Topics include comforting baby, coping with crying, feeding and weaning, choosing and managing childcare, changing family roles, infant development and stimulation, identifying illness in infants, safety, parenting styles and community

resources.

Offered Wednesdays and Thursdays during the day-time. Check online for details:

www.overlakehospital.org/classes

- Meadowcreek Office Park – 22510 SE 64th Place – Suite #120
- \$45
- Pre-registration required
- Contact Overlake Hospital Medical Center, 425-688-5259 or www.overlakehospital.org/classes

Growing Up Female

Ages 11-18, with parent

This class encourages family communication about sexual issues and provides accurate information about the changes of puberty.

- Thursday, Jan. 8
- 6:30 p.m.
- Free
- Swedish/Issaquah, 2005 NW Sammamish Road
- www.swedish.org

Parenting 2-12 year olds

For Parents of 2 to 12 year olds: Learn positive

ways to discipline your child and practical and workable skills you can start using immediately. Turn anxiety about parenting into confidence! Register early, spaces fill quickly. Based on STEP: Systemic Training for Effective Parenting

- 8 Thursdays, beginning Jan. 15 (no class 2/19)
- 7-9 p.m.
- \$45 Individual/\$60 Couples, Scholarships available
- Issaquah Friends of Youth, 414 Front St. N.
- Contact Friends of Youth, 425-392-6367 to register

Parenting Teens

Parent your Teenager without yelling, grounding or bribing! Join us to learn: communicating respect and encouragement, cooperation and problem solving, building responsibility and strategies to deal with sex, drugs & alcohol. Register early, spaces fill quickly. Based on STEP: Systemic Training for Effective Parenting

- 9 Wednesdays, beginning Jan. 14 (no class 2/18)
- 7-9 p.m.
- \$45 Individual/\$60 Couples, Scholarships available
- Issaquah Friends of Youth, 414 Front St N
- Contact Friends of Youth, 425-392-6367 to register

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- Fun, nurturing environment for children and parents.

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Sun 12:00 - 10:00 • Mon-Thurs 11:00am - 10:00pm
Fri-Sat 11:00am - 11:00pm

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December 7 Open House 2-5pm
 Sign-up special included at the open house.
 For more information email: patrickv@sammamishclub.com

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Adventure Guides

Kindergarten- 3rd Grade

Y-Adventure Guides is a program for fathers or other significant adult and children K-3rd grade. Parent-child pairs join a circle with families in their neighborhoods or schools and participate in activities each month such as campouts, carnivals, Mariners games, and more!

- School Year
- Time varies depending on events
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- Parent and 1st child \$130, each additional child \$75.

Event fees also apply

- Contact Linda Toycen at 425-391-4840 or email ltoycen@seattleyymca.org

Before/After School Child Care

School Age

Sammamish Family YMCA offers before and after school licensed childcare in North Bend, Snoqualmie and Sammamish. Programs are dedicated to providing a fun, safe, learning environment that nurtures the child, and strengthens the family

- Weekdays, 2008-09 School Year
- Before and after school
- Opstad Elementary, Snoqualmie Elementary (a.m. only), Rachel Carson Elementary (p.m. only).
- Transportation provided from select schools — call for details.
- Cost varies based on program chosen
- Contact Clara Larco at 425-391-4840 or clarco@seattleyymca.org

Children's Story Times

Ages 2-5

Meet other preschool pals and enjoy wonderful stories and silly songs.

Lots of wiggling and giggling guaranteed!

Children must be accompanied by an adult.

Registration not required. Free.

- Preschool, ages 3-5, Monday, 11 a.m.
- Toddlers, ages 2-3, Tuesdays, 11 a.m.
- Preschool, ages 3-5, Tuesdays, 1 p.m.
- Young Toddlers, 12-24 months, Wednesdays, 10 & 11 a.m.
- Toddlers, ages 2-3, Thursdays 10:30 & 11:30 a.m.
- Issaquah Library, 10 West Sunset Way
- Confirm schedules at www.kcls.org



Spanish Story Time

Ages 3 to 12

Join us for a fun-filled 1/2 hour of stories, songs and finger plays. Evening Story Times are bilingual, offering a great opportunity for children who want to learn Spanish and ESL children who want to practice their English.

