



The Highland Times

March 2023

A message from Highland Center:

By: Kim Indurkar

Hello Everyone,
I am very excited that the Highland Times is starting back up again! As Winter is nearing the end, I am looking forward to warmer days. I will be starting my vegetable garden at home as soon as the overnight temperatures are not freezing. I would love to see more of you in person as we start outdoor sports again. I hope all of you are doing well and if you need any assistance please don't hesitate to call or send me an email. -Kim

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Dates to remember:

APRIL

1st: April Fool's Day

9th: Easter Sunday

22nd: Earth Day

MAY

4th: Star Wars Day

5th: Cinco de Mayo

12th: Highland's Barn Dance

14th: Mother's Day

29th: Memorial Day

JUNE

5th: Summer Registration Opens

(Bellevue Residents)

12th: Summer Registration Opens

(Everyone)

18th: Father's Day

19th: Juneteenth

21st: Summer Solstice



Tips for everyday conservation

By: Michele Appell

Use the recycle bin at your home

Reuse water bottles

Use less water whenever possible

Don't litter

Bring reusable bags or paper bags to stores

Volunteer with organizations that plant trees-like Atkion Club



Earth Day Word Search

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

streams

rivers

mother nature

air control

flowers

waste

mountains

pollution

clean air

plant

grass

litter

trees

green

water

soil

reuse

reduce

recycle

growth

environment

ecology

earth

conserve

animal

Spotlight on: Mindfulness

This Highland virtual class focuses on the foundations of mindfulness. The class discusses the benefits mindfulness has on physical health and social-emotional wellness. The class practices everyday mindfulness strategies and utilizes journaling to support mindfulness techniques. Participants then apply the skills in life, at work, and with peers.

What participants are saying:

I feel better about myself, take downtime when needed, support from peers, judgment free zone. It's good to see friends.

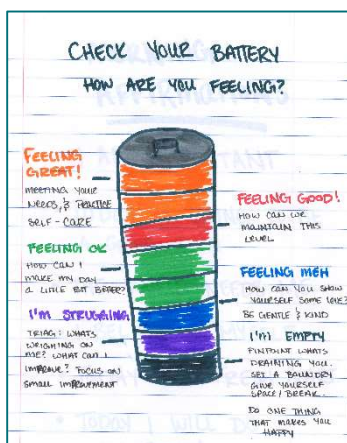
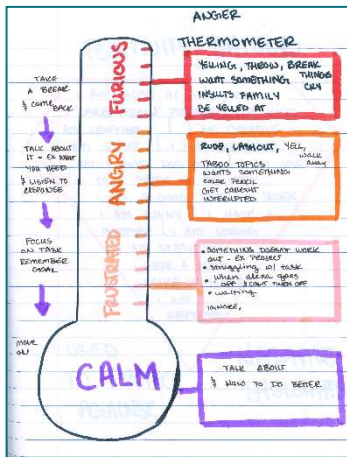
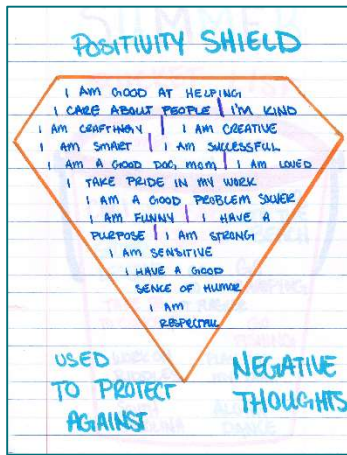
Helps grief go down

Love this class. It's my favorite, helps me get through life, I have been through tough stuff and this class has helped me through it. Mary is awesome!

Highland really amazing, SO much fun, learning a lot, great to see new people, love it!

Thing I love, is the support for those with issues in different parts of their life.

Examples of class activity



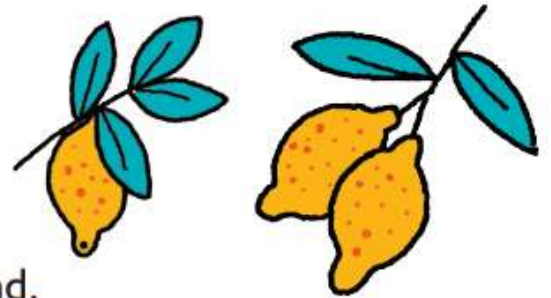
Mindfulness exercise

Lemon

This exercise releases muscle tension.

