



NORTH BELLEVUE COMMUNITY CENTER



WINTER/SPRING SCHEDULE JAN-APRIL 2019

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: 8am-12pm



EVENTS, CLINICS & ADDITIONAL SERVICES

Dental Services

3rd Wednesday of each Month
8:30am-5pm
\$82 cash or check payable to the Hygienist
Call Healthy Smiles for an Appointment at
206-650-3272

Massage Services

1st Monday of each month
9:30am-12:30pm
\$36R/\$43NR
Call NBCC for an Appointment at
425-452-7681

Lunch Program

Monday/Tuesday/Wednesday/Friday
Lunch is served at 12pm
60+, \$4 suggested donation;
Under 60, \$6 fee

Eastside Legal Assistance Clinic

FREE
Every Thursday
2pm-4pm
Call ELAP for an appointment at
425-747-7274

SHIBA Medicare Assistance Services

FREE
3rd Wednesday of each month
9am-12pm
Call NBCC for an Appointment at
425-452-7681

Drop-in Computer Assistance

2nd, 4th and 5th Tuesday
9:30am-12pm
\$3R/\$4NR at the door

**NBCC Annual
Maintenance Closure**
Monday, February 18 to
Sunday, March 3

Sounds of Swing Dances

2nd Tuesday of each month
1pm-3pm
Ages 18+ \$3 at the door

NBCC Special Event Volunteer Luncheon

Tuesday, February 12
11:30am-1pm
This Event is FREE and by invitation only
Call NBCC to RSVP at 425-452-7681

DID YOU KNOW?



North Bellevue Community Center supports the following groups and programs:

- * **Bellevue Network on Aging**, an advisory group dedicated to healthy aging in our community. Visit www.bellevuewa.gov/network-on-aging.htm for more information
- * **Momentia**, a Seattle grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. Visit www.momentiasattle.org for more information
- * **Bellevue Botanical Garden Walk**, Tuesday mornings. Contact Katherine Painter at 206-529-3868 for more information
- * **Alzheimer's Café** meets monthly on the 4th Tuesday from 3-5pm at the Crossroads Community Center Tutta Bella restaurant. For more information contact Cheri Pamer at 425-990-6979 or cpamer@seattlemca.org
- * **Young-Onset Alzheimer's Caregiver Support Group** meets monthly on the 3rd Monday from 7-9pm at St. Andrew's Lutheran Church. For more information contact Bil Lukov at 206-367-4895
- * **Community Living Connections**, resources and information related to older adults. Call 206-962-8467 for more information.

The North Bellevue Community Center Advisory Board works to provide and support activities for the Bellevue Community. Email or leave suggestions with Darrion Spratley at dspratley@bellevuewa.gov

FITNESS CENTER



Come check out the Fitness Center and get a FREE Personal Training Assessment
Silver Sneakers & Prime Members Welcome!

RENTAL SPACE



NBCC has the space you need for your party, meeting, training or event.
Call 425-452-7681 for availability.

DAILY SCHEDULE

NBCC Annual Maintenance Closure
Monday, February 18 - Sunday, March 3

MONDAY

| | | |
|-------------------------|----------------------|----------------|
| Fitness Center | 8:30am-8:30pm | \$ Fee applies |
| Billiards | 8:30am-8:30pm | FREE |
| * Drop-in Ping Pong | 8:45-10:45am & 3-5pm | \$4 R/\$5 NR |
| Gentle Yoga by Wendy | 10:30-11:30am | \$9 R/\$11 NR |
| SilverSneakers Classic | 11am-noon | \$6 R/\$7 NR |
| * NBCC Line Dance | 11:45-1:45pm | \$4 R/\$5 NR |
| Sea Mar ESL Instruction | 12:45-1:45pm | FREE |
| * Drop-in Pickleball | 3:30-5:30pm | \$4 R/\$5 NR |
| Jazzercise | 5:45-6:45pm | \$ Fee applies |