- Mondays, weekly
- 7-7:30 p.m.
- Free
- Issaquah Library, 10 West Sunset Way
- www.kcls.org

Holiday Songs From Around the World

All ages, children & families

Discover holiday songs from Latin America, Japan and other countries accompanied by a wonderful array of instruments including Andean bamboo flutes, the marimba, percussion and guitar. Presented by Miho & Diego Duo.

- Wednesday, Dec. 17
- 10:30 & 11:30 a.m.
- Free
- Issaquah Library, 10 West Sunset Way
- www.kcls.org

Preschool 4's Afternoon Class

4 years old (turned 4 by August 31, 2008)

Pine Lake Co-op Preschool provides an interactive program for parents and their children. Parents assist in the classroom one to three days per month, depending on the age of the child. This hands-on experience allows parents a unique opportunity to be involved with their child's preschool education by observing the child in the school setting and participating in running the preschool.

- Monday, Wednesday, Friday
 - 12:30 – 3 pm
 - \$120/month (plus \$75 registration fee)
 - Pine Lake Co-op
- Preschool, 3309 216th Pl SE, Sammamish
- Terri Sanders, registrar, 425-369-0718

Discovery Tots

Up to 5 years old

Engage children birth to five in exciting early learning and school-readiness activities based on Washington State early learning benchmarks. First Experiences for

children up to age three with caregiver, the first Thursday of the month. Ready, Set, Learn is for children 3 to 5 years, the second and fourth Thursday.

- 1st, 2nd, 4th Thursdays each month
- 9:30 am
- \$5 material fee per class
- KidsQuest Children's Museum, Factoria Mall, Bellevue
- Pre-register at KidsQuest Children's Museum, 425-637-8100

Kids University

School Age

Kids University is an afterschool program designed for school-age children to laugh,

have fun and learn after school. Each semester, Kids U offers a wide variety of enriching classes designed to supercharge their brains, discover new friends and have full-out fun!

Transportation provided from some schools — call for details.

- Weekdays, 2008-09 School Year

- After school including early release days
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- Cost varies based on chosen number of days per week
- Sammamish Family YMCA, 425-391-4840 or www.sammamishymca.org

Pool Parties

Ages 5+

Have your child's next event at the Sammamish Family YMCA pool! Private pool parties for up to 20 children, in warm 87° pool followed by an hour in our meeting room. Loch Ness Monster giant inflatable is available during your pool party for an extra fee. Note: children must pass a swim test before swimming without parent/guardian or using the inflatable.

- Saturdays
- 1:15-3:30 pm
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- \$100 Facility Members / \$125 Program Members*
- *\$15 single session program fee due if non-member
- 425-391-4840 or email aprince@seattleyymca.org

Preschool for 3-year-olds

Hands-on learning and emphasis on social, emotional, academic, physical and spiritual growth. Kindergarten readiness. Degreed teachers. Student teacher ratio 1:8. Large sized classroom with high quality equipment and covered outdoor play area. All faiths are welcome. Established in 1980.

- Tuesday and Thursday
- 9:15-11:45 a.m.
- Our Savior Lutheran Preschool, 745 Front St. S.
- \$175 month
- Connie Van Houten, 425-392-1201, Ext. 4



Pre-K Preschool

4-5 year olds

Hands-on learning and emphasis on social, emotional, academic, physical and spiritual growth. Kindergarten readiness. Degreed teachers. Student teacher ratio 1:8. Large sized classroom with high quality equipment and covered outdoor play area. All faiths are welcome. Established in 1980.