Pretend you have a lemon in your hand.

- Reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade!
- After your last squeeze and throw, shake out your hands to relax!



Lazy Cat

This exercise releases muscle tension.

Pretend you are a lazy cat that just woke up from a lovely, long nap.

- Have a big yawn.
- And a meow.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.



Riddle me this

By: Tony Intonti

Q1-In what state would you find the most artists?

Q2-What can fly, but has no wings?

Q3-Why are musicians so sweet?

Q4-What do you call a trucker that wears a crown?

(Answers on last page)

Rave~&~ Rant

by Anna Angrisano

RAVE:

The fact that you can always reach out to anyone at HCC when you need help with anything. Without HCC I don't know how I would get through my week. They have been a huge inspiration and support for the last almost 8 years of my life. I appreciate all the events they put on especially Holiday Seafair Cruise, as that is the highlight of my holiday season. Mary, Jenn, and Kim are so awesome I don't know what we would do without them.

RANT:

I hope HCC does their softball team this summer. As, I miss playing softball.

Can you spot?

Jenn's favorite beverage is coffee. She has hidden coffee cups throughout the newsletter.

How many can you find?

(Answer on last page)



STARWARS

COLOR BY NUMBER



1



2



3



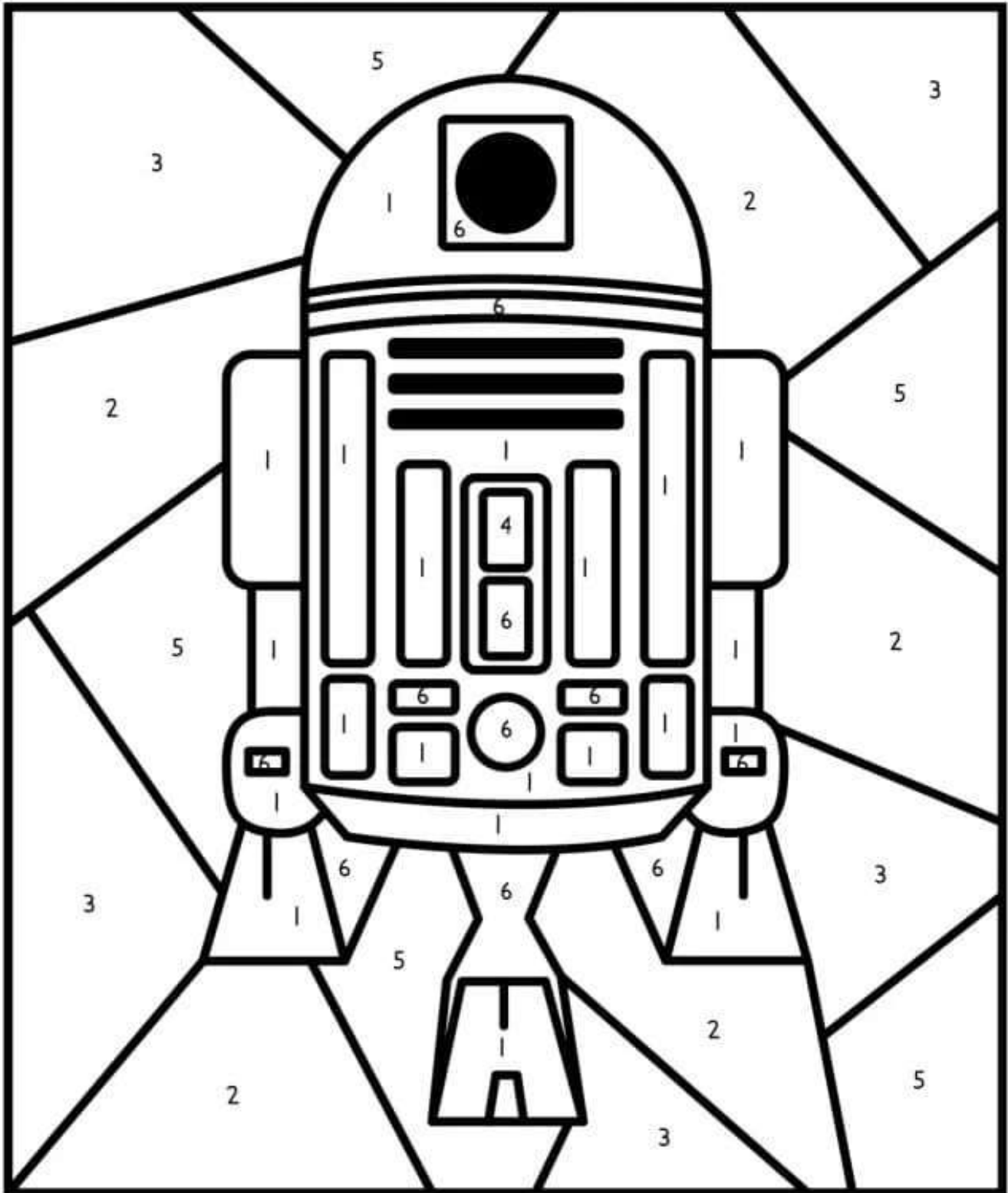
4



5



6



May the fourth be with you

Movie Review

by Kevin Wu



I saw Ant Man and the Wasp Quantumania on Saturday February 25th. Here are my thoughts after the movie. I thought that the movie was very exciting and joyful to watch. I found the movie to be very enjoyable to watch, because all of the actors in the movie portrayed their characters very good. The colors and backgrounds in the movie were very bright and colorful, they were uplifting in the sense that darkness will come after the light has gone away. All of the scenes in the movie complimented each other one after another. The trailers before the movie left me really excited for the feature presentation after they were done. It was fun to see familiar faces in the movie such as Scott, Hope and Cassie to name a few.

Workzone

Featuring Matt Rogers

Next couple of pages:

