

Important Notice: The North Bellevue Community Center will be CLOSED for holidays and annual maintenance, 12/25/14 through 1/4/15. We will re-open on Mon, Jan 5, 2015.

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.



WINTER/SPRING SCHEDULE Jan-Apr 2015

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, Feb 2 & 5, Apr 7 & 9 • 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

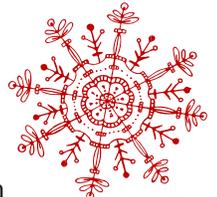
Tue, Jan 14, Feb 10, Mar 10, Apr 14 • 2-4pm
\$3 at the door • Ages 18+

Spring Fling Dance

Sat Mar 7, 7-10pm • \$8/single, \$15/couple, payable at the door • Cash & Checks only
Ages 18+

St. Patrick's Day Luncheon

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



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

Out to Lunch at Blueacre Seafood

Thursday, January 8th, 11am-2pm

Bill & Melinda Gates Foundation

Wednesday, January 14th, 9am-12pm

Angel of the Winds Casino

Tuesday, January 20th, 9am-5pm

Out to Lunch at Maggiano's

Thursday, January 22nd, 11am-2pm

Museum of History & Industry

Thursday, January 29th, 9am-3pm

Ray's Boathouse & Café

Wednesday, February 4th, 11am-2pm

NW Flower & Garden Show

Thursday, February 12th, 9am-2pm

Cirque Du Soleil

Wednesday, February 18th, 7-11pm

Tulip Casino

Friday, February 20th, 9am-4pm

Chinook's at Salmon Bay

Tuesday, February 24th, 11am-2pm

Afternoon Tea at the Fairmont Hotel

Thursday, February 25th, 11am-3pm

Sullivan's Steakhouse

Wednesday, March 4th, 11am-2pm

Shawn O'Donnell's Restaurant

Tuesday, March 17th, 11am-2pm

Emerald Queen Casino

Thursday, March 19th, 9am-4pm

NW Women's Show

Friday, March 20th, 10am-2pm

Out to Lunch at the Wild Ginger

Wednesday, March 25th, 10am-4pm

Out to Lunch at Montezuma's

Tuesday, March 31st, 11am-3pm

Muckleshoot Casino & Bingo

Wednesday, April 8th, 9am-4pm

Out to Lunch at Toulouse Petit Kitchen

Tuesday, April 14th, 11am-3pm

King 5 New Day NW

Thursday, April 16th, 8:30am-12pm

Savor Seattle Food & Tour/ Pike Place Market

Wednesday, April 22nd, 9am-1pm

Skagit Valley Tulip Festival

Thursday, April 23rd, 9:30am-3pm

Pick-up a Trip Book for more exciting adventures.



FITNESS CENTER



Come check out the Fitness Center
 Personal Training Assessment Available
Welcome Silver Sneakers & Prime Members!

RENTAL SPACE



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

DAILY SCHEDULE

MONDAY 8:30am–9pm

Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am & 2–5pm	\$ Fee applies
Gentle Yoga by Wendy	10:30–11:30am	\$ Fee applies
Exercise in 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

TUESDAY 8:30am–9pm

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
Writing Club	1st Tue • 10–11:30am	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 Arts	6–8:30pm	\$ Fee applies

WEDNESDAY 8:30am–9pm

Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am & 2–5pm	\$ Fee applies
ESL Reading Group	9:30–10:30am	FREE
Mandarin ESL / Advanced	10–11:30am	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
Mahjong	1–3pm	FREE
CISC Line Dance	1–3pm	\$ Fee applies
Pickleball	3:30–5:30pm	\$ Fee applies
Jazzercise	6–7pm	\$ Fee applies

THURSDAY 8:30am–9pm

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–12noon	FREE
ESL Advanced	10–11:30am	FREE
Cribbage	10am–12noon	FREE
Pinochle	12–3pm	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 8:30am–6pm

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	10:30–11:45am	\$ Fee applies
Exercise in Spanish	11:15am–12noon	FREE
Duplicate Bridge	12–3:30pm	\$ Fee applies
Pickleball	3–5pm	\$ Fee applies

SATURDAY 8am–12pm

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.

