



The Highland Times

June 2023

A message from Highland Center:

By: Kim Indurkar

Hello Everyone!

Summer officially started June 21st
Yeah!!

I am looking forward to the long
warm summer days ahead. On a
personal note, I have a new grandson
Everette Joseph born June 13th 8lbs
6oz. As soon as I get some pictures, I
will be happy to show them to anyone
who is interested.

I am really looking forward to the
Aloha Picnic and Dance on August
11th. We would like to encourage
pre-registration for this event.

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Dates to remember:

JULY

- 4th: US Independence Day
- 17th: World Emoji Day
- 18th: Islamic New Year
- 26th: ADA Anniversary
- 27th: Take your houseplants for a walk

AUGUST

- 10th: National S'mores Day
- 13th: International Left-Handers Day
- 15th: Fall Registration Opens
(Bellevue Residents)
- 20th: World Honeybee Day
- 22nd: Fall Registration Opens
(Open to all)
- 26th: Women's Equality Day

SEPTEMBER

- 5th: Labor Day
- 22nd: First day of Fall (Autumn Equinox)
- 25th: National Comic Book Day

Can you spot?

Did you know Jenn collects all things gnomes? She has hidden gnomes throughout the newsletter.

How many can you find?

(Answer on last page)



Spotlight On: Trivia

Triva is a virtual program on Monday evenings. The first half of class is social, the participants share experiences, and celebrate with each other. The second half is participating in a non-competitive game of Trivia, where everyone gets a chance to participate.



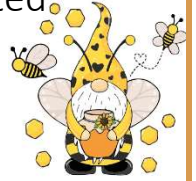
Example of Trivia Board:

Disney Villain	Iconic TV Shows	Sports	Miscellaneous
In which Disney movie is Jafar the villain?	In Bewitched, what part of her body does Samantha twitch to practice magic?	How many innings in baseball?	How many legs does a spider have?
What animal is Shere Khan in The Jungle Book?	What color was Jeannie's costume in I Dream of Jeannie?	Tiger Woods is a professional athlete in what sport?	Which state is famous for Hollywood?
What is the name of Captain Hooks Ship?	In what reality TV show are contestants eliminated in "tribal council"	What sport is played at Wimbledon?	What is the color of an emerald?
Which villain is also known as Buddy Pine?	What colors are the Brady Bunch's Kitchen?	How many points is a touchdown worth in Football?	The only fruit that has seeds on the outside.

Tara's Adventure to Austin, Texas

By Tara O'Rourke

We didn't visit any tourist spots because my sister wasn't feeling well we stayed pretty close to home. The weather was pretty stormy on some of the days, we loved and enjoyed the spectrum. We went for walks in the neighborhood and went to get soup and sandwiches. I went to the YMCA in Austin Texas I didn't enjoy the set up or machines as much as I do at Bellevue YMCA. Something big I tried was getting my hair highlighted for my birthday and I plan to continue on getting my hair highlighted more often. I have never tried conchas or Aqua Frescas and I really recommend both, they are really good.

