



NBCC News

City of Bellevue Parks
and Community Services

Volume 6, Issue 3
September/October 2010

October is National Caregivers Month

(Written with information from the Family Caregiver Alliance website.)

Rosalyn Carter said it best: "There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers." Caregivers are needed for family members of all ages - an aging parent, an ill spouse or sibling, or grandchildren, and sometimes all of them at the same time. With information and support, family caregivers can help their loved ones through many difficult situations. During October we will highlight this important family role and offer resources and support for those who serve others.

Caregiving takes many forms. Many of us help older, sick, or disabled family members and friends every day. We know we are helping, but we don't think of ourselves as caregivers. We are glad to do this and feel rewarded by it, but if the demands are heavy, over time we can also become exhausted and stressed. We think we should be able to handle caregiving roles on top of busy work and family schedules and begin to feel guilty and depressed as our stamina wanes.

In the United States about 44 million people (nearly 75% of them women) provide 37 billion hours of unpaid, "informal" care each year for adult family members and friends with chronic illnesses or conditions that prevent them from handling daily activities such as bathing, managing medications or preparing meals on their own.

Becoming a family caregiver for someone you love is a heart wrenching and at times enlightening life lesson. It can be temporary, lasting

through an illness or surgery, or it can last the lifespan of the person who needs care. The role as a family caregiver can happen abruptly or creep in slowly - unnoticed. Caregivers often put their health, their needs and interests on the back burner to care for their loved one. They can find themselves beginning to struggle with the day to day demands of caregiving and may have allowed their role as a caregiver to define who they are. The new role can become as frightening as the initial diagnosis.

It is important to remember that family caregiving requires a relationship between many people. As a caregiver, choosing to take charge of your own life means recognize that you are only one member of the caregiving team. Making active choices in your own best interests is not selfish; rather it is often the most important choice you can make for your entire family.

If you are a caregiver, here are some messages to live by:

Believe in Yourself: Professionals stress the importance of trying to maintain a positive attitude by recognizing your strengths and limitations. These go a long way in your ability to set goals and boundaries for yourself and for your loved one.

Protect Your Health: It is critically important to maintain your physical and emotional health and well being - if you don't who will? Your good health is the greatest gift you can give your loved one and your entire family.

Reach Out For Help: Reaching out and asking for help can be difficult, but remember,

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SENIOR DAY
at the Crossroads Farmers Market
In the east parking lot of Crossroads Mall

Tuesday, August 31st, 2010
Noon - 6:30 pm
Entertainment, Exhibitors, Resources, Demos
Information, Freebies!

News and Announcements

Volunteer News

Seeking Volunteers! Because of our recent cutback in hours and staff, we are really in need of volunteers! Use your talents and willingness to assist us in the front office, with our lunch program, with our craft room, as a greeter, with special events, or whatever your heart desires!

Our garden volunteers plant flowers that are given to us by the City landscapers. They help keep our established plants from taking over our gardens, and they help keep the weeds down. If this sounds like a job you would "dig" let Darrion know and we'll put you to work!

Greeters welcome people to the building, direct traffic, answer questions and add joy to everyone's experience.

Special Events volunteers help with set up, decorations, entertain-

ment, and clean up of our monthly special event luncheons and dances.

No experience is necessary, all that is required is a willingness to help. Wouldn't this be a great way to support the center and share what you know with others? Let's all take on an attitude of volunteerism and service to others.

For information on any of our volunteer opportunities, please contact Darrion Spratley.

Announcements

New "**NBCC Wii Bowling League**" began in August! Join the league in our Media Room, Thursdays from 11:45 am - 1:45 pm for Wii Bowling. The League will play against area Senior Center teams and participate in fun tournaments! Fee for the 12 week league is \$20 R, \$24 NR. Use the Shape Up! Coupon and save \$10!

Meet Our Volunteer Barbara Olson



Barbara Olson wears many volunteer hats here at NBCC. She volunteers with Sound of Swing Band, sits on the Senior Advisory Board, and helps with our special events. Volunteering is just part of who she is - she's been doing it for 45 years. She has served on PTA, Community Association, Campfire, and Garden Club. She says she volunteers to keep busy and out of trouble, and she likes meeting new people through volunteer work.

Barbara joined the North Bellevue Senior Advisory Board earlier this year because new members were needed and she wants to contribute fresh ideas and new approach to things.

Barbara and her husband, Dick have been married for 55 years and moved to Bellevue 45 years ago. They have two daughters and one very tall grandson. Dick plays baritone saxophone in the Sound of Swing Band and Barbara keeps everyone happy with snacks and coffee during dances and rehearsals.