- 3 or 4 days/week
- 9:15-11:45 a.m. or 12:30-3 p.m.
- Our Savior Lutheran Preschool, 745 Front St.,

Issaquah

- \$210 or \$270 month
- Contact: Connie VanHouten, 425-392-1201, Ext. 4



Special Interests

Basics of eBay Selling

Learn how to set up an eBay seller account, create listings, upload pictures and accept credit card payments with PayPal. Includes selling tricks and traps to avoid. Optional workbooks available for purchase during class. Taught by award winning eBay instructor and author.



- Saturday, Feb. 7
- 10 a.m. – 1 p.m.
- Issaquah Library, 10 W. Sunset Way
- Free

CERT Training

Age 18 +

Community Emergency Response Team (CERT) program promotes responsibility and self-sufficiency by creating an awareness of all kinds of disasters, and trains individuals to be better prepared to respond to emergency situations in their neighborhoods. CERT members also give critical support to first responders, provide immediate assistance to victims, help suppress small fires and perform light search and rescue.

- 8 Wednesdays, Mar. 18- May 6, 6:30 - 9:30 p.m. or
- all day 3 Saturdays, Feb. 28- Mar. 14
- Issaquah Public Works Bldg, 670 1st Ave NE, Issaquah
- \$35
- Contact Brenda.bramwell@issaquahcitizencorps.com or www.issaquahcitizencorps.com

Discovering Alaska-Yukon-Pacific: A Community Research Project

In celebration of the Centennial of Seattle's first world fair, this exciting community history project will teach you how to research historical evidence connected with the fair, and share your research with the community. Join Museum of History & Industry experts at the Issaquah workshop.

- Tuesday, Feb. 17
- 6-8 p.m.

- Issaquah Library, 10 W. Sunset Way
- Free
- Registration required, www.ayp100.org or Helen Divjak 206-324-1126

End the Paper Pain & Financial Fear Adults

Get your finances in order in this fun, hands-on workshop. Learn to create a virtually maintenance-free home filing system while gathering everything you need for financial planning, balancing a budget or starting your tax return. Walk away with loads of useful information and a system ready for your filing needs. Instructor Debbie Gianelli is securities and advisory licensed. Pre-registration required. Call for supplies list.

- Saturday, Jan. 31
- 1:30 – 4 p.m.
- Community Center @ Mercer View, 8236 SE 24th Street
- \$125 for registrations by 1/21/09. \$150 within 10 days of class (Includes FreedomFiler Kit – a \$50 value)
- Debbie Rosemont, CPO® 206-579-5743 or Debbie@itssimplyplaced.com
- Debbie Gianelli, CFP®, 425-424-2222 or dg@wholefamilyfinancial.com

Holiday Sing Along

Seniors age 55+

Join our pianist, Carmen, to sing some of those holiday favorites, or just come and enjoy the music. 'Tis the season.

- Friday, Dec. 19
- 11:15 a.m.
- Free
- Issaquah Valley Senior




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Tel: (425) 644-0988 Email: registration@musicworksnw.org
www.musicworksnw.org

Center, 75 NE Creek Way
• 425-392-2381

Hopelink ESL Classes

Adults 18 +

Come learn English that can help you -- in your work, in the community, and in caring for your family. We teach practical listening, speaking, reading, and writing skills to help you with your everyday language needs.

- Monday evenings
- 6:30 – 8:30 p.m.
- Classes are free, but students must register and take a placement test.
- Various locations, including downtown Issaquah
- Contact Claire Makins at 425-644-7921

Opera Preview

Adults

Join in a preview of the upcoming operas, *The Pearl Fishers* by Georges Bizet (in December) and *Bluebeard's Castle* by Bela Bartok and *Erwartung* by Arnold Shoenbert (February.) Led by Norm Hollingshead.

- Mondays, Dec. 29 and Feb. 2
- 7 p.m.
- Free
- Issaquah Library, 10 West Sunset Way
- www.kcls.org



Rock and Gem Show

This is the 44th annual show, a family festival of earth science, lapidary arts, gem and jewelry artisans and dealers.