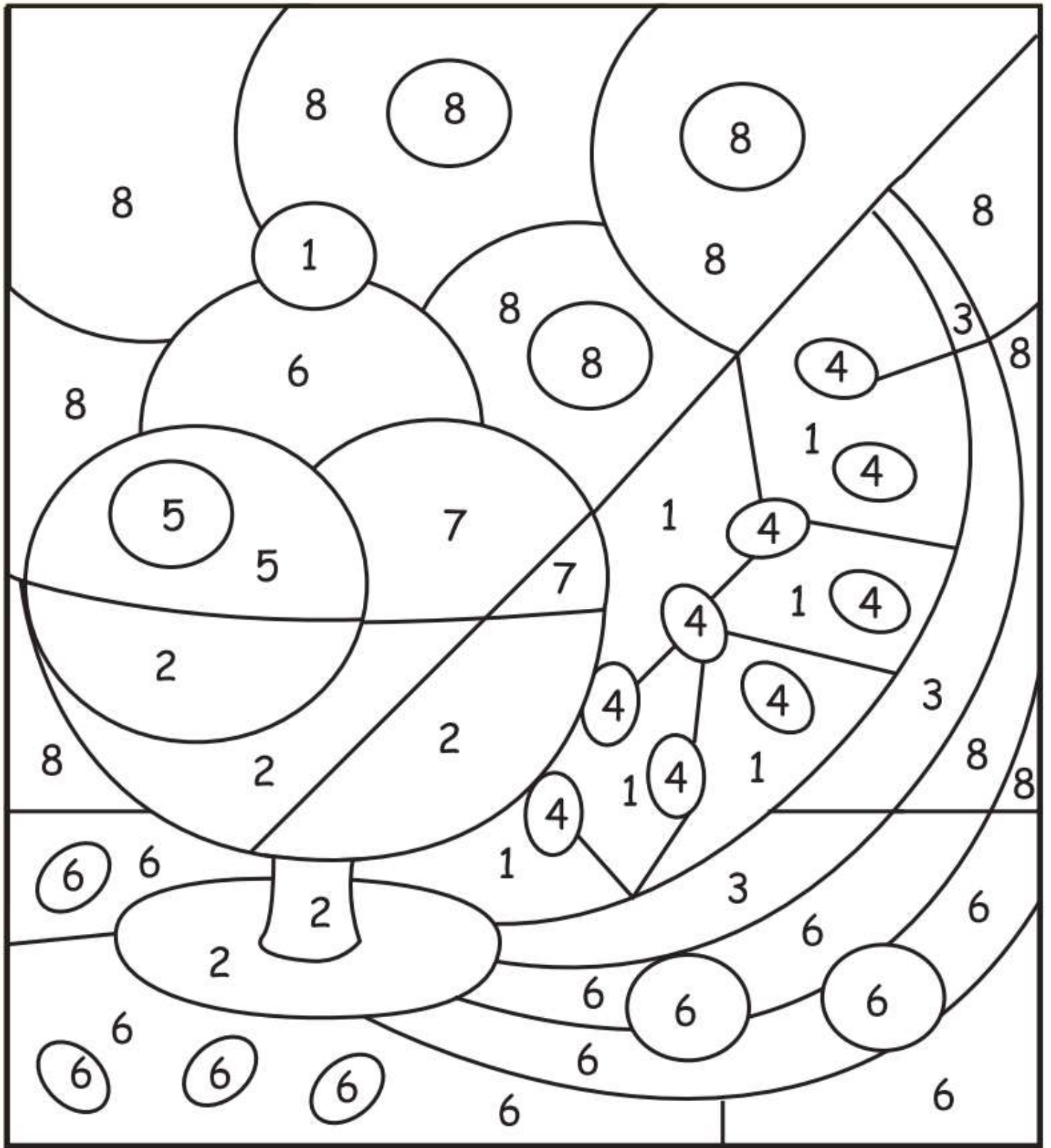


Unique Outlook

By Rachel Jouper



This picture comes from one of our virtual participants, Rachel. Rachel lives in Eastern Washington, and photography is one of her hobbies. This picture is right outside her home. Thank you for sharing this sunset with us Rachel!



1 = red
2 = blue

3 = green
4 = black

5 = pink
6 = brown

7 = yellow
8 = white

Nikki's Curtain Call

By Nikki Fox

I have been in plays/musicals at Highland Center since 1990. I played "Rizzo" in Grease. Robin Olsen's last play was in 2001, it was "Damn Yankees". I got the lead part as "Meg Boyd".



I started at Bellevue Youth Theater in 1999. A volunteer and a lot of people from Highland were the chess pieces in the first time they did "Alice in Wonderland". I was the "The Red Queen" on the chessboard.

Dan Alpern from BYT, had about 4 plays with just some people from Highland at Ivanhoe Performing Arts Center. We performed "Witches of Elmdale Lane", "Disorder in the Court" and a couple of others. I was one of the witches, Kerri Ellis, and Marie Ray were the others, and in the other play I played "Larry", Joan Drescher as "Moe", and Annie Parks was "Curley".



So far, I have been in about 12 plays with Highland and about 14 with BYT. I have been in about 4 plays with Renton Parks. "Renton Wonderland", "Christmas Carole", and a couple of others.



My favorite characters are "Bloody Mary" from South Pacific, "Rosie" from Bye Bye Birdie, and "Marian the Librarian" from Music Man.