A Message from Darrion

Hi Everyone,

Fall has arrived! And also our new Trip Book is here! It has a lot of interesting trips and outings including favorites, new places and an extended overnight trip. The trips will get you out to enjoy lots of great places here in the Northwest. Don't wait to register, come join the fun!

We will be hosting the ShapeUp Wellness Fair on September 16th, 10 am-1 pm. Come by for information booths, freebies, and more!

We have been enjoying our new "Thursday Afternoon at the Movies" series each Thursday from 2-4 pm. Enjoy

popcorn and a classic or new release movie in the Media Room.

Coming soon is our Halloween Luncheon on October 29th. We will have a costume contest and Bingo. Make sure you register early for this fun day!

Also, please let me know if you would like to volunteer at the center. Volunteers help us in so many ways! If you would like to volunteer please contact me and we can talk about ideas to help you help the Center.

Darrion

Hello from the Director

It's Indian Summer time and Fall all in one!! I hope this finds you all doing well and enjoying your favorite seasonal activities.

Have you signed up for your exercise class discount through the Shape Up Campaign yet? We are offering a \$10 coupon if you sign up for a class you've never taken before or haven't taken in over 3 months. In addition this year, if you bring a friend (new participant) not only will they get the \$10 discount, you will also get \$10 off the next class you sign up for---even if it's a class you've been taking for a long time. So join in the fun and get fit

and healthy together!

Stop by the front desk and pick up a copy of the new Connections Brochure and the Fall Trip Book and get set for Fall Fun!

If you or someone you know is interested in teaching a class, leading a special interest group or just helping out around the Center please contact me or Darrion at any time to discuss the possibilities.

If there is a class or activity that you are interested in, please call ahead and register. If you wait, classes can get cancelled.

Cathy VonWald

Bellevue Farmers Markets Are Back!

The Farmers Markets are ready for Harvest! That means the Farmers Markets are the best place to find farm fresh, locally grown produce and flowers. Enjoy the best of the season!

This year **Senior Day at the Market** will be held at the **Tuesday Crossroads Farmers Market on Tuesday, August 31**. Stop by and take part in this fun annual event. Many vendors will be on hand with information and resources for older adults. Lots of freebies, too!

Bellevue Network on Aging is the sponsor for this event. The group is dedicated to healthy aging in our community by promoting awareness of needs and resources that support older adults through life's transitions. See you there!

Tuesday Crossroads Farmers Market, Noon - 6:30 pm

May 25 - October 5

Location of the Market is in the east parking lot of Crossroads Mall

Thursday Market, 3pm - 7pm

May 13 - October 14

First Presbyterian Church of Bellevue
1717 Bellevue Way NE

Saturday Market, 10am - 2pm

June 5 - November 20

Washington Square
10610 NE 8th Street

Dogs okay, short-leash, please

Mercer Slough Blueberry Farm and Produce Stand, 9 am - 7 pm

Daily, Mid April - October

2380 Bellevue Way SE
Dogs okay on leash

Larsen Lake Produce Stand & Blueberry Farm, 10 am - 6 pm

Tuesday - Sunday, June - October

14812 SE 8th Street
Dogs okay on leash

Lake Hills Farm Fresh Produce Stand, 10 am - 6 pm

Tuesday - Sunday, June - October

15500 SE 16th Street
Dogs okay on leash

Advisory Board Update

The Advisory Board had very productive meetings in July and August. After discussion, The Board decided to assist with purchasing and obtaining through donations furniture and supplies to update the Health Room. The Health Room is used for many activities here at NBCC including Footcare, SHIBA appointments, CISC Chinese Information Services, and Sea Mar Latino Services. With the updated supplies and new arrangement, the room is now more functional for all groups who use it.

The Board also voted to supply snacks for the Thursday Afternoon at the Movies series which will begin in August. The group is working to get the new Media Room ready for the **Wii Bowling League** and **Thursday Afternoon at the Movies**, which both begin in August.

A reminder about **Thursday Afternoon at the Movies**, movies will be shown each Thursday from 2 - 4 in the newly renovated Media Room. They'll show New Releases, Westerns, Classics, and Musicals. Snacks will be available!

The Board is currently seeking new members and invites everyone to attend Board meetings. The meetings are held at 9:45 am on the 3rd Wednesday of each month. Stop by to learn how the Board works and to hear all about upcoming action items and projects.

By working together, the Advisory Board helps to improve the Community Center for all who use it!

If you would like to learn more about the Advisory Board, please contact the staff liaison, Darrion Spratley 425-452-7681 or dspratley@bellevuewa.gov for more information.

