

# NORTH BELLEVUE COMMUNITY CENTER

4063-148th Avenue NE • Bellevue, WA 98007 • 425-452-7681 (FAX: 425-882-1968)  
Hours: Mon–Thurs 8:30am–9pm • Fri 8:30am–6pm • Sat: Classes & Fitness Center only  
Programs, hours, and fees subject to change without notice. Please contact NBCC for updated information.

## FALL SCHEDULE

### EVENTS, WORKSHOPS, & INFORMATION

#### Dental Services

4th Mon of each month  
9am–4:30pm  
*By Appointment Only*

#### Foot Care Clinic

2nd Tues & 2nd & 4th Wed  
8:30am–3:30pm  
*By Appointment Only*

#### Afternoon Parent/Child Drop-in Play

Wed: 11am–1pm  
Thurs: 2–4pm

#### Massage Therapy

1st Mon of each month  
9am–2pm  
*By Appointment Only*

#### Reflexology

1st & 3rd Tues of each month  
8:30am–3:30pm  
*By Appointment Only*

#### Senior Nutrition Lunch Program

Lunch served at noon  
Mon/Tues/Wed/Fri  
60+: \$3 suggested donation  
Under 60: \$6 fee

#### Thursday Afternoon at the Movies

Each Thurs at 2pm–FREE

#### Legal Clinic

Eastside Legal Assistance Program • Every Thurs, 2–4pm  
*For appointment call 425-747-7274*

#### SHIBA Medicare Assistance

(Statewide Health Insurance Benefits Advisors)  
Call for current schedule.  
*By Appointment Only*

#### AARP Driver Safety

Tue/Thurs 9am–2pm Oct 1 & 3 / Dec 3 & 5  
Pre-registration required  
\$12 AARP Member / \$14 Non-Member

#### Senior Information & Assistance

Resources and information on all topics related to older adults. Call 206-448-3110 or 1-888-435-3377.

#### Sounds of Swing Dances

Tue, Sept 10, Oct 8, Nov 12, Dec 10, 2013 • 2-4pm  
\$3 at the door • Ages 18+

#### Autumn Leaves Dance

Sat, Oct 12, 2013 • 7-10pm • \$15 at the door • Ages 18+

#### Halloween Luncheon

Wed, Oct 30, 2013 • 11:30am–1pm • \$3 donation for 60+,  
\$6 for under 60 • Ages 18+

#### Thanksgiving Luncheon

Wed, Nov 13, 2013 • 11:30am–2pm • \$3 donation for 60+,  
\$6 for under 60 • Ages 18+

#### Holiday Ball

Sat, Dec 7, 2013 • 7-10pm • \$15 at the door • Ages 18+

#### Holiday Luncheon

Wed, Dec 18, 2013 • 11:30am–1pm • \$3 for 60+,  
\$6 for under 60 • Ages 18+

### TRIPS

#### Kiana Lodge Salmon Lunch Cruise

Wed, Sept 4, 9:30am–4pm

#### Puyallup Fair

Wed, Sept 18, 9am–3pm

#### Emerald Queen Casino

Thur, Sept 26, 9am–5pm

#### Fall Foliage Lunch Cruise

Wed, Oct 9, 11am–3pm

#### Angel of the Winds Casino

Arlington, Tue, Oct 22, 9am–5pm

#### MoHai Museum of History & Industry

Fri, Oct 25, 10am–4pm

#### Christmas in Seattle Gift & Gourmet Food Show

Fri, Nov 8, 10am–3pm

#### Seattle Art Museum

Thur, Nov 21, 9:30am–2pm

#### A Victorian Country Christmas

Puyallup Fairgrounds Wed, Dec 4,  
9am–3pm

#### Chocolate Indulgence Tour

Seattle, Tue, Dec 10, 10am–2pm

#### Super Mall & Super Wal-Mart

Auburn, Thurs, Dec 12, 9am–3pm

#### Pacific Northwest Ballet's "Nutcracker"

Sat, Dec 14, 1–5pm

# NEW FITNESS CENTER / RENTAL SPACE



**Come check out the NEW Fitness Center**

Personal Training Assessment AVAILABLE



**Rental Space, call 425-452-7681**

We have the space you need for your party, meeting, training, or event.

