



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 SEPTEMBER–DECEMBER 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

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

Tues, Oct 6 & Dec 8 • 9am–5pm

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.

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+

Autumn Leaves Dance

Sat, Oct 10, 4-7pm • \$8/single, \$15/couple, payable at the door • Cash & Checks only

Ages 18+

Halloween Luncheon & Costume Contest

Wed, Oct 28, 11:30am-1pm

Pre-registration required/Space limited

Thanksgiving Luncheon

Wed, Nov 18, 11:30am-1pm

Pre-registration required/Space limited

\$4/60+, \$6/under 60

Holiday Luncheon

Wed, Dec 16, 11:30am-1pm

Pre-registration required

\$4/60+, \$6/under 60



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

Crystal Mountain Lunch & Gondola Ride

Thursday, September 17, 9am-4pm

Puyallup Fair

Wednesday, September 23, 9am-3pm

Emerald Queen Casino

Friday, September 25, 9am-5pm

Oktoberfest Lunch Cruise

Wednesday, September 30, 10am-3pm

Out to Lunch @ Spencer's

Tuesday, October 6, 11am-2pm

Oktoberfest in Leavenworth

Saturday, October 10, 10am-7pm

Muckleshoot Casino & Bingo

Wednesday, October 14, 9am-4pm



Fall Foliage Lunch Cruise

Wednesday, October 21, 10:30am-2:30pm

13 Coins Restaurant

Tuesday, October 27, 11am-2pm

Seattle Aquarium

Friday, October 30, 10am-3pm

Out to Lunch @ Salty's

Wednesday, November 4, 11am-3pm

Snoqualmie Casino

Tuesday, November 10, 9am-4pm

Bill Spidel's Underground Tour

Friday, November 13, 10am-3pm

Steelhead Diner

Wednesday, November 18, 11am-3pm

Thanksgiving Lunch & Bingo Cruise

Wednesday, November 25, 10:30am-2:30pm

A Victorian Country Christmas

Friday, December 4, 9am-3pm

Garden D'Lights Bellevue Botanical Gardens

Thursday, December 10, 6-8pm

Holiday Lunch Cruise

Wednesday, December 16, 10:30am-2:30pm

A Christmas Carol @ the ACT Theatre

Saturday, December 19, 1-4pm

Tulalip Casino & Seattle Premium Outlets

Tuesday, December 22, 9am-4pm

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

Ping Pong	8:30–9:45am & 2–5pm	\$ Fee applies
Fitness Center	8:30am–8:30pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Gentle Yoga by Wendy	10:30–11:30am	\$ Fee applies
SilverSneaker Classic	11am–12noon	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	5:45–7pm	\$ Fee applies

TUESDAY 8:30am–9pm

Ping Pong	8:30–9:45am	\$ Fee applies
Fitness Center	8:30am–8:30pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Enhance Fitness	9–10am	\$ Fee applies
Drop-in Computer Help (2nd, 4th & 5th Tues)	9:30am–12noon	\$ Fee applies
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 (Dance 2nd Tuesday each month)	2–4pm	\$3 dance fee; no fee for rehearsal weeks
Jazzercise	4:30–5:30pm	\$ Fee applies

WEDNESDAY 8:30am–9pm

Ping Pong	8:30–9:45am & 2–5pm	\$ Fee applies
Fitness Center	8:30am–8:30pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Tai Chi Practice	9–10:30am	FREE
ESL Reading Group	9:30–10:30am	FREE
Chinese Chorus	10:30am–12noon	FREE
SilverSneaker Classic	11am–12noon	Fee applies
Red Cross Knitting Group	11am–3pm	FREE
Duplicate Bridge	12–3:30pm	\$ Fee applies
CISC Line Dance	1–3pm	\$ Fee applies
Pickleball	3:30–5:30pm	\$ Fee applies
Jazzercise	5:30–7pm	\$ Fee applies

THURSDAY 8:30am–9pm

Ping Pong	8:30–9:45am	\$ Fee applies
Fitness Center	8:30am–8:30pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Enhance Fitness	9–10am	\$ Fee applies
CISC Info & Assistance	9am–12noon	FREE
ESL Advanced	10–11:30am	FREE
Cribbage	10am–12noon	FREE
Gentle Yoga by Wendy	10:30–11:30am	\$ Fee applies
Pinochle	12–3pm	FREE
Thursday Movies	2–4pm	FREE
Legal Clinic	2–4pm	Call for apt.
Jazzercise	4:30–5:30pm	\$ Fee applies

FRIDAY 8:30am–6pm

Ping Pong	8:30–9:45am & 3–5:45pm	\$ Fee applies
Billiards	8:30am–5:30pm	FREE
Fitness Center	8:30am–5:30pm	\$ 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
ESL	12:45–1:45pm	FREE

SATURDAY 8am–12pm

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