Fall Prevention and Awareness Day Thursday, Sept. 16th

North Bellevue Community Center will host **Falls Prevention and Awareness Day Thursday, September 16th** as part of a national movement to increase awareness and prevent falls.



All seniors want to live healthy and independent lives. Unfortunately, many will fall resulting in injuries that can lead to serious illness and/or institutional living. Falls are the leading cause of hospitalizations for seniors in the state of Washington. Almost one-third of seniors over 65 will fall each year with one-half of those falling again within the next year. Because of the high number of seniors falling, more and more communities are getting together and offering programs to screen and educate people as to just what the risks for falling are and what can be done to try and prevent falls.

Falls do not just happen because of aging, they can be prevented!

Join Us Thursday, Sept. 16th from 1 - 4 pm! You'll learn steps you can take to make your bones sturdier, your balance better, your home safer, and your confidence stronger.

Experts will be on hand to assess your risk of falling by performing blood pressure checks, assess your gait, check your vision, perform medication screenings, and offer information on assessing your home for fall risks.

Stop by the many tables and booths to pick up informative handouts and free giveaways!

A Big Thank You!

We couldn't do it without sponsorship! Thank you to all of the sponsors who have come forward to assist us in bringing fun and fellowship to our participants and for making our recent events very memorable!

Overlake Terrace - for providing table treats and Bingo prizes for our Independence Day Luncheon. It made the day so much fun!

The Belletini - for providing a spectacular dessert for our Independence Day Luncheon. It was delicious!

Wynwood - for donations supporting our monthly second Tuesday Sound of Swing dances. The desserts are always a big hit!

Overlake Terrace - for providing Bingo prizes for our End of Summer Picnic. They were great!

The Gardens at Town Square - for providing fabulous boxed lunches for our End of Summer Picnic. They were just perfect for the event!

New York Cupcakes, and The Garden Club - for providing cupcakes for our Cupcake Walk at our End of Summer Picnic. They looked absolutely delectable!

Mary Kay - for providing relaxing facials and snacks.

Thanks to all of you! Our special events and dances would not have been nearly as memorable without the generosity and support of our sponsors. We appreciate you!

Thank You!

Fall Prevention for Older Adults and People With Disabilities

Falls are the leading cause of injury and accidental death in adults over the age of 65. New or unfamiliar surroundings, improper footwear, cumbersome furniture arrangements, and distractions all can cause a person to accidentally stumble and fall, causing a serious injury, even death.

However, implementing a few prevention practices at home can decrease a person's risk of an unnecessary falls

What can a person do to improve balance and prevent falls?

- **Attend Falls Prevention and Awareness Day Sept. 16th from 10 am—1 pm at North Bellevue Comm. Center!**
- Stay active to maintain overall strength and endurance. By attending regular exercises classes you will improve your flexibility, strength and balance.
- Wear appropriate footwear.
- Arrange furniture so there is plenty of room to walk freely. If you use a walking aid, ensure that doorways and hallways are large enough to get through with any devices you may use.
- Install railings in hallways and grab bars in the bathroom and shower to prevent slipping.
- Be sure you have adequate lighting throughout your house.
- Install nonslip strips or a rubber mat on the floor of the tub or shower.
- Remove throw rugs or secure them firmly to the floor.
- Use caution when carrying items while walking.
- Use a nightlight when getting out of bed at night.
- Know your limitations. If there is a task you can not complete with ease, do not risk a fall by trying to complete it.

Grandparent's Corner

Information supplied by Blossom Landau

Looking for creative ways to spend time with your grandkids in Bellevue? Here's a listing of places and activities that are sure to delight!

A visit to **Kelsey Creek** will make a very memorable outing with kids. The park is made up of 150 acres of forest and wetland habitat, with a number of hiking trails (including a gravel loop trail that goes around the park's barns and pastures) that are easy enough for tots to traverse. A working farm is located on the park grounds with barns and pastures that are home to a variety of farm animals. You can view the animals daily from 9 am - 3:30 pm. A play area for small kids is conveniently located near the picnic shelter area. In October Kelsey Creek will host *Fall at the Farm* where kids can learn about how farm life was in the 1920's, view animals and pick a pumpkin. Call 425-452-7688 for more information.

Crossroads Mall has free activities nearly every day of the week for kids of all ages. The different locations in the mall offer Story Time, Game Nights, Play & Learn Wednesdays, Arts & Crafts sessions, free movies and more. Friday nights are free music nights on the Center Stage. Check the schedule of upcoming events by picking up their newspaper or visiting their website www.crossroadsbellevue.com. You can view the schedule and get more information about each activity.