Movie Review

by Kevin Wu



Here is my review for The Super Mario Bros. Movie I saw at crossroads stadium 8 in auditorium number 2.

I liked the fact that the movie was very bright and colorful. The characters in the movie were very well portrayed. The lighting and visual effects in the movie were spot on. The scenes were easy to see. The storyline for the movie was very perfectly portrayed. As soon as the movie started, I instantly recognized some of the characters in the movie such as Mario, Luigi, Peach, Toad, DK or Donkey Kong, Cranky Kong, Dry Bones, Shy Guy and the main villain Bowser along with his Koopas. I was most surprised that Shy Guy could talk, because whenever I played the Super Mario Bros. game, he never talked at all so that was very surprising to me. I also liked the fact that I recognized some of the places in the movie such as The Mushroom Kingdom and Bowsers floating castle.

Overall, the movie was very funny and well thought out and enjoyable to watch. I would go and see this movie again because I enjoyed it immensely.

Movie Review

by Anna Angrisano

I love the movie "A Little Princess" with Shirley Temple. I love this movie because it encourages girls to stand up for themselves and to believe that all girls are princesses. Also, Sarah Crew (Shirley Temple) won't believe that her father is killed in a war, even though Ms. Michen's keeps telling her that her father is dead. After her so-called father's death, Sarah Crew is forced to work as a scullery maid to remain in the boarding school. She is forced to live in a rundown shabby attic room. Sarah Crew makes friends with a poor girl named Becky. Becky, who is also forced to work as a scullery maid becomes best friends with Sarah. Together they run away, to search for Sarah's father Captain Crew, who ends up not being dead but wounded in the war. Sarah finds her father and ends up adopting Becky, so Sarah gains a sister. I would highly recommend this movie.



Mindfulness Exercise

Flower and Candle



This is a simple exercise that encourages deep breathing – a way to relax.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.



Fourth of July Craft

Instructions:

✂ Cut the line on the top page with the circle. Set aside the strip of paper.

✂ Cut out the big circle

📄 Fold the circle in half

✂ Cut on the dotted lines

📖 Open the circle flat.

📄 Fold the strip of paper in half.

🖋 Put a dab of glue on the two “x”s

found on the circle. (You can also use tape, or staples if you don’t have glue)

🖋 Put the two ends of the strip on the two “x”

✂ Cut out all the stars on the pages.

📄 Flip over the stars so the lines are face down.

📄 Flip over the wreath (circle) so the lines are face down.

✂ Arrange the stars however you would like on the wreath.

🖋 Once you have the design, glue down your stars (you can also use tape, or staples if you don’t have glue)