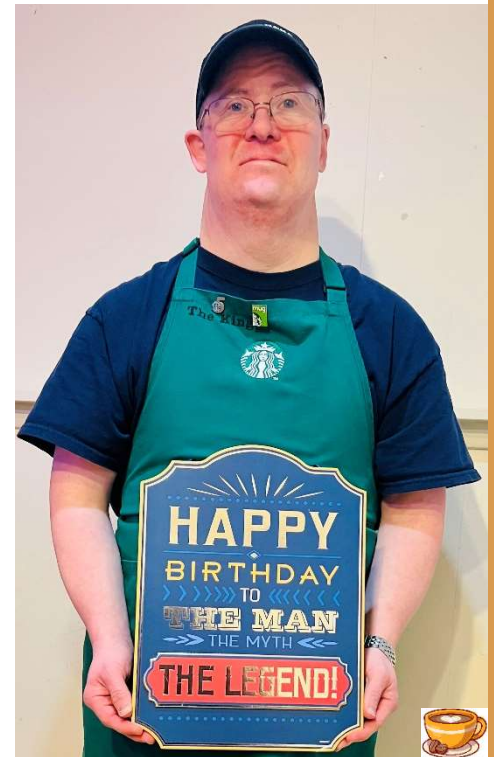
DIY

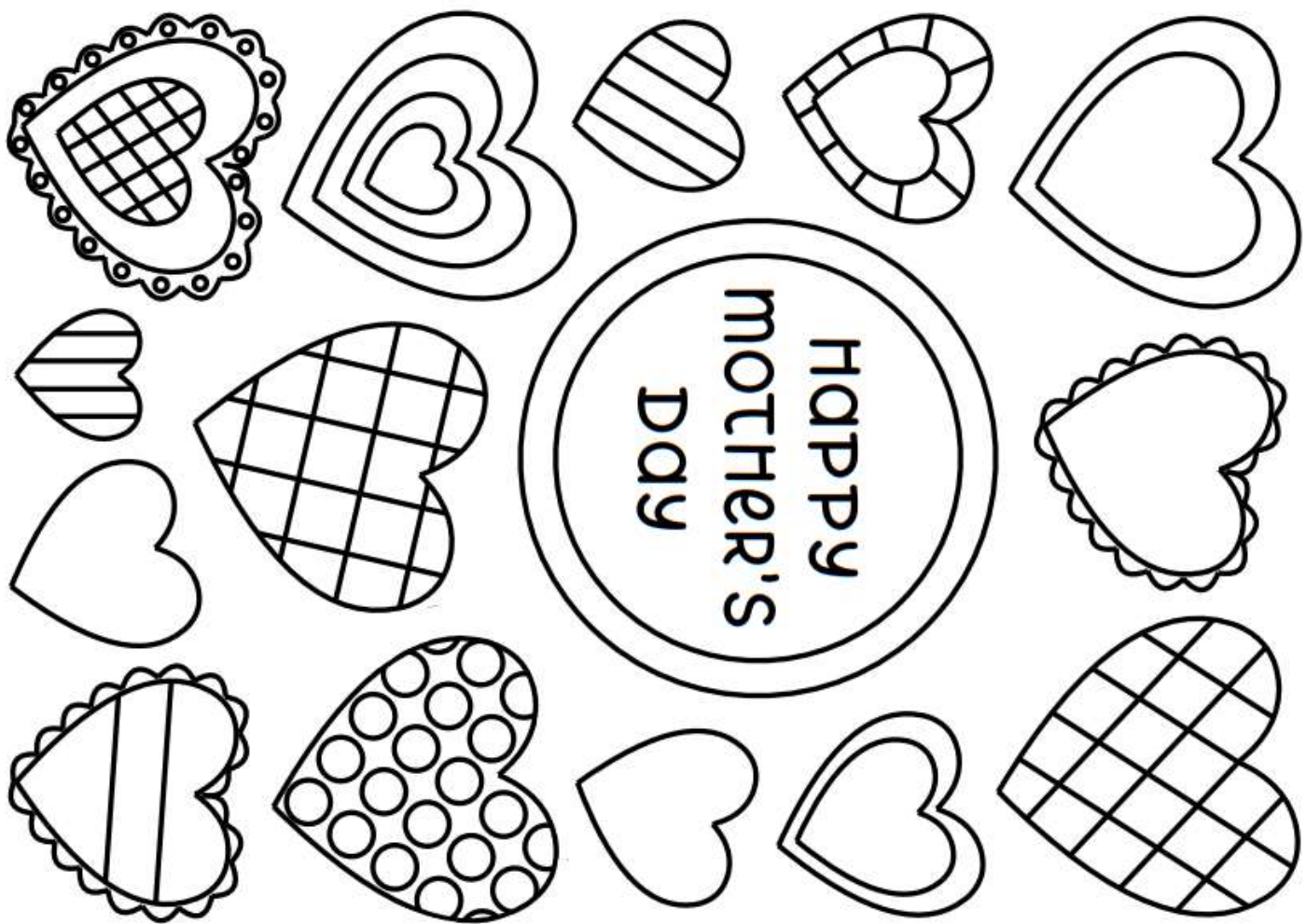
Mother & Father Day Cards

Send us picture on how they turned out!!

Matt has worked as a Courtesy Clerk at Starbucks in Bellevue for over 16 years. He takes pride in his work, and it shows in every task-whether its cleaning or stocking. He considers his coworkers a second family. Despite the delicious smells, he limits himself to one treat a week.

Thank you for sharing, Matt!





You hold such a special
Place in my heart.
I'm so thankful
for you.

HAPPY
FATHER'S
DAY



Thank you for the example
you set and for your guidance
in my life.

Travis Modery wins GOLD !

In February, Travis competed in the Special Olympics Regional Meet at Snoqualmie. Winning 3 gold medals!

He then went on to State level competition where he placed in gold and twice in silver!