Bellevue Botanical Garden is made up of 53 acres of beautiful gardens and natural discovery for kids. It is a place where visitors may walk, stroll, jog, play, photograph, paint, contemplate, sit, smell, and listen. The colors and textures respond to the seasons, and each garden is constantly changing. Kids can learn about gardening and water conservation and about plants that are native to Washington. Admission to the Garden is free, and tours are held every Saturday and Sunday at 2 pm. Call 425-452-2750 for more info.

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Classes



Computer Classes

These classes are taught by Doris Ford using the Mobile Computer Lab laptops.

▪ Intro to Computers

Date: Tuesdays, Sept 14 - Oct 5

Cost: \$37 R / \$44 NR

Time: 12:30-2:30 pm

This class will teach you all the fundamentals of your computer: Hardware, software, keyboard, mouse, & vocabulary. A must for new computer users!

▪ One-On-One Appointments

Date: Thursdays: Sept 16, Sept 30,

Oct 14, Oct 28

Time: 10 - 12 pm

Cost: \$24 R / \$29 NR

Do you need help with a particular computer software program? Do you like to ask questions or learn better one-on-one? Need a quick skill brush-up for a new job? Gain computer skills, confidence, and comfort with your computer in a one-time 2-hr session. Bring your CPU or laptop from home, or use the computers in our lab.

▪ Intro to Word

Date: Tuesdays, Oct 12 - Nov 2

Cost: \$37 R / \$44 NR

Time: 12:30-2:30 pm

Learn the basics for writing and editing letters, and bold to text, save and print a document. Also, learn how to use the spell-check feature and other functions.

▪ Online Genealogy

Date: Thursday, Sept 23 or

Thursday, Oct 21

Time: 10 am-12 pm

Cost: \$16 R / \$19 NR

Follow the trailblazers of genealogy who have developed time-tested ways to stay organized in this process. Learn how to research on-line and organize what you find into meaningful groups. Download pedigree charts and family group sheets from the internet, take a detailed tour of excellent sites, & jumpstart your search for your ancestors!



▪ Learning Gmail

Date: Thursday, Oct 7

Time: 10 am-12 pm

Cost: \$16 R / \$19 NR

Learn the basics of this free email program including how to compose and edit email messages, send photo attachments by email, avoid spam and scams, and stay organized. You're sure to come away with new tools to help you stay in touch and connected!

▪ Windows 7

Date: Tuesdays, Sept 14 - Oct 5

Cost: \$37 R / \$44 NR

Time: 10 am - 12 pm

Learn what is new in Windows 7. Check out the new features that can help simplify everyday tasks. Learn how to Windows 7 works the way you want, use Snap to arrange and resize windows, view the new taskbar button and shake your windows.

Dance Classes

▪ Line Dance Monday

Date: Monday, Aug 30 - Sept 27

Monday Oct 11 - Nov 1

Time: 11:45 am-12:45 pm

Cost: \$3 R / \$3.50 NR

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to great music. Leather soled shoes recommended.

▪ Line Dance Friday

Date: Friday, Sept 17 - Oct 8

Friday, Oct 22 - Nov 12

Time: 11 am-12 pm

Cost: \$3 R / \$3.50 NR

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to great music. Leather soled shoes recommended.

▪ Tap Dance All Levels

Date: Tuesdays, Sept 21 - Oct 12

Tuesdays, Oct 19 - Nov 9

Cost: \$15 R / \$19 NR

Time: 11 am-1 pm



Learn to tap dance to new and old songs. This is a wonderful way to exercise while enjoying music!

▪ Swing I Dance Class

Date: Tuesdays, Sept 7 - Oct 12

Time: 6 - 7 pm

Cost: \$63 R / \$73 NR

This is the place to learn Swing Dancing! Learn the single-time basics of Swing Dance. No partner necessary, singles & couples welcome.

▪ Swing II/Lindy Hop Dance Class

Date: Tuesdays, Sept 7 - Oct 12

Time: 8 - 9 pm

Cost: \$63 R / \$73 NR

Take your skills to the next level! The class will mix 6 and 8 count swing, triple-time footwork & Lindy Hop. No partner necessary, singles & couples welcome.

Continuing Education

▪ Book Discussion Group

Dates: 2nd Tuesday Each Month

Time: 10-11:30 am

Cost: Free!

For more information and a book list contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543.

▪ Chorus

Dates: Fridays, Ongoing

Time: 10:30-11:45 am

Cost: Free!

We sing for our own fun & enjoyment and we welcome new singers at any time, no auditions or advance notice are required. On the second Friday of each month, the group meets to sing at Mission Healthcare Assisted Living on 156th to sing with the seniors there.

▪ Chinese & English Chorus

Dates: Wednesdays, Ongoing

Time: 10:30 am-12 pm

Cost: Free!