TUESDAY

| | | |
|--|-----------------------|---------------------------------|
| Fitness Center | 8:30am-8:30pm | \$ Fee applies |
| Billiards | 8:30am-8:30pm | FREE |
| Enhance Fitness | 9-10am | \$4 R/\$5 NR |
| Book Club (AM 2nd Tues, PM 3rd Tues) | 10-11:30am & 6-7:30pm | FREE |
| Sounds of Swing Big Band (Dance, 2nd Tues only) | 1-3pm | Rehearsal FREE \$3 dance fee |
| Jazzercise | 4:30-5:30pm | \$ Fee applies |

WEDNESDAY

| | | |
|-------------------------------|----------------------|----------------|
| Fitness Center | 8:30am-8:30pm | \$ Fee applies |
| Billiards | 8:30am-8:30pm | FREE |
| * Drop-in Ping Pong | 8:45-10:45am & 3-5pm | \$4 R/\$5 NR |
| * Tai Chi | 9-10:45am | \$4 R/\$5 NR |
| CISC ESL Newspaper Reading | 9-10am | FREE |
| CISC ESL Instruction | 9:30am-11am | FREE |
| CISC Drop-in SHIBA Assistance | 9am-12pm | FREE |
| CISC Chorus | 10:30am-12pm | FREE |
| SilverSneakers Classic | 11am-noon | \$6 R/\$7 NR |
| Red Cross Knitting Group | 11am-3pm | FREE |
| Duplicate Bridge | 12-3:30pm | FREE |
| * CISC Line Dancing | 1-3pm | \$4 R/\$5 NR |
| * Drop-in Pickleball | 3:30-5:30pm | \$4 R/\$5 NR |
| Jazzercise | 5:45-6:45pm | \$ Fee applies |

THURSDAY

| | | |
|---|------------------|----------------|
| Fitness Center | 8:30am-8:30pm | \$ Fee applies |
| Billiards | 8:30am-8:30pm | FREE |
| Enhance Fitness | 9-10am | \$4 R/\$5 NR |
| CISC Info & Assistance | 9am-noon | FREE |
| CISC Music Program | 9-10:30am | FREE |
| Cribbage | 10am-noon | FREE |
| IAWW Community Program (Visit IAWW.org for scheduled events) | 10am-2pm & 5-9pm | FREE |
| Gentle Yoga by Wendy | 10:30-11:30am | \$9 R/\$11 NR |
| Pinochle | 12-3pm | FREE |
| KCLS Story & Play Time (visit KCLS.org for schedule) | 1:30-3:30pm | FREE |
| Thursday Movies | 2-4pm | FREE |
| Jazzercise | 4:30-5:30pm | \$ Fee applies |

FRIDAY

| | | |
|-----------------------------|----------------------|----------------|
| Fitness Center | 8:30am-5:30pm | \$ Fee applies |
| Billiards | 8:30am-5:30pm | FREE |
| * Drop-in Ping Pong | 8:45-10:45am & 3-5pm | \$4 R/\$5 NR |
| Enhance Fitness | 9-10am | \$4 R/\$5 NR |
| CISC ESL Instruction | 9:30-11am | FREE |
| * NBCC Line Dancing | 10:30-noon | \$4 R/\$5 NR |
| NBCC Chorus | 10:30-11:45am | FREE |
| Silver Sneakers Classic | 10:30am-11:30 | \$6 R/\$7 NR |
| Sea Mar Exercise in Spanish | 11:00am-noon | FREE |
| Duplicate Bridge | 12-3:30pm | FREE |
| * Drop-in Pickleball | 3:30-5:30pm | \$4 R/\$5 NR |

Saturday

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|----------------|----------|----------------|
| Fitness Center | 8am-noon | \$ Fee applies |
| Jazzercise | 8-8:55am | \$ Fee applies |
| Tai Chi QiGong | 9-10am | \$12 R/\$14 NR |

For more information or to register for an event or program stop by the Front Desk or call 425-452-7681

* 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.



Meetings are wheelchair accessible. Captioning, American Sign Language (ASL), or language interpreters are available upon request. Please phone at least 48 hours in advance 425-452-7681 (Voice). If you are deaf or hard of hearing, dial 711 (TR). Assisted listening device is available upon request. For questions or concerns regarding reasonable accommodations, contact City of Bellevue ADA/Title VI administrator at 425-452-6168 (Voice).



Bellevue Parks & Community Services