

ADULT — ENRICHMENT

First Aid and CPR Classes:

Heartsaver First Aid With CPR & AED

is a classroom course that is designed to meet OSHA requirements. The course teaches basic First Aid, CPR, and AED skills such as; recognizing and responding to an emergency, sudden illnesses, stopping bleeding that can be seen, helping someone with a possible broken bone or sprain, giving CPR to an adult child, or an infant, and using an Automated External Defibrillator (AED). This course is good for individuals needing credentialed training for a job, regulatory requirements or for those who just want to learn how to save a life. The American Heart Association Heartsaver First Aid With CPR & AED Course Completion Card is valid for two years. During the course, an AHA Instructor conducts video-based lessons and works with students to complete their First Aid, CPR and AED skills practice and testing. (Min. 6/Max.18)

Age: 12 yrs and up

Day: Saturday

Code: Date:

1278 September 18

Time: 9:00am-1:30pm

Fee: \$60

Location: Rosehill Comm Ctr,
Art Room

Instructor: CPR4U Instructor



Heartsaver AED CPR

Heartsaver AED is a classroom course that teaches basic CPR and AED skills such as; giving CPR to an adult or a child, using an Automated External Defibrillator (AED), and using a mask or barrier device. The American Heart Association Heartsaver AED Course Completion Card is valid for two years. During the course, an AHA Instructor conducts video-based lessons and works with students to complete their CPR and AED skills practice and testing. (Min. 6/Max.18)

Age: 12 yrs and up

Code: Day: Date: Time:

1276 Wed. Oct. 13 5:30pm-8:00pm

1277 Sat. Nov. 13 9:00am-11:30pm

Fee: \$43

Location: Rosehill Comm Ctr, Room 205

Instructor: CPR4U Instructor



Dog Agility – A Workshop for You and Your Best Friend

Dog agility is one of the fastest growing sports in the United States. This workshop will give you and your canine pal a fun introduction to this exciting and rewarding activity. The Jump Into Agility workshop is a great opportunity to build trust and confidence and to enhance your relationship with your dog. You will also meet other people who are crazy about their dogs! Basic information about agility training and competitions will be presented, with a Q and A at the end of the workshop. Dogs must be at least 10 months old. (Younger dogs may be enrolled with instructor permission.) All mixed breeds or pedigrees are welcome. No aggressive or disruptive dogs, please. (Min 6/Max 6)

Age: 14 yrs-adult

Code: 1284

Day: Saturday

Date: Oct. 16

Time: 11:00am-1:00pm

Fee: \$45.00

Location: Rosehill Comm. Ctr., Basement

Instructor: Pritamo Kentala has 20 years of dog agility training experience, has trained 5 agility champions to date, winner of multiple national tournaments, charter member of Rainier Agility Team, over ten years experience teaching agility. All of Pritamo's dogs are "re-homed" (rescue) dogs adopted at 1 year or older and trained to an expert level in agility competition. Her first love is working with beginners and introducing them to this wonderful sport that has had such a positive influence on her life.



ADULT — ENRICHMENT

Mukilteo Community Garden

Down-time Tasks for the Garden

Adjusting soil PH, cover cropping, and installing new beds are the kinds of jobs best done during a garden beds down time. Get the skinny on these and other timely tasks for fall in the Saturday morning workshop led by a soil expert. Includes soil-management options of interest to the would-be winter vegetable gardener and perennial vegetable enthusiast.



Age: Adult

Code: 1280

Day: Saturday

Date: Oct. 2

Time: 10:30am-11:30am

Fee: \$5

Location: Rosehill Comm. Ctr.,
Lower Level Art Room

Instructors: WSU Master Gardeners & Tilth

Mukilteo Wildlife Habitat

Sustainable Garden & Rain Barrels

Get inspired with a free workshop on sustainable landscape. Learn to use landscape practices that will be safe for children, pets, wildlife, and waterways. Learn step-by-step how to build your own rain barrels as part of your sustainable garden.

Age: All Ages
(14 & under adult required)

Day: Sunday

Date: Sept. 12

Time: 2:00pm-4:00pm

Fee: Free

Location: Community Garden at
4005 76th Street, Mukilteo

Instructor: Local Expert for Gardening and Ryan Williams for Rain Barrels



Gardening for Butterflies

Flying Flowers: Gardening for butterflies in the Puget Sound region. A butterfly has needs just like any wildlife. Learn what it needs to call your backyard home, from plants that offer nectar for the flying adults to those that host their young. You will learn how to create a backyard habitat for Puget Sound butterflies along with basic butterfly biology and ecology.

Age: All Ages
(14 & under adult required)

Day: Wednesday

Date: Oct. 6

Time: 7:00pm-8:30pm

Fee: Free

Location: Rosehill Comm. Ctr.
Art Rm.

Instructor: David Droppers is an active member of the Washington Butterfly Association and has worked summers at the Woodland Park Zoo. He graduated from the University of Washington in Environmental Science and Resource Management and will be going to Western Washington University in the fall for a Master's in Environmental Science.

Rain Gardens and Your Backyard

Whether you have 5 acres or a very small front yard, a rain garden might be right for you. Come find out how one would fit into your landscape, how to reduce flooding, filter out chemicals and pollutants and add beauty and value to your property.

Age: All Ages
(14 & under adult required)

Day: Wednesday

Date: Nov. 10

Time: 7:00pm-8:30pm

Fee: Free

Location: Rosehill Comm. Ctr.
Art Rm.