Come and sing some famous Chinese and English songs.



Classes



Continued from previous page

▪ **Ageless Actors: Senior Acting Workshop**

Dates: Wednesday, July 21 - Sept 22
Wednesday, Oct 6 - Dec 22

Time: 1-3 pm

Cost: \$63 R and NR

For those seriously interested in developing acting skills that can also be used in everyday life: sharpen memory, activate imagination, give self confidence, & learn to use voice in a variety of ways. Call for audition appt.

Legal, Insurance & Transit

▪ **SHIBA**

Date: 1st & 3rd Wednesdays

Time: 9 am, 10 am, 11 am & 1 pm

Cost: Free! (Appt. required)

Meet with a trained expert from the Statewide Health Insurance Benefits Advisor group to get free, unbiased information about health care coverage, health insurance, and government programs. Appointments are required, call 425-452-7681.

▪ **S R A (Senior Rights Assistance)**

Date: 4th Tuesday (Sept 28, Oct 26)

Time: 9 am, 10 am, 11 am

Cost: Free! (Appt. required)

Meet with a trained expert from Senior Rights Assistance to get free legal & consumer info regarding Estate Planning, End of Life Issues, Consumer Protection, Debt and Bankruptcy, Landlord/Tenant, Homeowner Issues, Social Security, & Grandparents Rights. Appointments are required, call 425-452-7681.

▪ **Legal Assistance Clinic**

Date: 2nd Thursday (Sept 9, Oct 14)

Time: 2-4 pm

Cost: Free! (Appt. required)

The Eastside Legal Assistance Program offers a legal clinic for low-income individuals on the 2nd Thursday of each month. Appointments are required and can be made by calling 425-747-7274.

▪ **AARP Driver Safety Program**

Date: Tues. & Thurs., Oct. 5th & 7th
Tues. & Thurs. Dec. 7th & 9th

Time: 9am - 2 pm

Cost: \$12 AARP Members \$14 Non-Members, payable by check to instructor.

This program is the nation's first and largest classroom driver improvement course designed especially for motorists 50 and over. This course may qualify you for an auto insurance discount. Please bring a sack lunch.

▪ **EMC-SPAN: Strengthening Preparedness Among Neighbors**

Date: Wednesday, Oct 6

Time: 7 - 8:30 pm

Cost: FREE!

The Bellevue Fire Department Emergency Preparedness Division will be offering this seminar. This workshop will give tips on ways to energize neighbors to interact and work together to be ready for disasters and other emergencies. Neighbors include apartments and condo associations, so join this important seminar. For more information contact Vernon Owens, 425-452-6033

▪ **Young Onset Parkinson's Group**

Date: First Wednesday Each Month

Time: 7-8:30 pm

Cost: Free!

Sponsored by the American Parkinson Disease Association, for those under 60 with the disease and their families.

▪ **Bus Pass Assistance RRF/ORCA**

Date: Tuesday, Sept 21

Time: 10:30-11:30 am

Cost: Free for RRF, or \$3 for ORCA Metro will be here to assist with getting a Regional Reduced Fare Permit (RRFP) or ORCA Pass. Those who already have a RRF will get the new ORCA RRF for free. Those who want a first time RRF, a \$3 fee applies. Bring proof of age.

▪ **Getting Around Puget Sound**

Date: Second Monday each month

Monday, Sept 13, Oct 11, Nov 8

Time: 10 am - 2 pm

Cost: Free!

Learn to go from home, to the store, the library & more on public transportation.

▪ **Moving to A Simpler Life**

Date: Tuesdays, Sept 21 & 28

Time: 10 am - 1 pm

Cost: Free! Lunch included

Over two meetings you will learn about the services available to assist you when your home has become too much to care for. You'll meet experts who answer all your questions and will come away with a very useful binder of planning information.

Games

▪ **Pinochle**

Date: Wednesdays, ongoing

Time: 1-3:30 pm

Date: Thursdays, ongoing

Time: 12-3 pm

▪ **Party Bridge Tuesdays**

Date: Tuesdays, ongoing Coffee Bar

Time: 10-3 pm

Currently seeking a volunteer to coordinate this group, call 425-452-7681 for more information.

▪ **Duplicate Bridge**

Date: M,W,F ongoing

Time: 12:15-3:30 pm

Cost: \$.50 per visit

Contact person: Ed Jesse 746-7435

▪ **Mah Jongg**

Date: Wednesdays, ongoing

Time: 1-3 pm

American style Mah Jongg played. Bring your own set or join another group and play with someone else's.