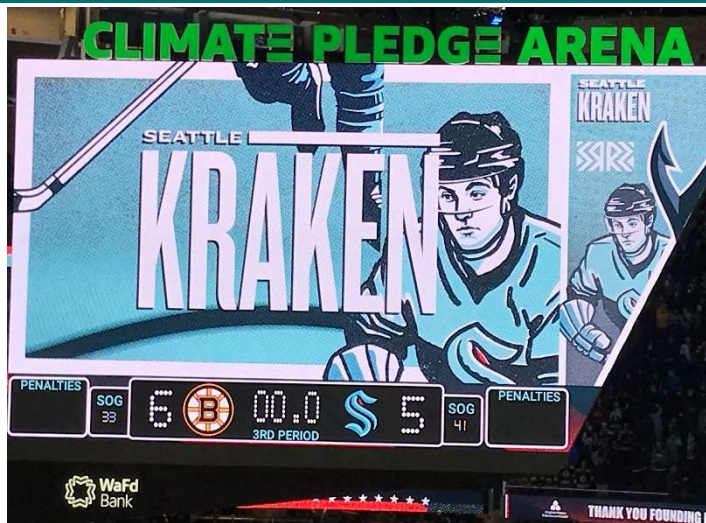
Congratulations!!



Longtime hockey fan visits Climate Pledge Arena

Kevin had the opportunity to watch one of his favorite teams play in person. Thank you for sharing your experience with us Kevin!

Have an experience you want to share with us?
Send us pictures.



Spring Scavenger Hunt



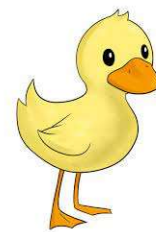
Yellow Flower



Easter Decorations



Watering Can



Baby Animal



Sidewalk Chalk Drawing



Bicycle



Green Lawn Furniture



Sprinkler



Purple Flower



Rubber Boots



Basketball



Person Exercising



Bunny



Water hose



Someone Gardening



"Garage Sale" sign



Lawnmower



Umbrella



Someone Spring Cleaning




Pink Flower


A walk in the park


by Nikki Fox

The Lake Washington Corridor 405 trail is my favorite trail because:

 I love that walking trail because it has no hills

 It's a paved trail

 I can walk to Coulon Beach Park

 I can also go by the Seahawks Training Facility.



Vegetable supreme pizza-extra deluxe by Tara O'Rourke

- Store bought refrigerated pizza dough
- Pesto sauce
- Garlic & herb goat cheese
- Feta
- Mozzarella
- Bell Pepper Sliced (all colors)
- Artichoke Hearts
- Mushrooms
- Black Olives-Sliced



Roll out dough to desired size

Add pesto sauce

Add Cheese

Add remaining vegetable toppings to your liking

Bake according to directions on pizza dough package

Spring is in the air

We get caught up in day to day activities it seems the seasons pass us by. Let's take a moment to "stop and smell the roses". If you are not sure how to start, use the Spring Scavenger Hunt on page 14. Let us know what you think, we love pictures!

BARN DANCE

\$10 Bellevue residents
\$12 Non-Bellevue residents
Parents/Caregivers Free
Admission includes light snack

Friday, May 12 | 6-8 p.m.

Highland Community Center
14224 NE Bel-Red Rd Bellevue, WA 98007

Mosey on down to the Highland Center for our end-of-the-session dance.