## DAILY SCHEDULE

### MONDAY

<b>Fitness Center</b>	8:30am-8pm	\$ Fee applies
<b>Billiards</b>	8:30am-8:30pm	FREE
<b>Ping Pong</b>	8:30-9:45am & 2-5pm	\$ Fee applies
<b>Advanced Yoga</b>	10-11am	\$ Fee applies
<b>Gentle Yoga by Wendy</b>	10:30-11:30am	\$ Fee applies
<b>Tai Chi (Spanish)</b>	11:15-12noon	FREE
<b>Line Dance PRACTICE</b>	11:45-12:45pm	\$ Fee applies
<b>ESL/Spanish Speakers</b>	12:45-1:45pm	FREE
<b>Pickleball</b>	3-5pm	\$ Fee applies
<b>Jazzercise</b>	6-7pm	\$ Fee applies
<b>Tai Chi Chuan Swordplay</b>	7:15-8:45pm	\$ Fee applies

### TUESDAY

<b>Fitness Center</b>	8:30am-6pm	\$ Fee applies
<b>Billiards</b>	8:30am-8:30pm	FREE
<b>Ping Pong</b>	8:30-9:45am	\$ Fee applies
<b>Enhance Fitness</b>	9-10am	\$ Fee applies
<b>Indian Fellowship</b>	10:30am-1pm	FREE
<b>Book Club</b>	2nd Tue • 10-11:30am	FREE
<b>Tap Dance / Beginning</b>	11am-12pm	\$ Fee applies
<b>Tap Dance / Intermediate</b>	12:15am-1:15pm	\$ Fee applies
<b>Circuit Training</b>	2-3pm	\$ Fee applies
<b>Sound of Swing Big Band</b>	2-4pm	\$3 dance fee; no fee for rehearsal weeks
<b>Jazzercise</b>	4:30-5:30pm	\$ Fee applies
<b>Drop-in Craft Group</b>	6-8:30pm	\$ Fee applies

### WEDNESDAY

<b>Fitness Center</b>	8:30am-8pm	\$ Fee applies
<b>Billiards</b>	8:30am-8:30pm	FREE
<b>Ping Pong</b>	8:30-9:45am & 2-5pm	\$ Fee applies
<b>Mandarin ESL Newspaper Group</b>	9:30-10:30am	FREE
<b>Tai Chi Practice</b>	9-10:30am	FREE
<b>Red Cross Knitting Group</b>	11am-3pm	FREE
<b>Chinese Chorus</b>	10:30-12pm	FREE
<b>Parent/Child Drop-In Play</b>	11am-1pm	\$ Fee applies
<b>Duplicate Bridge</b>	12-3:30pm	\$ Fee applies
<b>Party Bridge</b>	12-3pm	FREE
<b>Mah Jongg</b>	1-3pm	FREE
<b>CISC Mandarin Dance</b>	1-3pm	\$ Fee applies
<b>Pickleball</b>	3:30-5:30pm	\$ Fee applies
<b>Jazzercise</b>	6-7pm	\$ Fee applies

### THURSDAY

<b>Fitness Center</b>	8:30am-8pm	\$ Fee applies
<b>Billiards</b>	8:30am-8:30pm	FREE
<b>Ping Pong</b>	8:30-9:45am	\$ Fee applies
<b>Enhance Fitness</b>	9-10am	\$ Fee applies
<b>CISC Info &amp; Assistance</b>	9am-1pm	FREE
<b>ESL Advanced</b>	10-11:30am	FREE
<b>Cribbage</b>	10am-12pm	FREE
<b>Core &amp; Stretch</b>	1-2pm	\$ Fee applies
<b>Pinochle</b>	1-3:30pm	FREE
<b>Drop in Painting</b>	1-3pm	FREE
<b>Gentle Yoga by Wendy</b>	10:30-11:30am	\$ Fee applies
<b>Parent/Child Drop-in Play</b>	2-4pm	\$ Fee applies
<b>Thursday Movies</b>	2-4pm	FREE
<b>Jazzercise</b>	4:30-5:30pm	\$ Fee applies
<b>International Dance</b>	7-8:30pm	\$ Fee applies

### FRIDAY

<b>Fitness Center</b>	8:30am-6pm	\$ Fee applies
<b>Billiards</b>	8:30am-6pm	FREE
<b>Ping Pong</b>	8:30-9:45am & 3-6pm	\$ Fee applies
<b>Enhance Fitness</b>	9-10am	\$ Fee applies
<b>Chorus</b>	10:30-11:45am	FREE
<b>Line Dance PRACTICE</b>	10:30am-12pm	\$ Fee applies
<b>Tai Chi (Spanish)</b>	11:15am-12pm	FREE
<b>Duplicate Bridge</b>	12-3:30pm	\$ Fee applies
<b>Circuit Training</b>	2-3pm	\$ Fee applies
<b>Pickleball</b>	3-5pm	\$ Fee applies

### SATURDAY

<b>Fitness Center</b>	8am-12pm	\$ Fee applies
<b>Jazzercise</b>	8-8:55am	\$ Fee applies
<b>Tai Chi QiGong</b>	9-10am	\$ Fee applies



## REGISTER for classes and events:

IN PERSON: at the front desk

OVER THE PHONE: call 425-452-7681

ONLINE: [www.myparksandrecreation.com](http://www.myparksandrecreation.com)

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This information will be provided in alternate formats for individuals with disabilities upon request. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service.