▪ **Mandarin Mah Jongg**

Date: Wednesdays, ongoing

Time: 1-3 pm

▪ **Billiards**

Date: M-Sat.

Time: varies, see schedule

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Classes



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▪ **Pickleball**

Date: Mon.: 8:30-10 am
Wed. & Fri.: 3-5 pm

▪ **Cribbage**

Date: Thursdays, ongoing
Time: 10 am-12 pm
Contact person: Carl Wittenberg 425-641-3118.

▪ **Ping Pong**

Date: Everyday
Time: 8:30-10 am, additional time if available
Suggested \$1 donation each day

Health & Wellness

▪ **Managing Osteoarthritis**

Date: Monday, October 25
Time: 1 - 2:30 pm
Cost: \$7 R / \$8 NR
Osteoarthritis develops when cushioning cartilage breaks down. Pain can worsen over time, but can be managed, allowing a person to remain active. Learn the risk factors, symptoms, and tips to manage this condition.

▪ **Incontinence Doesn't Have to Be Part of Getting Older**

Date: Monday, Sept 27
Time: 1 - 2:30 pm
Cost: \$7 R / \$8 NR
It's estimated that over 13 million Americans suffer from urinary incontinence, and occurs twice as often in women. An Overlake urologist will discuss the latest successful treatment options.

▪ **Foot Care**

Date: 2nd Tues & Wed; 4th Wed
Time: 8:30 am-3:30 pm
Cost: \$28
Call the front desk to make your appointment. Registered Nurse, Chris Egan, trims toenails and cares for the feet of elderly and health compromised people. Fee is payable in cash or check at the time of your appointment.

▪ **Massage Therapy**

Date: 1st Monday of each month
Time: 9 am-1:30 pm

Cost: \$30 for 30 minutes
\$60 for 60 minutes

Elizabeth Strauss, LMP is specially trained to work with older adults. Appointments required, call the front desk to schedule.

▪ **Reflexology**

Date: 1st & 3rd Tuesdays
Time: 10 am-3 pm
Cost: \$30
Feel better, more relaxed, & relieve foot pain with this ancient health modality. Please call to schedule an appointment.

Chinese/Spanish Services

▪ **ESL for Spanish Speakers**

Date: Mondays, ongoing
Time: 1-2 pm
Cost: Free!
Sponsored by SEA-MAR Community Health Center. Reading, writing, and speaking skills for Latinos who are non-native English speakers. Practice your penmanship and conversation skills in this supportive group.

▪ **CISC**

Date: Thursdays, ongoing
Time: 8:45 am-12 pm
(By Appointment, please call)

Cost: Free!
CISC, Chinese Information & Service Center, provides services in Mandarin to those 55 years of age or older. Topics covered include health insurance, housing, medical, housing, etc. Call 206-624-5633 x. 4123 to make an appointment.

▪ **ESL for Chinese Seniors**

Date: Thursdays, ongoing
Time: 10 am-11:30 am
Cost: Free!
Sponsored by CISC. Reading & writing offered for Chinese speakers who want to learn the English language. Beginning and Intermediate classes.

▪ **ESL III for Chinese Seniors Newspaper Reading Group**

Date: Wednesdays, May 5-Aug 25
Time: 9:30-10:30 am
Cost: Free!

Sponsored by CISC. We will study articles from the newspaper and learn new vocabulary. This class is fun and useful! Call Cathy, 206-624-5633, ext. 4123 to register.

▪ **Indian Fellowship**

Date: Tuesdays, May 4 - August 24
Time: 10:30-1pm
Cost: Free!
This social group is geared for older adults who are visiting from India. Meet and visit with others and share fun experiences, veg lunch available on request.

▪ **Tai Chi in Spanish**

Date: Mon. & Fri, Jan. 11-April 30
Time: 11:15 am-12 pm
Cost: Free!
Practice your Tai Chi moves. Instruction given in Spanish. Sponsored by Sea Mar Community Health.

Exercise Classes

▪ **Enhance Fitness**

Date: Tuesdays, Thursdays, Fridays
Sept 30 - Nov 2
Aug 26 - Sept 28
Time: 9-10 am
Cost: \$33 R / \$40 NR
This low impact aerobic class is designed to give you the maximum amount of cardio exercise with a minimum of wear and tear on your body. Each session is 15 visits. Group Health Medicare participants come for free!

▪ **Gentle Yoga by Wendy**

Date: Monday: Aug 9-Sep 13
Sept 27 - Oct 18
Date: Thursday: Sept 2 - Sept 30
Oct 7 - Oct 28
Time: 10:30-11:30 am
Cost: \$30 R / \$36 NR
Easy yoga for seniors and others who need a gentle approach. Yoga can provide many benefits including improved balance, muscle tone, and flexibility. Taught by Wendy Townsend.

