



WELCOME TO THE NORTH BELLEVUE COMMUNITY CENTER

Fall Schedule
September - December 2022

4063-148th Avenue NE • Bellevue, WA 98007
425-452-7681 • nbcc@bellevuewa.gov • BellevueWA.gov/nbcc




North Bellevue Community Center is excited to have you return to programs, and social gatherings. Covid19 still exists and precautions will remain in effect until further notice. Please review the following guidelines to the NBCC reopening procedures.

Entering the Facility:

- ★ Please sign in at the front desk each time you enter.
- ★ Use provided hand sanitizer and wash your hands for at least 20 seconds. We have automatic sanitizer dispensing stations as well as disinfectant stations throughout the facility.
- ★ Staff have been trained and will be sanitizing the facility and equipment after each class and training session.
- ★ The North Bellevue Community Center Advisory Board works to provide and support activities for the Bellevue Community. Email or leave suggestions with NBCC staff at nbcc@bellevuewa.gov

HOURS:
Monday-Thursday
9 a.m.-8:30 p.m.
Friday:
9 a.m.-5:30 p.m.
Closed Saturday-Sunday
Open during regular business hours:
Billiards, Coffee Bar, Library
Fitness Center (\$5R/\$6NR)
Silver Sneakers Members Welcome

 For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7681 (voice) or email nbcc@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice). If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.

DAILY SCHEDULE

MONDAY

Drop-In Ping Pong	3-5 p.m.	\$4R / \$5NR
Drop-In Women's Volleyball at Hidden Valley	10 a.m.-12 p.m.	\$4R / \$5NR
Silver Sneakers Classic	11 a.m.-12 p.m.	\$6R / \$7NR
NBCC Line Dance	1-2:45 p.m.	\$4R / \$5NR
Drop-In Pickleball	3-5 p.m.	\$4R / \$5NR
Conqueror Hapkido & MMA (Ages 5-12)	5:30-6:30 p.m.	\$ Fee Applies
Conqueror Hapkido & MMA (Ages 12+)	6:35-7:35 p.m.	\$ Fee Applies

TUESDAY

SeniorTech of Puget Sound Sept. 13 and 27 Oct. 11 and 25 Nov. 8, 22, and 29 Dec. 13 and 27	9:30 a.m.-12 p.m.	\$3R / \$4NR
Silver Sneakers Yoga	11 a.m.-12 p.m.	\$6R / \$7NR
Drop-In Coed Volleyball at Hidden Valley Field House	11 a.m.-1 p.m.	\$4R / \$5NR
Sounds of Swing Big Dance Practice	1-3 p.m.	FREE
	Second Tuesday of the month is a dance with a \$3 fee	
Jazzercise	4:30-5:30 p.m.	\$ Fee applies
	For fee contact krisrooke@gmail.com	

WEDNESDAY

Drop-In Ping Pong	3-5 p.m.	\$4R / \$5NR
CISC ESL Instruction Hybrid	9:30-11 a.m.	FREE
CISC SHIBA Insurance Consultations	9 a.m.-12 p.m.	FREE
CISC Chorus Hybrid	10 a.m.-12 p.m.	FREE
Silver Sneakers Classic	11 a.m.-12 p.m.	\$6R / \$7NR
CISC Ballroom and Line Dancing	1-2:45 p.m.	\$4R / \$5NR
Board Games	2:30-4:30 p.m.	FREE
Drop-In Pickleball	3-5 p.m.	\$4R / \$5NR
Conqueror Hapkido & MMA (Ages 5-12)	5:30-6:30 p.m.	\$ Fee Applies
Conqueror Hapkido & MMA (Ages 12+)	6:35-7:35 p.m.	\$ Fee Applies

DAILY SCHEDULE

THURSDAY

CISC Tai Chi	Starting Oct. 13 9:30-10:45 a.m.	\$4R / \$5NR
SilverSneakers Yoga	11 a.m.-12 p.m.	\$6R / \$7NR
Jazzercise	4:30-5:30 p.m.	\$ Fee Applies For fee contact krisrooke@gmail.com
Beginner Pickleball Clinic & Play at Hidden Valley	Starting Nov. 3 10 a.m.-12 p.m.	\$4R / \$5NR