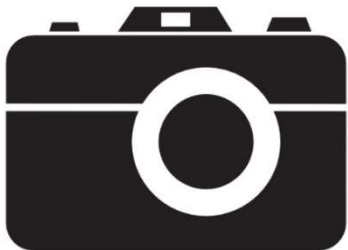




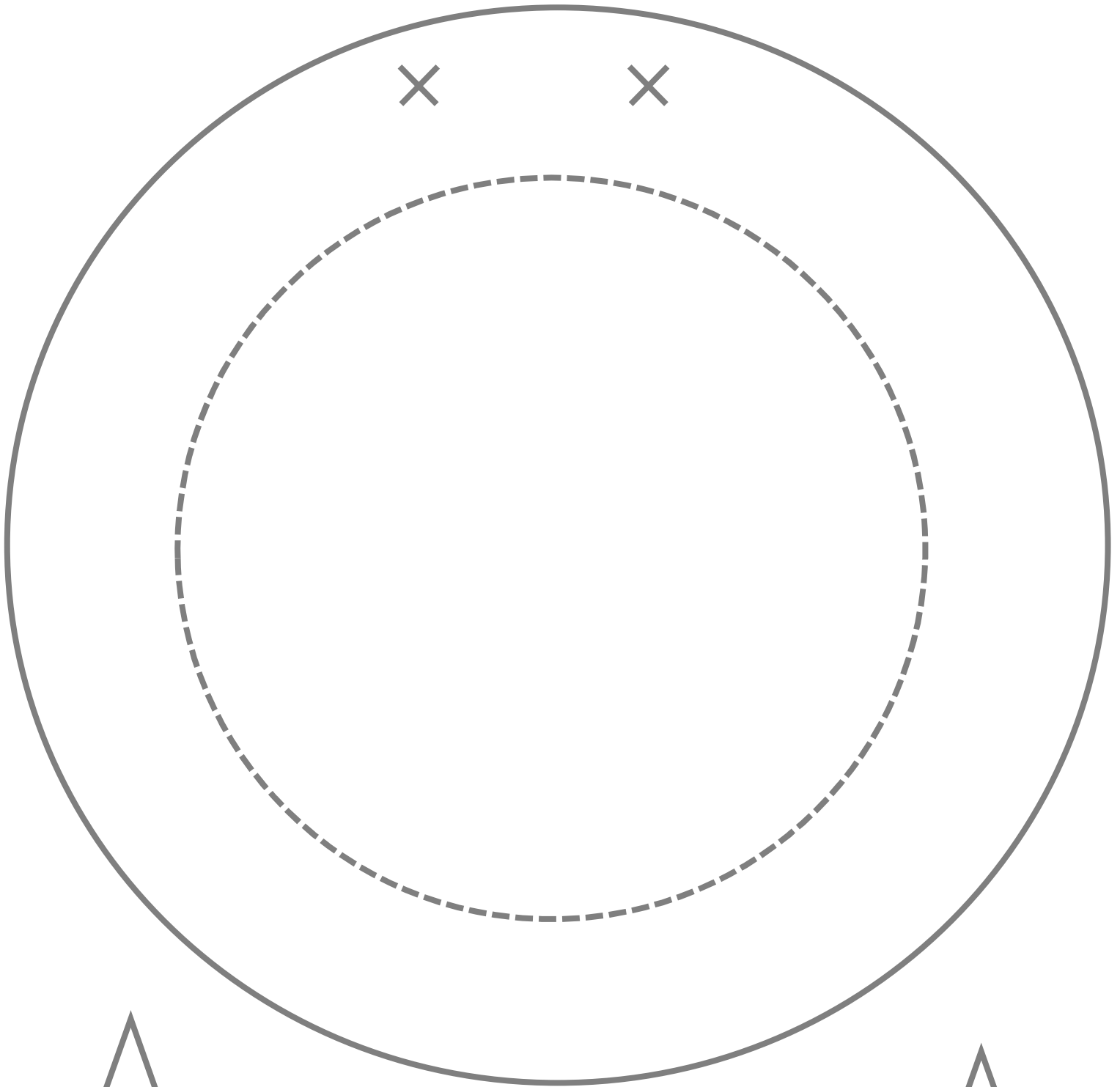
Overall I thought that making the craft was an enjoyable experience, because the craft was fun to make.



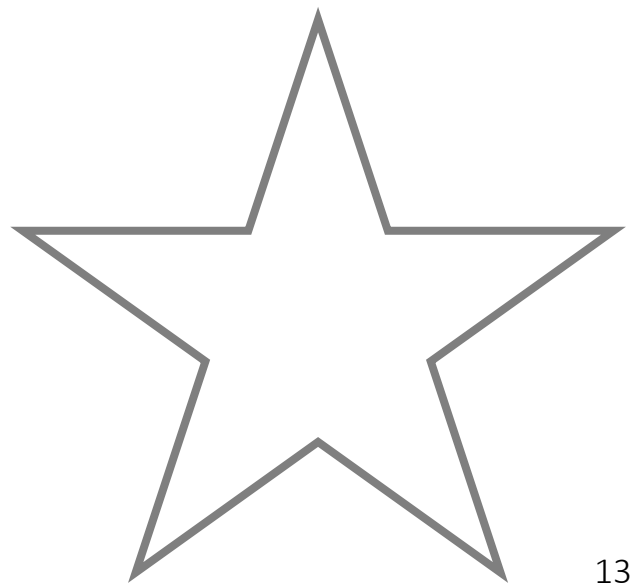
I needed to see all the papers from the project to see all the stars I needed to glue on.
Cutting was a little challenging!!
I was very, very careful!!
I have a nice, 4th of July mobile!!



Did you do the craft?
We would love a picture!