Children's activities, lapidary demonstrations & displays, local dealers and artisans, food, door prizes and good deals on jewelry, minerals, natural art and gemstones.

- March 7-8
- Saturday, 10 a.m.- 6 p.m.; Sunday 10 a.m. -5 p.m.
- Free
- Pickering Barn
- For information, call East Kingco Rock Club, 206-612-3113



Starting a New Business: Options to Consider

Join Seattle SCORE Business Counselor Ed Molzan to learn how to build a successful business start-up plan. The workshop will cover research, time line, money, spreadsheets, lender packages. SCORE is sponsored by US Small Business Association.

- Saturday, Jan. 31

Pine Lake
CO-OP
PRESCHOOL



**2009-10 Registration for
3 & 4 yr olds is February 3rd.**

For tours call: Terri 369-0718
or Jaime 427-2940.

www.pinelakecoop.org

* Currently accepting 4 year olds*

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Meadow Creek
Professional Center

- 10:30 a.m.
- Issaquah Library, 10 W. Sunset Way
- Free



Keyboard Class

Adults

This is your opportunity to learn to play the keyboard in a group class. No prior musical experience needed, just enthusiasm and a love of music. This will be a casu-

al and fun learning environment. Keyboards provided. Instructor Kai-Li Yang will offer a free Introductory session. If enough are interested, a class may be offered in January 2009.

- Tuesday December 9
- 1 p.m.
- Free
- Issaquah Valley Senior Center, 75 NE Creek Way
- Must register, 425-392-2381

AARP Driver Safety

Ages 55+

Instructor Carmine Pecoraro will lead this 2-day course on road safety. Must attend both days to receive certificates at the end of class. There will be a half-hour lunch break.

- 2 Wednesdays, Jan. 14 & 21
- 10 a.m. – 3 p.m.
- \$10, checks payable to AARP
- Issaquah Valley Senior Center, 75 NE Creek Way
- 425-392-2381

Watch for the Spring issue of Free Time!, coming March 4, 2009.

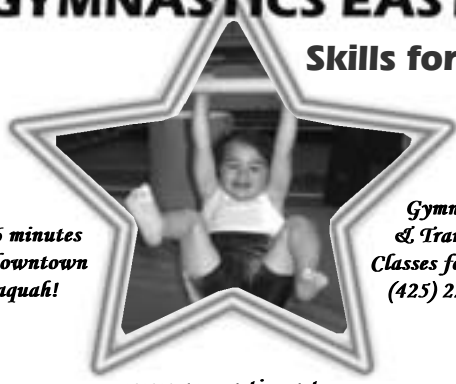
LEARN TO SKATE 

1/2 Hour on ice class instruction
Practice to follow on public session
Evaluation of skills on 7th session

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Classes are either Tuesday evenings or Saturday afternoon

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info@honestmovement.com

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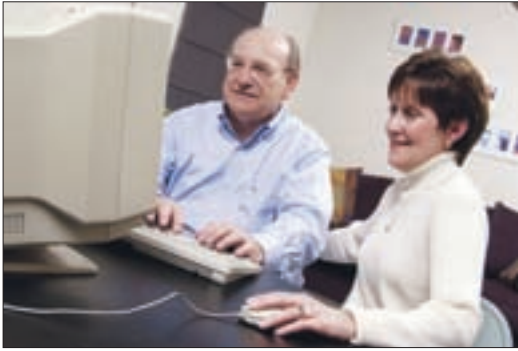
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- ✓ Auditory Processing
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Computer Lab Tutorial

Ages 55+

Norma Foss will answer questions and show you some basic skills on the computer. Drop-in basis, so bring your questions!

- Tuesdays, weekly
- 1-2 p.m.
- Free
- Issaquah Valley Senior Center, 75 NE Creek Way
- 425-392-2381
- \$120
- Issaquah Valley Senior Center, 75 NE Creek Way
- 425-392-2381

Resolve to Organize in 2009

Let us help you at home & in your business to increase focus, organization & productivity.

