



BELLEVUE MAIN CLUB ADULT PROGRAMS



Boys & Girls Clubs of Bellevue Main Club
209 100th Avenue NE, Bellevue, WA 98004

This new 27,000 square foot facility will include a gym, tech lab, teaching kitchen, tween/teen space, internet café, expanded full day preschool facility and more! This Bellevue Main Club facility will provide a safe place for the youth of Bellevue and through a partnership with the City of Bellevue, the City will be offering adult programs year round also at this site.

Adult Programs offered at Main Club this Fall include:

GRANDKIDS ARE COMING! HOLIDAY CRAFTS

Learn to make fun craft and create lasting memories with your grandchild.

#107547 10 am Tue Nov 1-22 Ages: 50 years +

SEASONAL HOLIDAY CRAFTS

Learn to make a variety of gifts by combining nature and ordinary objects into useable works of art and unique gifts.

#108205 10am-1pm Wed Oct 26 Ages: 18 yrs & up

10am-12pm Thu Oct 27 Ages: 18 yrs & up

EASTERN SOFT STYLE MARTIAL ARTS

This class blends Chi Kung, Tai Chi, Hapkido to create a calm, whole body exercise that will improve your strength, balance, and flexibility. 7 wks.

#108226 10am Tue Oct 11-Nov 22 Ages: 18 yrs & up

BELLEVUE COLLEGE TELOS PROGRAM

TELOS offers a variety of intellectually stimulating courses for retirees. Programs / presentations this fall include:

- Space, the Final Frontier: Rovers, Robots and Astronauts
- A Swift Survey of Ancient History and Mythology
- Social Connections

10 am & Noon Mon Ages: Retired Adults

Noon Thu Ages: Retired Adults

*Classes will start at Northwest Arts center, then move to Main Club in mid-October. Classes start the week of September 26 and run 8 weeks

GLASS FUSION

Learn the step by step process to make beautiful fused glass projects, sun catchers, coasters, and more. Size not to exceed 5x5 inches. All supplies, tools and firing provided.

\$150(R) \$180(N) Ages: 18 yrs & up

#107875 10am-12pm Wed Oct 5-Nov 9

- To register for Adult Programs at Bellevue Main Club contact Northwest Arts Center at www.Bellevuewa.gov/northwest_arts.htm or call 425-452-4106.
- For Bellevue College TELOS program registration info contact 425-564-2263.
- For youth programs and events at Main Club, contact Boys & Girls Clubs of Bellevue at 425-452-6162 or email at admin@bgcbellevue.org

WWW.BELLEVUEWA.GOV/NORTHWEST_ARTS.HTM

425-452-7156