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Riddle Me This

By: Tony Intonti

1. What two showers don't make you wet?
2. What do dog-sled teams eat?
3. What do you call a person whose library books are overdue?
4. If a clown was playing the stock market what kind of stocks would he be buying?



(Answers on last page)

Workzone

By Travis Modery



I have been a page assistant for the King County Library system for 18 years. I shelve books. I like working here because it is quiet and I like my co-workers.

I work at the Crossroads branch 3 days a week and the downtown Bellevue library 1 day a week. During the covid shutdown I worked at the Newport Way branch.

I also work at QFC. I am a Courtesy Clerk and have worked at the Crossroads store for 19 years. I like working here because I can talk with the customers. With little kids I use my pointer finger to say high.

Anyone Can Be a Star

By Michelle Appell

We found out about Comic Con by an advertisement on the Metro bus. We learned where it was and how to take a bus there and back.

Later on, Eric, Jaime's brother was interested in going and his young daughter Allison

We will continue going every year and we save up money to do that.

We do have to pay to get in, and if we want to get an autograph or photo of the actors which is worth it, and price for actors varies depending on who they are.

They do have a schedule and what day they will be there. Comic Con runs 4 days and we usually just go 1 or 2 days to get who we want to see and usually a weekend. Some years there might not be somebody we want to meet but we still go.

What we disliked

Traffic in Seattle

Long lines but was worth it in the end

A lot of walking

When celebrities were at a different location

It was cash only for actors but now changed to card

What we liked

Meeting the different actors

Looking around the different booths

Seeing the different Authors and things you can buy

Seeing the people dressed up in different costumes

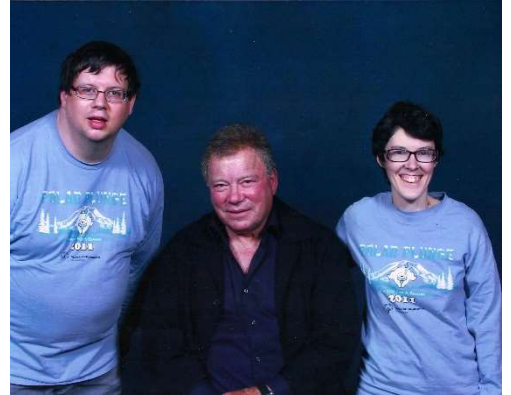
2016 we got a statue of Jaime and I instead of seeing any actors

Favorites actors:

Dirk Benedict

Ben Savage

Lea Thompson



Summer Fun

E E B S I R F E E D A N O M E L S G O D T O H M
 T B R A U K F N E S T U O K O O C Q J K O C J P
 N H J V Y V P U J A L L E R B M U A G K E F T H
 A O L V Q T Q J S U N S C R E E N E D R I C E S
 E T Z M A D K S T A E R T X W A V E S A A S K M
 C I S A N D H O U S E J U F R U S K V P Y T C O
 O W F C B U G K T D R A U G E F I L B R L R U N
 B A U G U S T Z V Q I C P B G Q T P Z E D O B F
 J S C U B A D I V I N G D E U E S X C T K H C L
 Y S F U N N O L E M R E T A W N V R P A Y S D I
 Z U C C T U X G F E E B V C B I D L P W K P I P
 E N G S T I U S M I W S I H S H S E T I K E V F
 L G E D B E E B Y L U J J B X S W S N Q Z U I L
 C L M E D I L S R E T A W A A N Y U O T N I N O
 I A I R L F Y K S E U L B L L U F N I N U R G P
 S S T B O A T D H E Y P U L E S L F T Z I S T S
 P S R E N I J N B I K I N I R M O L A R L H U E
 O E E V R L L A B Y E L L O V Y W O C E A O T Z
 P S M I U Q Y S K S L L E H S C E W A T K V A M
 L O M D B M U B S K R A P T F N R E V A E E N K
 E S U N N S O C N D U C R A B S S R I W S L W H
 W M S H U H R E M M U S M G L S W I M M I N G Z
 O G H K S L O O P J H G Q H K O M A E R C E C I
 T A J F W W A B E A C H O H P D L O O H C S O N