GO SYSTEM: Workplace Organization & Productivity

Dec. 11th; 9am - 12pm
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Jan. 31st; 1:30pm - 4pm
at Mercer Is. Com. Ctr.

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Basic Principles of Pilates

New to Pilates or need a refresher? Come learn the five basic principles of Pilates in a free 30-minute session with one of our instructors. This will include breathing, pelvic placement, rib cage placement, shoulder stabilization, and head and neck placement.

- Mutually agreeable time
- Free
- Honest Movement Pilates, 22605 SE 56th Street, Suite 230, Issaquah
- 425-557-4239 or info@honestmovement.com

December Dash 5K run/walk

All ages

Dash around downtown Issaquah and surrounding trails while benefiting the Issaquah Food Bank. Meet in the Issaquah High School parking lot. Registration fee includes t-shirt.

- Saturday, Dec. 13
- 8 a.m.
- Issaquah High School, 700 Second Ave. SE
- \$15
- Emily Carl, 425-837-6110 or carle@issaquah.webnet.edu

Grand Ridge Mine Hike

Stephen Grate leads an interpretive hike of the Grand Ridge mine site, in operation 1908-1942. Begin with a brief presentation on the history of Issaquah's mining operations. Visit the remains

of mine entrances and other discernible features.

3.5 hours, 3 miles over moderate terrain. Rain or shine. Sponsored by Issaquah History Museums.

- Dec. 13, Feb. 1, Mar. 14
- Meet at 10 a.m.
- \$6 per person, or \$3 for members.
- Begin at Issaquah Depot Museum
- Register at 425-392-3500 or www.issaquahhistory.org



Group Personal Training

Adults 18+

Groups of 3-8 work out together in a beautiful, private room with state-of-the-art functional fitness equipment and props. Professional and certified

Sammamish Club personal

trainers will motivate you to achieve your goals including weight loss, sport specific training, overall toning, and more. More than 30 different classes to choose from.

- Monthly Sessions, meet one time a week
- Variable times, 30 or 55 minute class
- Sammamish Club, 2115 NW Poplar Way, Issaquah
- \$20- \$40 per class
- Contact Fitness Director Connie Nap at Connien@sammamishclub.com or 425-313-3131

Ice Skating Lessons

5+

Lessons year-round for skaters of all ages. Enroll your first-time skater in our tots (5 year olds) or Basic 1 class (ages 6+). Adult skating, too!

- Saturdays, Jan. 10-Feb. 21 or Tuesdays, Jan. 13-Feb. 24
- 12:45-1:15 p.m. Saturdays or 6-6:30 p.m. Tuesdays
- \$107
- Castle Ice Arena, 12620 164th Ave. SE, Renton
- 425-254-8750



Issaquah-Superior Mine Hike

Stephen Grate leads an interpretive hike of the historic

Issaquah-Superior mine site. Begin with a brief presentation on the history of Issaquah's mining operations. Visit company homes on Mine Hill Road, the route of the old rail spur and other remaining features. 2.5 hours, 2 miles over easy/moderate terrain. Rain or shine. Sponsored by Issaquah History Museums.

- Sunday, Dec. 7
- Saturdays, Jan. 17, Feb. 14
- Meet at 10 a.m.
- \$6 per person, or \$3 for members.
- Begin at Issaquah Depot Museum
- Register at 425-392-3500 or www.issaquahhistory.org

Little League Baseball, Softball, T-Ball

Boys 5 -12

Girls 5 -14

Little League is a fantastic way to develop skills and meet new friends. Little League is focused on skill development, team work, sportsmanship and fair play.

Registration for 2009 league play is now open. Save \$25 for early registration, prior to Jan. 15. Teams will be formed in

February, practice begins in March.

- March- May
- T-Ball \$80; Baseball/Softball \$90- \$115
- www.issaquahlittleleague.org

Guided Mountain Hikes

Join the Issaquah Alps Trails Club on various hikes throughout the year. Each hike is graded for difficulty. No fees. All hikes begin at the Issaquah Trails House at the corner of First and Bush near the Community Center. The club's website lists upcoming hikes, but this is a sampling of what's ahead.

