

NORTH BELLEVUE COMMUNITY CENTER

FALL SCHEDULE ✨ SEPTEMBER-DECEMBER 2016

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

EVENTS, WORKSHOPS & INFORMATION

Dental Services

Call for 2016 schedule
3rd Wed of each month (2017)
8:30am–5pm
By Appointment Only

Foot Care Clinic

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

Beyond Massage

1st Mon of each month
9:30am–12:30pm
By Appointment Only

Reflexology

1st & 3rd Tues of each month
10am–3pm
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

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

SHIBA Medicare Assistance

For appointment call 425-452-7681

Community Living Connections

Resources and information related to older adults. Call 206-962-8467 or 1-844-348-5464.

Drop-in Computer Help

2nd, 4th and 5th Tues, 9:30am–12noon
\$3R/\$4 NR

Sounds of Swing Dances

2nd Tues of each month
2-4pm \$3 at the door • Ages 18+

Halloween Luncheon

Wed, Oct 26, 11:30am-1pm
Pre-registration required/Space limited
\$4/ea payable @the door

Thanksgiving Luncheon

Wed, Nov 16, 11:30am-1pm
Pre-registration required/Space limited
\$4/ea payable @the door

Holiday Luncheon

Wed, Dec 14, 11:30am-1pm
Pre-registration required/Space limited
\$4/ea payable @the door

DID YOU KNOW

- ✿ Bellevue Network On Aging is seeking new members in September. If interested, call 425-452-4470.
- ✿ Bellevue Network On Aging is working for aging adults. See our web page at www.bellevuewa.gov/network-on-aging.htm
- ✿ The North Bellevue Community Center Advisory Board is working to support activities for the Bellevue Community. Email or leave suggestions with Darrion Spratley at dspratley@bellevuewa.gov
The North Bellevue Community Center supports the following memory programs;
 - ✿ **Momentia**; www.momentiaSeattle.org
 - ✿ **NBCC Memory Loss Activity & Support Group**
 - ✿ **Botanical Garden Walk** on Tuesday mornings. Contact Katherine Painter at 206-529-3868 for more information.
 - ✿ **Alzheimer's Café** meets monthly on the 4th Tuesday from 3-5pm at Tutta Bella located in the Crossroads Shopping Center. For more information contact Cheri Pamer at 425-990-6979 or cpamer@seattleymca.org
 - ✿ **Young-Onset Alzheimer's Caregiver Support Group** meets monthly on the 3rd Monday from 7-9pm at St. Andrew's Lutheran Church. For more information contact Bil Lukov at 206-367-4895

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. Ongoing space available.

DAILY SCHEDULE

MONDAY

* Ping Pong	8:45-10:45am & 3-5pm	\$3 R/\$4 NR
Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Gentle Yoga by Wendy	10:30-11:30am	\$9 R/\$11 NR
SilverSneaker Classic	11am-12noon	\$6 R/\$7 NR
Exercise in Spanish	11:15-12noon	FREE
* Line Dance PRACTICE	11:45-1:45pm	\$3 R/\$4 NR
ESL/Spanish Speakers	12:45-1:45pm	FREE
* Pickleball	3:30-5:30pm	\$3 R/\$4 NR
Jazzercise	5:45-6:45pm	\$ Fee applies

TUESDAY

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

WEDNESDAY

* Ping Pong	8:45am-10:45am	\$3 R/\$4 NR
Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
* Tai Chi Practice	9-11am	\$3 R/\$4 NR
ESL Newspaper Reading	9:30-10:30am	FREE
ESL Beginning/Intermediate	10am-12noon	FREE
Chinese Chorus	10:30am-11:30am	FREE
SilverSneaker Classic	11am-12noon	\$6 R/\$7 NR
Red Cross Knitting Group	11am-3pm	FREE
Duplicate Bridge	12-3:30pm	FREE
* Ballroom Dance	1-3pm	\$3 R/\$4 NR
* Pickleball	3:30-5:30pm	\$3 R/\$4 NR
Jazzercise	5:45-6:45pm	\$ Fee applies

THURSDAY

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Enhance Fitness	9-10am	\$4 R/\$5 NR
CISC Info & Assistance	9am-12noon	FREE
ESL Advanced	10-11:30am	FREE
Cribbage	10am-12noon	FREE
Community Social & Snack	10am-2pm	FREE
Gentle Yoga by Wendy	10:30-11:30am	\$9 R/\$11 NR
* Parent/Child Drop-In Play	12:30pm-2pm	\$3 R/\$4 NR
Pinochle	12-3pm	FREE
Thursday Movies	2-4pm	FREE
Legal Clinic	2-4pm	Call 425-747-7274 for apointment
Jazzercise	4:30-5:30pm	\$ Fee applies

FRIDAY

Ping Pong	8:45-10:45am & 3:30-5:30pm	\$3 R/\$4 NR
Billiards	8:30am-5:30pm	FREE
Fitness Center	8:30am-5:30pm	\$ Fee applies
Enhance Fitness	9-10am	\$4 R/\$5 NR
ESL/Chinese Speakers	10-11am	FREE
*Line Dance PRACTICE	10:00-12:00noon	\$3 R/\$4 NR
Chorus	10:30-11:45am	FREE
Silver Sneakers Classic	11:00am-12noon	\$6 R/\$7 NR
Yoga in Spanish	11:00am-12noon	FREE
Duplicate Bridge	12-3:30pm	FREE
* Pickleball	3:30-5:30pm	\$3 R/\$4 NR

SATURDAY

Fitness Center	8am-12noon	\$ Fee applies
Jazzercise	8-8:55am	\$ Fee applies
Tai Chi QiGong	9-10am	\$12 R/\$14 NR

* See the NBCC staff regarding a PLAY PASS for discounted play.

Programs, hours, and fees subject to change without notice. Please contact NBCC for updated information.



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.

REGISTER FOR CLASSES AND EVENTS:

IN PERSON: at the front desk
BY PHONE: 425-452-7681

www.bellevuewa.gov/north_bellvue_community

Pick-up a Trip Book to discover exciting local adventures



Bellevue Parks & Community Services