- | | | | | | | |
|--------------|------------|------------|------------|------------|------------|------------|
| Scuba Diving | Beach Ball | Flip Flops | Summertime | Sunglasses | Volleyball | Watermelon |
| Waterslide | Lifeguard | Cookouts | Sandhouse | Sunflower | Sunscreen | Swimsuits |
| Waterpark | Blue Sky | Vacation | Icecream | Lemonade | Popsicle | Sunshine |
| Swimming | Umbrella | Bucket | Flowers | Frisbee | Hotdogs | Sunburn |
| August | Beach | Crabs | Diving | Shorts | Shovel | Summer |
| Treats | Shell | Towel | Kites | Lakes | Ocean | Parks |
| Relax | June | Pool | Water | Waves | Boat | Dive |
| July | Ice | Sun | Sand | Surf | Bee | Fun |
| Hot | | | Tan | | | |

Ranger Walk at the Lake Hills Greenbelt

Interested in a weekend activity that's both fun and educational? Bring the whole family to the Lake Hills Greenbelt Ranger Station for a ranger-led walk! Every Saturday from 2-3 p.m., join us for a mild 1-mile nature hike through the Greenbelt's trails and discover the season's myriad of flora and fauna. Wear your favorite weather-appropriate outdoor clothing and shoes, and feel free to bring personal wildlife-viewing gear (e.g. binoculars or magnifying glasses) to further enjoy the park. If you're feeling especially energized, continue to the Larsen Lake trail loop and use your newfound knowledge to explore. We'll be heading out rain or shine, so come prepared to learn and have a great time! The trail is mostly level and is mostly gravel. Pre-registration required.

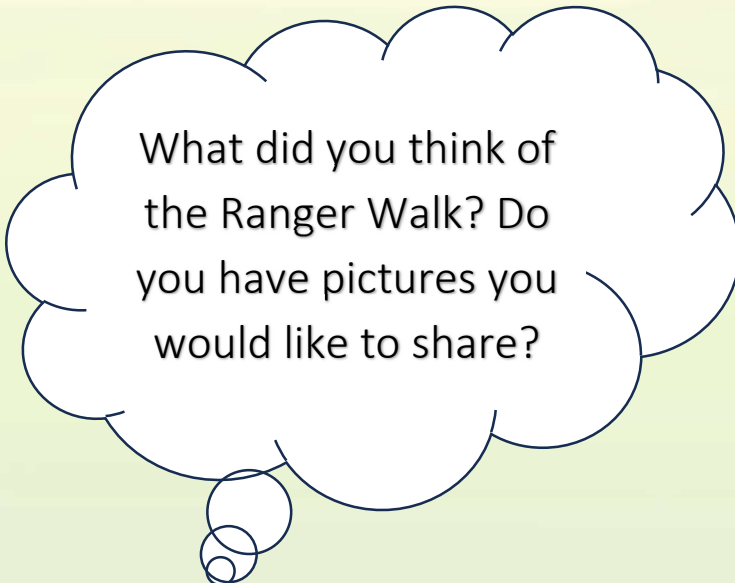
- **Location:** Lake Hills Greenbelt Ranger Station
15416 SE 16th Street Bellevue, WA 98007
- **When:** Saturdays 2pm-3pm
 - 07-01
 - 07-08
 - 07-22
 - 07-29
 - 08-05
 - 08-12
 - 08-19
 - 08-26
- **Cost:** FREE!
- **Register at** Register.BellevueWA.gov or **Call** (425) 452-6885



Ranger Hike: Mercer Slough Nature Park

Bring the whole family to join a Ranger on a guided 1.5-mile hike through the Mercer Slough Nature Park. This program aims to educate the participants about the Nature Park while discovering the birds and animals that call the Mercer Slough home. The hour-long nature walk ends at the channel bridge in the middle of the park. From there you can continue on to further explore the rich diversity the park has to offer. Pre-registration required.

- **Location:** Mercer Slough Environment Education Center
1625 118th Ave SE, Bellevue, WA 98005
- **When:** Saturdays 2pm-3:30pm
 - 07-08
 - 07-29
 - 08-12
 - 08-26
- **Cost:** FREE!
- **Register at** [Register.BelleveueWA.gov](https://www.belleveuewa.gov/register) or **Call** (425) 452-6885



What did you think of the Ranger Walk? Do you have pictures you would like to share?