- Dec. 7, 9:30 a.m., Cougar Mt., 5 miles
- Dec. 13, 9 a.m., Tiger Mt., 8 miles
- Dec. 20, 10 a.m., Tradition Lake loop, 6 miles
- Dec. 21, noon, Lower trails from downtown Issaquah, 5 miles
- Dec. 25, 10 a.m., Cougar Mt., 6 miles
- Go to www.issaquahalps.org

Playful Family Yoga Workshop Kids 4+ and adults

Kids, grab your grown-up! Come experience a creative form of yoga practice with a partner! Storytelling,

music, creative arts, and earth care blend seamlessly with yoga movement to educate the "whole" child. Children learn invaluable skills that set the groundwork for meeting challenges and growing strong physically, mentally and emotionally, cultivating self-esteem for a lifetime of successful achievement. Pre-registration required.

- Sunday, January 11
- Session I, 11:30am-12:30pm - kids 4-6 years old
- Session II, 1:00-2:00pm - kids 7 and older
- * Hot Yoga of Issaquah, 485 Front Street North, Suite



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D-2

- \$20 for two (\$7 each additional person)
- 425-392-6878 or www.hotyogaofissaquah.com

Pre-Competitive Swim Team

Ages 8 & older

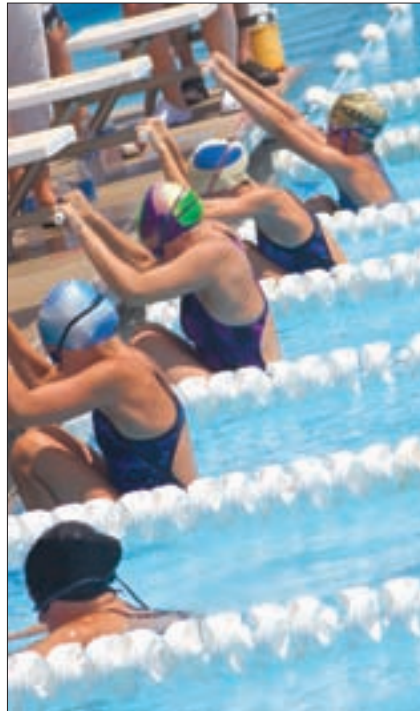
Join our pre-competitive program designed for fun! Coach Melanie will direct the group in stroke technique and endurance using dry land and in-water teaching.

- Year-round, Mondays/Wednesdays/Fridays
- 3:30-5:00 p.m.
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- \$75 per month for Facility Members; \$80 per month for Program Members + \$35 annual program membership
- Call 425-391-4840 or email aprice@seattleyymca.org

Youth Swim Lessons

Ages 3-5 and 6-11

Learn to swim at the Y!



Beginning through advanced levels of swim lessons are offered with trained instructors for up to 5 kids per class. Lessons are available year-round in the evenings and weekends.

- Sessions: Sept. 8-Oct. 11; Oct. 13-Nov. 15, Nov. 17-Dec. 13
- Go to www.sammamishymca.org for a list of the levels and times offered.
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- Cost varies based on chosen number of days per week
- Call 425-391-4840 or email aprice@seattleyymca.org

Tai Chi

Ages 55+

This class combines Tai Chi movements and postures with music. These are gentle movements that will exercise your whole body while you are listening to Chinese music. Instructor Ted Thomas.

- Mondays, weekly
- 9-10 a.m.
- Free
- Issaquah Valley Senior Center, 75 NE

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Lost 58 pounds
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Lowered body fat 17.5%**



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• 425-392-2381

Youth Lacrosse

Spring 2009 Issaquah Youth Lacrosse registration is now open for boys and girls grades 2-8. IYL is the largest youth lacrosse program, and feeds two of the top three teams in the state: 2008 High School State Champions Issaquah, and state semi-finalist Skyline.

