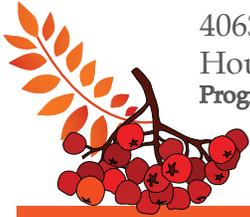


NORTH BELLEVUE COMMUNITY CENTER

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 Sept-Dec 2014

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/Acupressure

1st Mon of each month
9am–12noon
By Appointment Only

Reflexology

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

Lunch Program

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

Thursday Afternoon at the Movies

Every Thurs at 2pm-FREE

Legal Clinic / Eastside Legal Assistance

Every Thurs, 2–4pm
For appointment call 425-747-7274

SHIBA Medicare Assistance

Call for current schedule. *By Appointment Only*

AARP Driver Safety

Tue/Thurs, Sept 9 & 11, Nov 4 & 6, Dec 2 & 4 • 9am–2pm
Pre-registration required
\$15 AARP Member / \$20 Non-Member

Senior Information & Assistance

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

Computer Classes

See the Connections brochure for details. *Must pre-register.*

Sounds of Swing Dances

Tue, Sept 9, Oct 14, Nov 11, Dec 9 • 2-4pm
\$3 at the door • Ages 18+

Halloween Luncheon

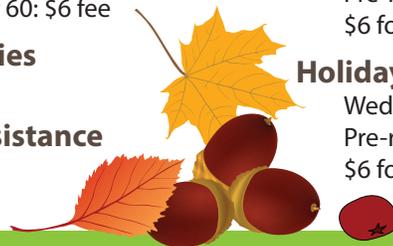
Wed, Oct 29 • 11:30am–1pm • \$3 donation for 60+,
Pre-registration required / space limited
\$6 for under 60 • Ages 18+

Thanksgiving Luncheon

Wed, Nov 19 • 11:30am–1pm • \$3 donation for 60+,
Pre-registration required / space limited
\$6 for under 60 • Ages 18+

Holiday Luncheon

Wed, Dec 17, 11:30am–1pm • \$3 donation for 60+,
Pre-registration required/space limited
\$6 for under 60 • Ages 18+



TRIPS • NEW – Trips MUST be paid at the time of registration.

Kenmore Air Flight & Chandlers Crab House

Thu, 9/4, 8:30am–2pm

Seattle Ferris Wheel and Anthony's Restaurant

Tue, 9/9, 11am–4pm

Crystal Mountain Gondola Ride & Lunch

Thu, 9/11, 9am–4pm

Puyallup Fair

Tues, 9/16, 9am–3pm

San Juan Whale Watching Adventure

Fri, 9/19, 7am–7pm

Out to Lunch at John Howie Steak House

Wed, 10/1, 11am–2pm

Oktoberfest in Leavenworth

Sat, 10/4, 10am–7pm

St. Demetrio's Greek Festival

Fri, 10/10, 12–4pm

Out to Lunch at 13 Coins in Seattle

Tue, 10/14, 11am–2pm

Fall Foliage Lunch Cruise

Wed, 10/15, 10:30am–3pm

Out to Lunch at Salty's in West Seattle

Thu, 10/23, 11am–3pm

Christmas in Seattle Gift & Food Show

Fri, 11/14, 10am–3pm

Garden d 'Lights at Bellevue Botanical Gardens

Wed, 12/3, 7–9pm

A Victorian Country Christmas at Puyallup Fairgrounds

Fri, 12/5, 9am–3pm

Holiday Shopping @ the Outlet Collection in Auburn

Thu, 12/11, 9am–3pm

Pacific Northwest Ballet's "Nutcracker"

Sat, 12/13, 1–5pm

Christmas Lights Dinner Cruise

Mon, 12/15, 6–11pm

Tulalip Casino & Premium Outlets

Thu, 12/18, 9am–4pm



Pick-up a Trip Book for more exciting adventures.

FITNESS CENTER



Come check out the Fitness Center
Personal Training Assessment Available

RENTAL SPACE



Rental Space, call 425-452-7681
We have the space you need for your party, meeting, training, or event.

DAILY SCHEDULE

MONDAY 8:30 am–9 pm

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

TUESDAY 8:30 am–9 pm

NEW Drop-in Computer Help (2nd, 4th & 5th Tues)	9:30am–12noon	\$ Fee applies
Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am	\$ Fee applies
Enhance Fitness	9–10am	\$ Fee applies
Indian Fellowship	10:30am–1pm	FREE
Book Club	2nd Tue • 10–11:30am	FREE
Tap Dance / Beginning	11am–12noon	\$ Fee applies
Tap Dance / Intermediate	12:15am–1:15pm	\$ Fee applies
Sound of Swing Big Band	2–4pm	\$3 dance fee; no fee for rehearsal weeks (Dance 2nd Tuesday each month)
Jazzercise	4:30–5:30pm	\$ Fee applies
Drop-in Craft Group	6–8:30pm	\$ Fee applies

WEDNESDAY 8:30 am–9 pm

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

THURSDAY 8:30 am–9 pm

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

FRIDAY 8:30 am–6 pm

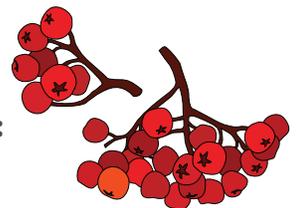
Fitness Center	8:30am–6pm	\$ Fee applies
Billiards	8:30am–5:30pm	FREE
Ping Pong	8:30–9:45am & 3–6pm	\$ Fee applies
Enhance Fitness	9–10am	\$ Fee applies
Chorus	10:30–11:45am	FREE
Line Dance PRACTICE	10:45–11:45am	\$ Fee applies
Latin Exercise	11:15am–12noon	FREE
Duplicate Bridge	12–3:30pm	\$ Fee applies
Pickleball	3–5pm	\$ Fee applies

SATURDAY 8 am–12 pm

Fitness Center	8am–12noon	\$ Fee applies
Jazzercise	8–8:55am	\$ Fee applies
Tai Chi QiGong	9–10am	\$ Fee applies



Bellevue Parks & Community Services



REGISTER for classes and events:

IN PERSON: at the front desk
OVER THE PHONE: call 425-452-7681
ONLINE: www.myparksandrecreation.com
WEB: www.bellevuewa.gov/north_belleveue_community



Wheelchair accessible. American Sign Language (ASL) or other interpretation available upon request. Assisted listening devices available. Call at least 48 hours in advance for any request. 425-452-6884 or Relay Service 711.