ALOHA!

PICNIC & DANCE

Friday, August 11

Dinner 5-6:30 p.m. | Dance 6:30-8:30 p.m.

Highland Community Center

14224 Bel-Red Road, Bellevue, WA 98007

Highland presents warm breezes and tropical beach wishes at their annual summer picnic and aloha dance. Celebrate your summer with friends on this warm summer evening.

\$10 Bellevue Resident | \$12 Non-Bellevue Resident

For more information contact [425-452-7686](tel:425-452-7686) | hcc@bellevuewa.gov

Register online at register.bellevuewa.gov (Course # 2301825)

Menu is back to full BBQ:
Burgers, Chips, Fruit Salad,
Mac Salad, baked beans,
soda and a treat.



PKS-223-8005

This dance is facilitated for teens and adults, 16 and up, with intellectual disabilities.



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7686 (voice) or email hcc@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.



THANK YOU FOR COMING TO THE BARN DANCE!



The Customizable Slushie

By Nikki Fox

Ingredients:

Drink of your choice

How to make:

- Pour your favorite beverage in a glass/cup (not too full)
- Put glass in freezer overnight
- Next day: take out, wait 10-15 minutes. Time to drink!



Do you have a favorite recipe
you would like to share?

Send it to
HCC@BellevueWA.Gov

Mom's Summer Potato Salad

By Travis Modery

Ingredients:

- 1 lb red potatoes – cut into 1” chunks
- 2 cups green beans – cut into 2” inch pieces
- 3 Tbl. olive oil
- 2 Tbl. Dijon mustard
- 1 tsp. hot pepper sauce
- ½ cup feta cheese crumbled

How to make:

- In a 2 quart saucepan over high heat, heat potatoes and enough water to cover to boiling.
- Reduce heat – cover- simmer 10 minutes
- Add beans- simmer 5-8 minutes more
- Drain
- In a large bowl combine olive oil, mustard and hot sauce. Toss with potatoes and green beans until well blended.
- Stir in feta cheese
- Serve warm or cover and refrigerate.

4 servings-240 calories/serving



Ants on a Log

By Tony Intonti

Ingredients:

- 1 cup of peanut butter (smooth or crunchy)
- 1 cup of raisins (or cranberries)
- 6 stalks of celery (could use carrots or cucumbers too)

How to make:

- Wash the celery stalks
- Cut each stalk across into 3-inch pieces
- Using a butter knife, spread the peanut butter into the “U” shaped part of the celery
 - It's easier to spread creamy peanut butter but you can use crunchy peanut butter*
- Once all the celery stalks are filled with peanut butter, place 3 to 5 raisins on top of the peanut butter, pressing lightly so they stay on
- If you use cucumbers, cut them lengthwise and use a spoon to take the seeds out. Then cut them into 3-inch pieces. Taking the seeds out leaves a “U” shape for the peanut butter.
- If you use carrots, cut the carrots so that they have a flat bottom

Step back and take a
Look at what you've
Created-Ants on a Log!

Makes 15 to 18 logs



Dirt Cup

By Anna Angrisano

Ingredients:

- 1 cup of any sandwich cookie crumbs
- A box of instant chocolate pudding
- Gummy worms

How to make:

- Put 2 cups of milk into a bowl and add pudding packet and stir for 2 minutes.
- Put pudding into serving dish of some kind and put off to the side.
- Crush up 1 cup of sandwich cookie crumbs with a rolling pin or back of a big spoon or you can put the cookies into a blender and blend them up that way.
- Once you have cookie crumbs put 1 small spoonful on top of the pudding
- Top the pudding and cookie crumbs with 2 gummy worms.
- Place dirt cups, in the fridge for 10 to 20 minutes



*Ingredients can be changed to fit dietary needs

Content Team

What are your hobbies outside of Highland?



Anna

Many of you know that I love horses. What many of you might not know is that I've been riding horse for 31 years. 8 of those 31 years have been spent learning life lessons from my current lesson horse Penny and owner Erin who is also my trainer. Erin and I have a sisterly bond like most sisters, we don't always see eye to eye. Man have I learned so many life lessons from Penny and Erin, like how to be kinder, and how to own up to my mistakes. Erin has also taught me to not put myself down, and to communicate better not only with her but with Penny too. Those same life lessons in communication and listening have aided me in so many ways that I can take and apply to other areas of my life. I've also developed a lifelong friendship with Penny and Erin, I love my girls.