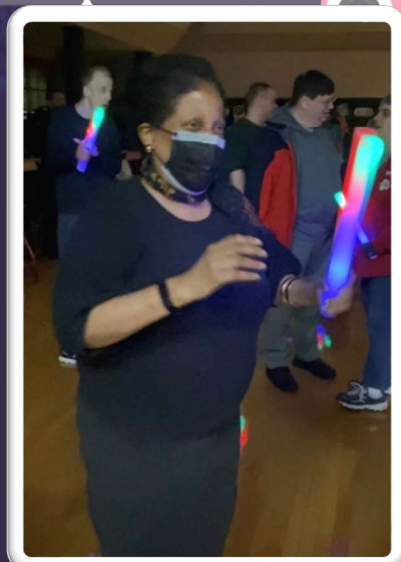
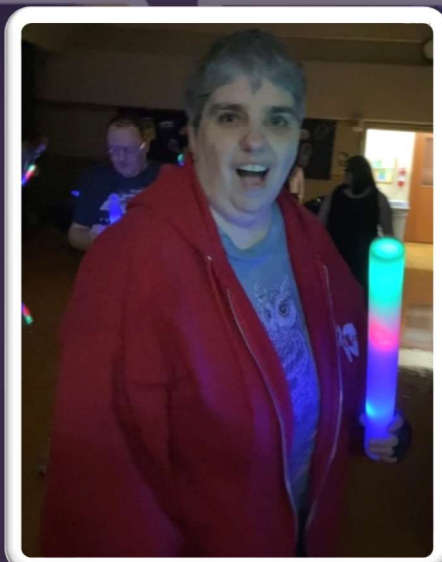
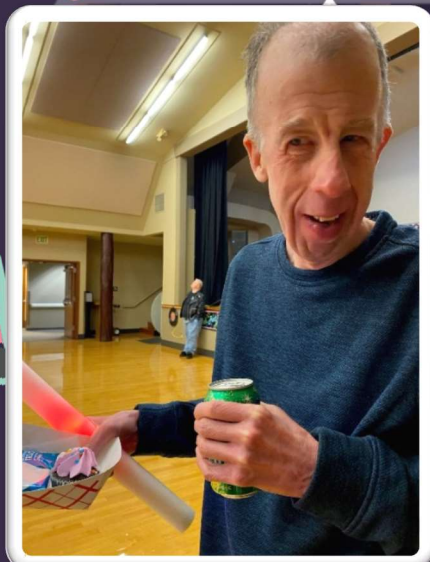
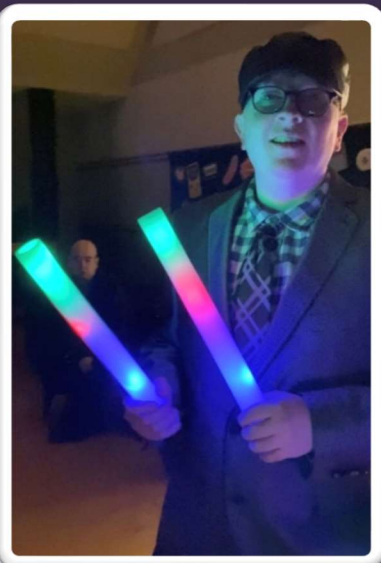
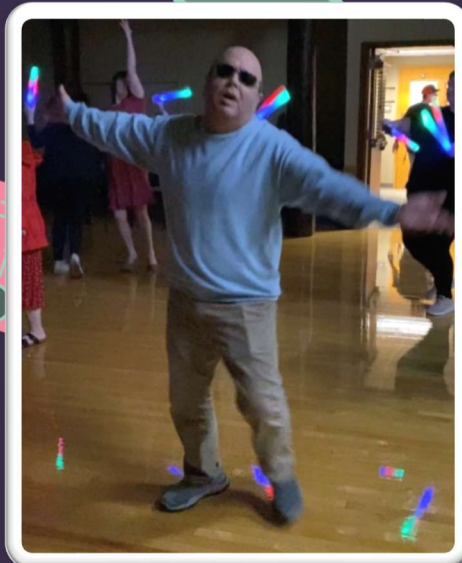
This dance is facilitated for teens and adults with intellectual disabilities. Ages 16 and up.

Remember to register!
For more information call 425-452-7686
or email hcc@bellevuewa.gov



For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-6104 (voice) or email jlbrown@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 dance



Meet your Content Team

Anna



Hi guys, most of you know me from HCC, but what most of you guys don't know is that my biggest passion is horses. I love my lesson horse Penny. I've been riding horses since I was 10 years old. So, I've been riding horses 31 years now.

Jaime



Jaime and I are involved with Bridge ministry, Aktion Club, Friendship Adventures, SODA and of course with Highland Center. I have a job with King County for almost 5 years now. It has been a challenge over the last 2 years, and we have made it through. On our free time we enjoy our cats, being with friends, and family. I like to do word and number puzzles and we enjoy games. We enjoy Comic Con and meeting famous actors, authors, seeing people dressed up, and looking at the booths.