- Practice/play dates vary
- \$110-\$295 depending on league
- www.IssaquahYouthLacrosse.com

Adult Pilates-Mat

Ages 18+

Famous for developing strength, flexibility and coordination, not to mention flat abs., Pilates is appreciated by everyone from elite athletes to seniors. These exercises develop core strength, flexibility, and efficient movement patterns. No experience necessary.

- Wednesdays for 19 weeks, begins Jan. 7
- 9:30-10:30 a.m.
- Dance Premier, 26613 SE Duthie Hill Road
- www.dancepremier.com or

dancepremier.desk@comcast.net, 425-427-2328

Other contacts you should know:

Issaquah Eagles Football
www.issyfootball.org

Issaquah Gliders Track Club
www.thegliders.8k.com

Issaquah Little League, North
425-313-7564

Issaquah Little League, South
425-391-9747

Issaquah Soccer Club
www.eysa.org

Issaquah Sportsmen's Club
www.issaquahsportsmensclub.com

Issaquah Swim Team
www.istsockeyes.org

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Pre-Kindergarten, All day Kindergarten, 1st & 2nd Grades

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Friday, Jan. 9th 4-6pm • Saturday, Jan 10th 1-3pm

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- Log school in forest setting, one block south of Kiahnie QFC
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425-392-1196
email snosprings@yahoo.com

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Issaquah, WA 98029
www.snosprings.com



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redgatefarmdaycamp.com

RGF 23836 SE 24th St. Sammamish, WA 98075

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- **Pine Lake** - Pine Lake Community Club
21333 SE 20th, Sammamish
Tuesdays 5:00pm & 6:15pm
- **North Bend** - Opstead Elementary Gym
1345 Stilson Ave SE, North Bend
Fridays 5:30pm & 6:45pm
- **Snoqualmie** - Snoqualmie Elem. Gym
39801 SE Park St., Snoqualmie
Tuesdays 5:30pm & 6:45pm

Call or Register Online
(425) 454-6633
www.washotokan.com
Washington Shotokan Assoc.
12754 Bel-Red Road
Bellevue, WA

Dungeons & Dragons Gaming Group

Teens

Come run a D&D4 group. Bring your own dice and guides. We will supply drawing supplies, photocopies and D&D4 books. No experience necessary. Open to middle and high schoolers only.

- Mondays, Jan. 5 & 26
- 2:30-6 p.m.
- Issaquah Library, 10 W. Sunset Way



Strategy Games Club

Teens

Meet your friends at the teen video game arcade in the meeting room for Guitar Hero, DDR, Smash Bros Brawl and board games. Play games, have a snack and share strategies and cheats. Open to middle and high schoolers only.

- Wednesday, Jan. 21
- 2:30-4:30 p.m.
- Issaquah Library, 10 W. Sunset Way

Middle School Dances

Grades 6-8

All youth, grades 6-8, are welcome to attend with photo ID (ASB card). Attendees must stay until 10 p.m. All youth will pass through a metal detector upon entering. Concessions available. Dress and behavior code strictly enforced.

- Friday, Jan. 16 and Mar. 27
- 7-10 p.m.
- \$5
- Issaquah Community Center
- For information, call 425-837-3317

Teen Programs

8th-12th grade

Sammamish Family YMCA offers multiple teen programs including Youth and Government, Service Saturdays, Youth Ambassador Corps, Y-Boys, Girls of Promise, Earth Service Corps, leader-

ship programs, service programs and more!

- School Year
- Time varies depending on events
- Sammamish Family YMCA, 4221 228th Ave SE, Issaquah
- Cost varies by program
- Contact Heidi at 425-391-4840 or hbohall@seattleyym-ca.org



Manga Club

Teens

Manga. You read it, now come to the library and make your own Japanese-style comics. Bring your favorite drawing supplies, we will provide the paper.