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▪ **Advanced Yoga**

Date: Mondays, Aug 16-Sep 27
Mondays, Oct 4 - Nov 8

Time: 10-11 am

Cost: \$12 R / \$14 NR

Stretching and flexibility exercises for the experienced yoga student.

▪ **Purna Yoga Meditation**

Date: Wednesdays, Oct 6 - Oct 27

Time: 9:15 - 10:15 am

Cost: \$48 R / \$58 NR

The mind's gifts of concentration and imagination are used to strengthen your body and return you to wholeness. Bring a yoga mat and large towel.

Martial Arts

▪ **Tai Chi Wednesday Practice**

Date: Wednesdays, Ongoing

Time: 10-11 am

Cost: Free!

Tai Chi helps blood flow smoothly in the vessels and can strengthen the functions of heart & lungs. It is the best kind of exercise for the health of the middle-aged and seniors. Easy to learn and follow.

▪ **Tai Chi Qigong**

Date: Saturdays, Ongoing

Time: 9-10 am

Cost: \$11 R / \$13 NR

Tai Chi Qigong is a traditional Chinese combination of flowing and stretching exercises. A vital energy exercise, which balances energy, relaxes the body, and relieves stress. This course is drop-in only. Taught by Dr. X. Z. Wang, a Tai Chi Master.

Arts Classes & Groups

▪ **Drop-In Painting**

Dates: Thursdays, Ongoing

Time: 1pm - 3 pm

Cost: Free!

Bring your painting supplies and the project you're working on, and visit with others while producing fabulous works of art!

▪ **Red Cross Knitting Group**

Date: Wednesdays, Ongoing

Time: 11 am- 3 pm

Cost: Free!

Join this group of Red Cross volunteers who knit items to donate to Eastside Baby Corner. All patterns, some supplies, and instruction are available.

▪ **Conversation and Crafts**

Dates: Mondays, Ongoing

Time: 10 am-2 pm

Cost: Free!

Bring your creative ideas and join this fun drop-in group. Proceeds from the sale of these items benefits the North Bellevue Senior Advisory Board.

▪ **Wire Chain & Bead Jewelry**

Date: Wednesday, Sept 22, 6-9 pm

Friday, Oct 8, 9 am-12 pm

Cost: \$15 R / \$18 NR

Using jump rings and a few basic tools, we will fashion gold, silver, brass and copper into stunning jewelry. Tools are provided. New students pay a \$29 fee for materials to the instructor.

▪ **Ikebana/Japanese Floral Design**

Dates: Wednesdays, Sept. 1 - Nov. 3

Time: 10 am - 12 pm

Cost: \$60 R \$72.50 NR

Using flowers, branches, driftwood, and other media, you will master the various Sogetsu school styles. For beginners or advanced students. A supply list is available prior to class.



Thursday Afternoon at the Movies! In NBCC's Media Room

Come join us for our new **Thursday Afternoon at the Movies!** We'll show a new movie every Thursday from 2-4 pm. They're free and snacks will be on hand for purchase. Here's the lineup of movies for the month of September & October:

Thursday, September 2nd, 2-4 pm

"Crazy Heart"; About a country singer has-been who turns a corner on life. Starring Jeff Bridges & Maggie Gyllenhaal.

Thursday, September 9th, 2-4 pm

"Lonely Are The Brave"; Kirk Douglas stars in this classic western of a jail break that doesn't go as planned.

Thursday, September 16th, 2-4 pm

"Of Mice and Men"; Gary Sinese & John Malkovich star in a classic Steinbeck tale of friendship and hard times.

Thursday, September 23rd, 2-4 pm

"Singin' In the Rain"; starring Gene Kelley, Debbie Reynolds and Donald O'Connor. Classic musical fun!

Thursday, September 30th, 2-4 pm

"It's Complicated"; Comedy starring Meryl Streep and Alec Baldwin who rediscover each other after divorce.

Thursday, October 7th, 2-4 pm

"The Young Victoria"; Drama starring Emily Blunt, tells the tale of the 18 year-old Queen's rise to power.

Thursday, October 14th, 2-4 pm

"Butch Cassidy & The Sundance Kid"; One of the best westerns ever made, starring Paul Newman & Robert Redford.

Thursday, October 21st, 2-4 pm

"On The Waterfront"; Winner of 8 Academy Awards starring Marlon Brando and Eva Marie Saint.

Thursday, October 28th, 2-4 pm

"Mamma Mia!"; Musical set in Greece with Meryl Streep and Amanda Seyfried who searches for her father before her wedding.