Michele



I am caring and very considerate of others around me and take their thoughts/comments into consideration. I am very honest and trustworthy which is a quality I am very proud of, because if you are not honest sometimes people won't believe you. I have gone to Bellevue College, and I am involved in country dancing.

Kevin



Mason



My name is Mason Ponte I am 20 years old, I attend the Interlake High School Transition program this is my 2nd year there now. I like sports, but I love holidays especially Valentine's Day and Christmas. I want to work at Monster Mini golf in Factoria Mall.



Matt



Matt was born in southern California, but has called Bellevue his home for over 16 years. He lives in an Adult Family Home with his housemates and caregiver Sakiou. When Matt is not working, he is walking, hanging out at the Crossroads Mall, watching movies, or rooting for the Los Angeles's sports teams.

Nikki



Nikki is a current student at Bellevue College. She worked at the McDonald's in Eastgate for 30 years but is currently working at Target. Nikki is the Vice President of Aktion Club, and an active participant in Bellevue Youth Theater, and Special Olympics. In Nikki's spare time she loves to dance and do all kinds of crafts.

Tara



Now that things have opened back up, I've been working hard on my fitness journey. I was recently hired to work at downtown Bellevue HomeGoods, which I hope to get the job. I am looking forward to springtime, and Special Olympics Track and Field. I really enjoy my time spent at Highland Center.

Tony



Tony Intonti likes the color blue, enjoys "Law & Order" and is a BIG collector of Disney ornaments. Tony has been in many plays at the Bellevue Youth Theater, and his favorite fairy tale is Alice in Wonderland.

Travis



My name is Travis Modery. I was born in Plantation, Florida. I have one younger sister, Amanda. I worked at the library and QFC. I like to play sports.

We need you!

Enjoy the newsletter?

Have your own Rant & Rave?

Do an activity from the newsletter?

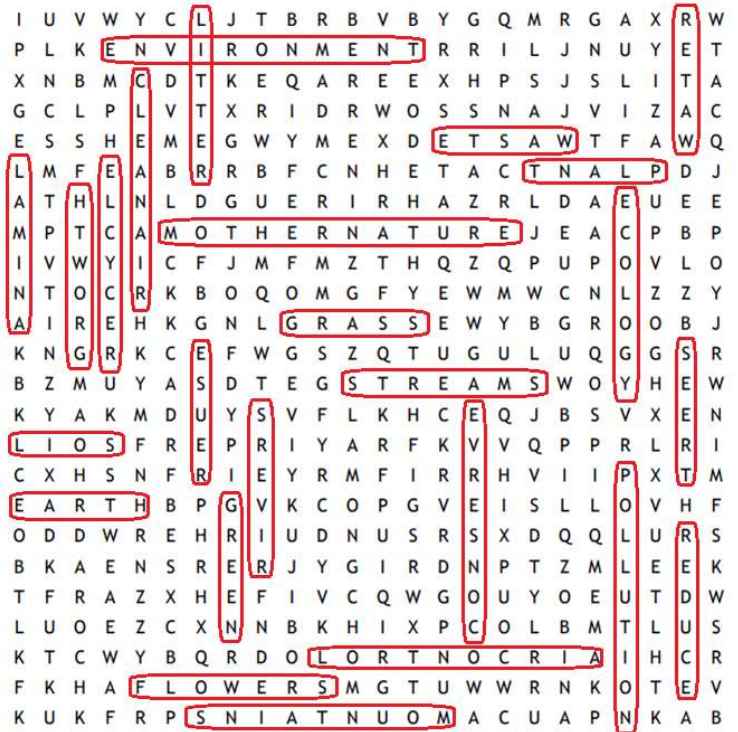
Let us know!
We love pictures!!



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Scholarships Available

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



Riddle Me This-Answer Key

- Q1- In "Color"ado
- Q2- Time
- Q3- They play in "jam" sessions
- Q4- King of the road

Can you spot?-Answer Key

8

Found on pages: 2, 5, 6, 7, 8, 13,15, 18