Michele

My hobbies are word, number, logic puzzle books, reading, organizing our house, games, going to community center with Jaime. Hanging out with friends and family, vacation time, playing with our cats, watching movies at home or the theatre, arts and crafts, cards, poetry, etc.



Kevin

My hobbies outside of Highland are googling different topics online. Volunteering at the Woodland Park Zoo, and the Seattle Aquarium. Some of my other hobbies are reading books, coloring pictures, country dancing, talking to my friends and family online or in person, watching sports such as baseball, hockey, and football, watching movies and tv, going to see plays, going out to restaurants to eat at.



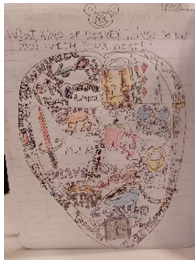
Nikki

Outside of Highland Center, I absolutely love to make and collect miniatures, room boxes and dollhouses, draw, color, paint, dance, listen to music, and go to the movies. I also love doing plays and musicals at Bellevue Youth Theater!! I love doing activities with friends at Highland and Renton, and Aktion Club. I absolutely love also spending time with my family.



Tara

My favorite hobbies outside of Highland Center are working out at the Bellevue YMCA, volunteering at Camp Sealth on Vashon Island. Being and hanging out on Vashon Island Friendship Adventures and going in August with Friendship Adventures to Camp Waskowitz.



Tony

I love eating at good restaurants, listening to James Patterson audio book, writing riddles, and mindful journaling.



Travis

singing ...playing Nintendo...watching wrestling and movies....

We need you!

Enjoy the newsletter?

Have a hobby you would like to share?

Do an activity from the newsletter?

Let us know!
We love pictures!!

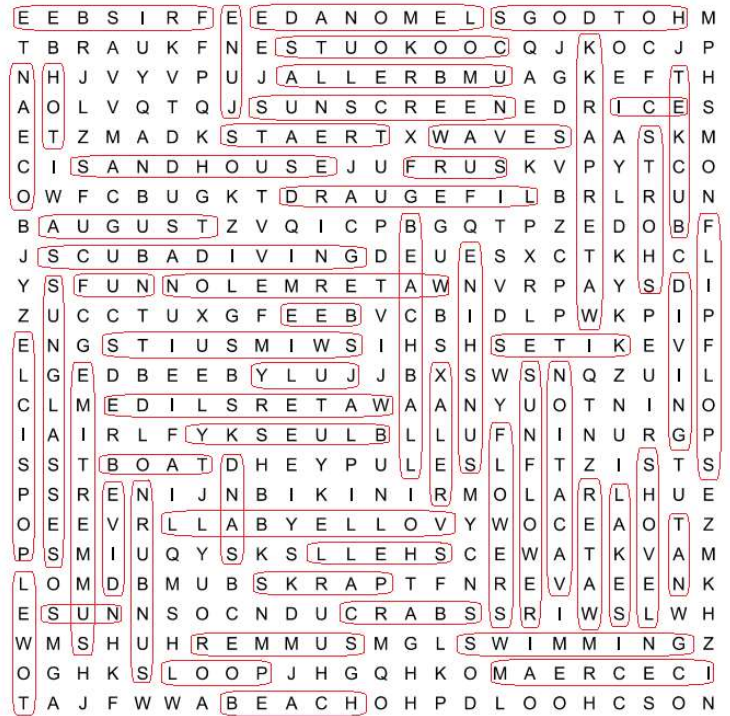


HCC@bellevuewa.gov
PO Box 90012 | Bellevue, WA 98009

Scholarships Available

Income based scholarships are available for Bellevue & King County residents. For more information call (425) 452-7686

Summer Fun



Riddle Me This-Answer Key

1. a bridal shower & a baby shower
2. mush
3. a bookkeeper
4. a laughing stock

Can you spot?-Answer Key

Found on pages:

2, 3, 4, 7, 8, 10, 17, 20, 24

9