Trips & Special Events



Trips Have fun seeing new places & meeting new friends or enjoy a day with those you already know.

Upcoming Special Events at NBCC Join us for some fun!

Out to Lunch at Wild Ginger

Thursday, September 9th
11 am - 2 pm

Broadway Show tunes & More Argosy Lunch Cruise

Wednesday, September 15th
11 am - 3 pm

"The Full Monty", Village Theater

Saturday, September 18th
1 - 4:30 pm

Puyallup Fair

Tuesday, September 21st
9 am - 3 pm

Angel of the Winds Casino

Thursday, September 23rd
9 am - 4 pm

Overnight Getaway to Beautiful Port Angeles

Depart Wed. Sept. 29th, 8 am
Return Fri. Oct. 1st, 4 pm

Oktoberfest in Leavenworth

Saturday, October 2nd
10 am - 7 pm

Lucky Eagle Casino

Tuesday, October 5th
9 am - 4 pm

Country Village Shops and Annual Harvest Festival

Wednesday, October 13th
11 am - 3 pm

Oktoberfest Argosy Lunch Cruise

Saturday, October 2nd
10 am - 7 pm

Out to Lunch Bunch at Craw Fish King in Seattle

Tuesday, October 19th
2 pm - 5 pm

State Capital Tour in Olympia

Thursday, October 21st
9 am - 4 pm

"The Scarlet Letter" at Intiman

Thursday, October 28th
7 pm - 11 pm

Back to School Dance with Sound of Swing

Tuesday, September 14th
2 - 4 pm

Autumn Leaves Saturday Dance with Sound of Swing & USA Dance

Saturday, September 18
7 - 10:30 pm

Incontinence Doesn't Have to Be Part of Growing Older—Seminar

Monday, September 27th
1 - 2:30 pm

Mid-Autumn Festival Celebration Sponsored by CISC

Thursday, September 30th
11:30-1 pm

Senior Rights Assistance S.R.A.

4th Tuesday of Each Month
By Appointment
Estate Planning, Substitute Decision Making, and End of Life Issues.

AARP Driver Safety Class

Tues & Thurs, Oct. 5 & 7
9 am - 2 pm both days

Celebrate Autumn Dance with Sound of Swing

Tuesday, October 12th
2 - 4 pm

Managing Osteoarthritis

Monday, October 25th
1 - 2:30 pm

Halloween Luncheon

Friday, October 29th
11:30 - 1:00 pm

SHIBA

Statewide Health Insurance Benefits Advisors

1st & 3rd Wednesdays each month
By Appointment

National Caregiver's Month (Cont. from page 1)

it is never a sign of weakness rather it shows strength and an awareness of your abilities. Everyone has times in life when they don't have all the answers they need. Knowing where to turn for answers is key.

The caregiving journey can be difficult. Though it may be hard, you do not have to travel the road alone. There are many resources for caregivers, and reaching out to others who are in the same situation can make a big difference in how you feel. You are sure to find support and you may even be able to help other caregivers by sharing your experiences with them.

The Family Caregiver Alliance

has information for every stage and type of caregiving. They have printed materials available, a phone number to call (415-434-3388), and a website that will connect you to local resources. Visit www.caregiver.org to learn more. Senior Services of King County lists many local resources for caregivers available by calling 206-448-3110 or 888-435-3377 or through their website, www.seniorservices.org.



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.



**City of Bellevue Parks and
Community Services**

North Bellevue Community Center
Mailing Address: P.O. Box 90012, Bellevue
WA 98009-9012
Facility Address: 4063 148th Avenue NE,
Bellevue WA 98007

Phone: 425-452-7681
Fax: 425-882-1968
E-mail: NBCC@bellevuewa.gov



**North Bellevue
Community Center**

We're on the web!
www.bellevuewa.gov
www.myparksandrecreation.com

To:

Cut Here

& Mail In

Newsletter Subscription & Renewal Form — *Thank You!*

Recommended Donation is \$5 per year; Make checks payable to City of Bellevue.
Mail to: North Bellevue Community Center, P.O. Box 90012 Bellevue, WA 98009-9012

Last Name: _____ First Name: _____

Prefer Email Subscription?

Email Address: _____

Street Address: _____

City/State: _____ Zip: _____ Date of Birth: _____

Phone Number: _____ New Subscription _____ Renewal _____

Donation Amount: _____ Check _____ Cash _____ Visa _____ MasterCard _____

Credit Card #: _____ Exp. Date _____

Signature _____



**NBCC and
All City Offices
will be closed
Monday,
September 6,
2010**

**in honor of
Labor Day**

**NBCC and
All City Offices
will be open on
Columbus Day**