- Wednesdays, Jan. 14 * 28
- 2:30-4:30 p.m.
- Free
- Issaquah Library, 10 West Sunset Way
- www.kcls.org



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The YMCA combines spirit, mind and body in an integrated approach to well-being. At the Y, access resources for nutrition, weight management, stress reduction and most importantly, community support.

- Swim Lessons • Youth Sports • Child Care • Teen Programs
- Group Cycling • Group Exercise • Cardio Equipment
- Yoga • Pilates • Family Programs • Youth Sports
- Afterschool Programs • And Much, Much More!

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425-391-4840
Sammamishymca.org



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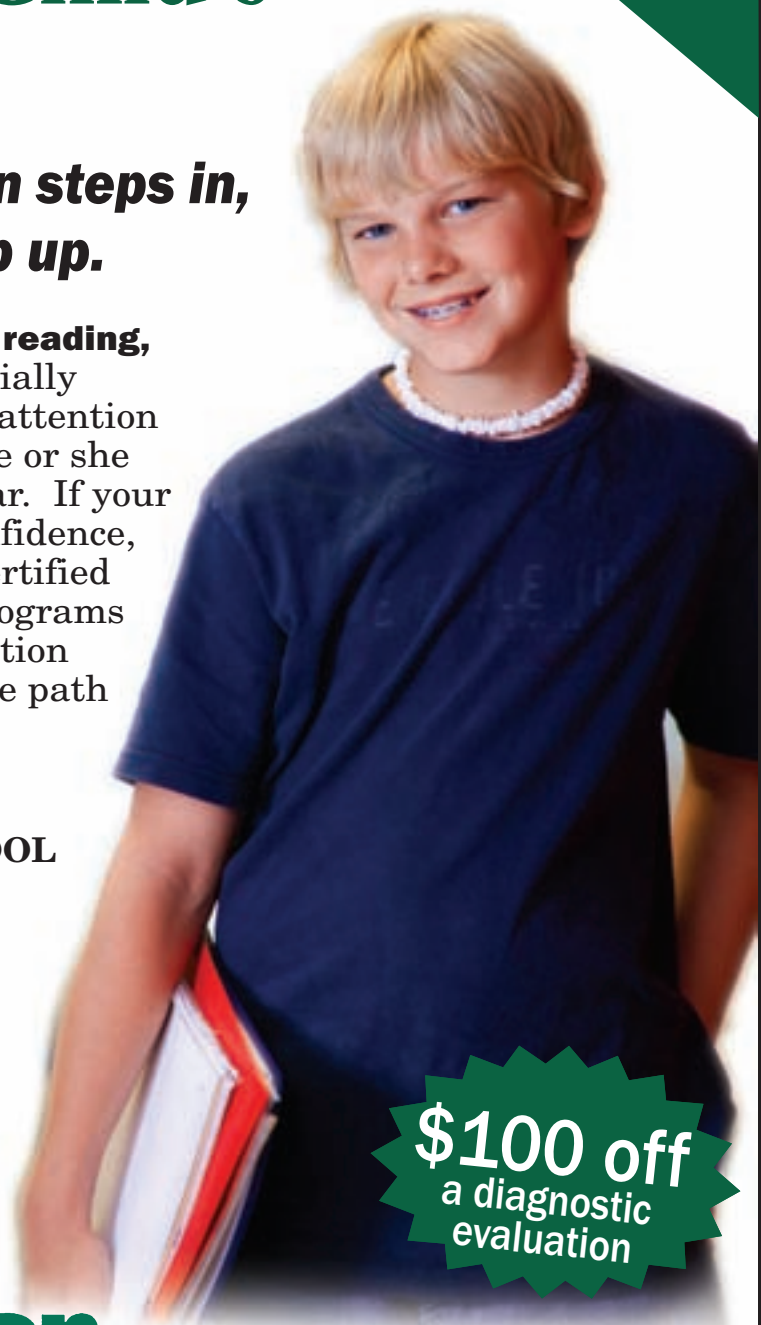
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