Instructor: Taught by Snohomish County Conservation District Staff Includes free full-color rain garden handbook.



ADULT — ENRICHMENT

About Boating Safety (ABS)

The State of Washington passed a law in 2005 requiring a boater safety course in order to operate a boat in Washington State. The law applies to operators of motorboats with 15 horsepower or greater. The age requirements are 30 and younger. The U. S. Coast Guard Auxiliary Boating class satisfies Washington State's mandatory education requirements for all boaters. Use this course certificate for your State of Washington Boater's card. Course includes: Introduction to Boating, Boating Law, Boat Safety Equipment, Safe Boating, Navigation, Boating Problems, Trailering, Storing and Protecting your Boat, Hunting and Fishing, Water skiing and River Boating. Time frame includes a lunch break. (Min 5/Max 30)

Age: 14 yrs-Adult

Day: Saturday

Code: Dates:

1285 Sept. 18

1286 Oct. 23

1287 Nov. 13

Time: 9:00am-5:00pm

Fee: \$25/person

Location: Rosehill Comm. Ctr.,
Room 109

Instructor: U.S. Coast Guard
Auxiliary

To register: Call Angela Rifner
360.435.4833, or email rifangela@
msn.com



Vessel Safety Examinations

The Vessel Safety Check is a complimentary check of your boat conducted by members of the U.S. Coast Guard Auxiliary, confirming that it meets both federal and state requirements for safety. No citations are issued and the results of the safety check are not reported to any law enforcement agency, but a decal is awarded to display if the vessel has passed the examination. The Vessel Safety Check gives you a risk-free way to check that you meet the legal minimums and to potentially avoid a citation later. An example of some of the items checked includes: life jackets, registration and numbering, navigation lights, ventilation, fire extinguishers, distress signals, battery cover and connections. To set up your free vessel exam, contact Larry Sherman, 360.659.8404.



Mukilteo Police Department – Citizens' Academy

This free 8-week class held Thursday evenings from 6pm-9pm will give you a better understanding of the day-to-day operations of a police department. This Academy is not intended to make police officers out of the public, but to teach the public about law enforcement. Classes include: patrol division, traffic unit, detective operations, equipment and firearms, use of force and officer safety, crime prevention, canine demonstrations, and ride-along with a patrol officer. Call 425.263.8100 or email crimeprevention@ci.mukilteo.wa.us for an application or questions.

Date: Sept. 9–Oct. 28

Location: Mukilteo Police Dept.



ADULT — ENRICHMENT

Project Linus at Rosehill Community Center

The mission of Project Linus is to provide love, a sense of security, warmth and comfort to children, in Snohomish County, who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade, washable blankets and afghans, lovingly crafted by volunteer blanketeers. Everyone is welcome to join us. No experience necessary. We have many ways you can help at our work parties: sewing, cutting, ironing, assembling fabric kits, tying quilts, and quality control. Founded in 1995, this organization is run totally by volunteers and through the generosity of donations. Call Diane Campbell at 425.252.4524 to learn more about volunteer opportunities and ways to donate materials. Although there is no charge for these classes, we'd appreciate a call to let us know you are coming. Diane at 425.252.4524 or the Recreation Office 425.263.8180.

Learn How to Cut with a Rotary Cutter

Sept. 15, Oct. 20, Nov. 17 - 10:00am-3:00pm

Bring your rotary cutter, rulers, mat (if you have a second smaller one, bring that too). We will supply the fabric. Call Diane 425.252.4524 or the recreation office to reserve your spot 425.263.8180. Space limited to two participants each date.

Location: Rosehill Comm. Ctr., Lower Level

Mini-Retreat – Project Linus

Want some time to get started on your sewing projects for holiday gift giving? Want to get away from all those distractions? Come for two days of working on your own project(s) with us fun sewers. Head home for the night. Come for as many hours between 10am-10pm. Sewers, quilters, crocheters, knitters welcome. We have a storage unit to lock up your equipment overnight.

Date: October 23 & 24, Sat. & Sun.

Time: 10am-10pm

Who: Any sewers/knitters/crocheters

Food: Bring your meals (available refrigerator/freezer/microwave). Several nearby restaurants with "to-go" menus. Sewing project supplies: Bring your own machine, equipment, tools, projects.

RSVP/Questions: Call Diane Campbell, 425.252.4524.



Quilts for Cancer Patients - A Quilt-As-You-Go-Giving Project

November 2010

During the month of November, drop off your pieced 9-inch quilt square, 9-inch piece of batting, or 11-inch piece of backing. Your pieced square must be 9 inches (unfinished) quilter's cotton or cotton blend. You can design and donate as many as you like. The quilts we make will be given to cancer patients locally. There will be a container outside of Room 108 at Rosehill clearly marked where you can place your donations or call the Recreation Office at 425.263.8180 to make special arrangements.

Work Party for Quilts for Cancer

Sunday, November 14, Noon-5:00pm – Come in and help us put together all the donated squares into finished quilts. Don't know how to quilt-as-you-go? We will teach you. Bring your sewing machine and notions. Bring your own snacks, if desired. We have a refrigerator/freezer/microwave available.

Location: Rosehill Comm. Ctr., Lower Level

Questions: Call Diane Campbell 425.252.4524.



AVOID DISAPPOINTMENT!

All programs must meet a minimum enrollment requirement in order to be held. Classes will be cancelled 5 business days in advance, if they do not reach the minimum enrollment. Please register on time to be certain you get the class you want.
425.263.8180 or www.activenet.active.com/cityofmukilteorec