FRIDAY

CISC ESL Class – Oxford Picture Dictionary	9:30-11 a.m.	FREE
Coffee & Coloring	9:30-11:30 a.m.	FREE
NBCC Chorus	10:30 a.m.-12 p.m.	FREE
SilverSneakers Classic	11 a.m.-12 p.m.	\$6R / \$7NR
NBCC Line Dance	1-2:45 p.m.	\$4R / \$5NR
Friday Movies	2-4 p.m.	FREE
Drop-In Pickleball	3-5 p.m.	\$4R / \$5NR

MULTI-CULTURAL SERVICES & PROGRAMS

TUESDAY

CISC Russian Senior Day Program Age: 50+	9 a.m.-2 p.m.	FREE
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WEDNESDAY

Chinese Information and Service Center Programs	9 a.m.-3 p.m.	FREE
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THURSDAY

Indian American Community Services Age: 18+	9 a.m.-3 p.m.	donation to IACS
CISC Family Resources Support Program	10 a.m.-11 p.m.	FREE

FRIDAY

Sea Mar Community Group – Specializing in Services to Latinos Age:18+	9 a.m.-2 p.m.	FREE
CISC Russian Senior Day Program Age: 50+	10 a.m.-2:30 p.m.	FREE

SPECIAL INTEREST GROUP

Older Adult Social Hour Mondays	10-11 a.m.	FREE
Cribbage Group Thursdays	10 a.m.-12 p.m.	FREE
Pinochle Group Thursdays	12-3 p.m.	FREE
Duplicate Bridge Fridays	12:15-3 p.m.	FREE

VIRTUAL PROGRAMS

WEDNESDAYS

CISC Chorus	10 a.m.-12 p.m.	FREE
Windows Workshop Sept. 7-28	1:30-3 p.m.	\$36R / \$44NR
Chromebook Workshop Oct. 5-26	1:30-3 p.m.	\$36R / \$44NR

FITNESS CENTER



Come check out the Fitness Center
SilverSneakers Members Welcome!

RENTAL SPACE



NBCC has the space you need for your party, meeting, training or event.

Call 425-452-7681 or email nbcc@bellevuewa.gov for availability.



★ *Ask the NBCC Staff about a City of Bellevue PLAY PASS for discount play!

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

For more information or to register for an event or program stop by the Front Desk or:

call 425-452-7681

email nbcc@bellevuewa.gov

online at Register.BellevueWA.gov





NORTH BELLEVUE COMMUNITY CENTER SPECIAL EVENTS

September - December 2022



Moving to a Simpler Life	Sept. 20 and 27 10 a.m.-1 p.m.	FREE
Fall Prevention Talk	Wednesday, Sept. 28 12:30-1:30 p.m.	FREE, pre-registration is required
Master Gardener: "Creating Beautiful Containers"	Monday, Oct. 10 10 a.m.-12 p.m.	FREE, pre-registration is required
Fall Craft Activity	Monday, Oct. 17 10 a.m.-12 p.m.	FREE, pre-registration is required
NBCC Garden Pizza Party and Iris Planting	Thursday, Oct. 20 4-6 p.m.	FREE, pre-registration is required
Halloween Luncheon	Wednesday, Oct. 26 11:30 a.m.-1 p.m.	FREE, pre-registration is required
Watercolor Painting Workshop with SilverKite	Monday, Nov. 7 10-11 a.m.	FREE, pre-registration is required
Thanksgiving Luncheon	Tuesday, Nov. 22 11:30 a.m.-1 p.m.	FREE, pre-registration is required
Poetry Workshop with SilverKite	Monday, Dec. 12 10-11 a.m.	FREE, pre-registration is required
Holiday Luncheon	Wednesday, Dec. 12 10 a.m.-11 a.m.	FREE, pre-registration is required