September—December 2011

FALL 2011 - Highland Community Center

Phone: 425-452-7686 **Register online at: www.MyParksandRecreation.com**

Monday

Parent/ Child Drop-in
9-11:30am

Jazzercise
9:25-10:25am

PD-Exercise Class
9:15am-10:15am
10:30am-11:30am
11:45am-1:15pm

Bridge of Promise Academy 10am-2pm Call 206-437-3975 to register

Drop-in Volleyball
3:30pm-5:30pm

Drop-In Exercise
2:00pm-7:00pm

Highland Hangout
2:30pm-5pm

Afterschool Programs
3:00pm-5:00pm

Movie time
5pm-7pm

Adult Social Club
7pm-8:30pm

Highland Players Drama
7pm-8:30pm

Head Injury Support group
1st & 3rd Monday
2pm –3:30p

Tuesday

Parent/ Child Drop-in
9-11:30am

Jazzercise
9:25-10:25am

Drop-in Basketball
12pm-1pm

Highland Hangout
2:30pm-5pm

Drop-In Exercise
9:00am-7:00pm

Afterschool Programs
3:00pm-5:00pm

Ballroom Dance
7pm-8:30pm

Full Fitness Fun
5pm-7pm

Adult Volleyball
7pm-8:30pm

King Co. Parent Coalition
2nd Tues
6:30pm-8:30pm

Helping Hands
2nd Tues
6:30pm-8:30pm
Contact
425-644-4344

NEW! ZUMBA
6PM-7PM

Wednesday

Parent/ Child Drop-in
9-11:30am

Jazzercise
9:25-10:25am

PD-Exercise Class
9:15am-10:15am
10:30am-11:30am
11:45am-1:15pm

Adventure Education
9:30am-3pm

Drop-In Exercise
2:00pm-5:00pm

Highland Hangout
2:30pm-5pm

Movie time
5pm-7pm

Adult Social Club
7:00-8:30pm

Drop-in Wheelchair Basketball
7pm-9pm

Toastmasters
6:00pm-8:30pm
Contact
206-683-3820
For more Information

2010 BELLEVUE KIWANIS AND KEY CLUB INVITE YOU TO ENJOY A MEAL COOKED ON THE 3rd Thursday of the Month 5pm-6pm

10/20
11/17
12/15

Thursday

Parent/ Child Drop-in
9-11:30am

Jazzercise
9:25-10:25am

Bridge of Promise Academy 10am-2pm Call 206-437-3975 to register

Drop-in Basketball
12pm-1pm

Highland Hangout
2:30pm-5pm

Drop-In Exercise
9:00am-7:00pm

Full Fitness Fun
5pm-7pm

Cooking with Ease
5pm-7pm

Movie time
5pm-7pm

Social Club
7pm-8:30pm

Cheerleading
5:30pm-6:30pm

Adult Volleyball
7pm-8:30pm

Bingo
7pm-8:30pm

ALS Support
4th Thurs
Contact
425-656-1650

NEW! ZUMBA
7PM-8PM

Friday

Parent/ Child Drop-in
9-11:30am

Jazzercise
9:25-10:25am

PD-Exercise Class
9:15am-10:15am
10:30am-11:30am
11:45am-1:15pm

Adult Art Class
1pm-2:30pm

Drop-In Exercise
2:00pm-5:00pm

Friday Night Out
5:30pm-9:30pm
Meet @ Crossroads
9/30
10/21
11/18

Saturday

ALS 2nd Saturday of each month, 9:30-11:30am Contact Carl Moore at 425-656-1650

FEAT—Families for Early Autism Treatment , 2nd Saturday of each month, 9:30a-1:00pm. Contact: Judy Weiser at 425-868-6810

Disabled American Vets, 1st Saturday of Month 11:30am-2:30pm, Contact: Art at 425-445-1831

Drop-in Quad Rugby 1st (2) Saturdays of the month 12pm-3pm

Adult Bowling @ Sun Villa Lanes
9:30am-11:30am

Sunday

Drop-in Badminton
10AM-1PM
Res $3.00
Non-Res $4.00

HALLOWEEN HOWL FRIDAY, 10/28
$9R $11N
7PM-9:30PM
* this dance is for Adaptive Recreation *

NEW! ZUMBA
Monday 7-8
Wednesday 7-8
Thursday 7-8

Holiday Ball
Friday 12/9/11
7pm-9:30pm
$9R $11N

Seafair Holiday Cruise
Sunday, 12/14
2pm-5:30pm

Adaptive Recreation Classes are in RED.
All new participants to Highland Center must have an initial orientation. Please call 425-452-7686 to schedule.

Please see the "Connections" brochure for complete class information.
*Note: Schedules are subject to change without notice.

This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodation requests. Assistance for the Deaf/Hard of hearing can be provided through the 711 Telecommunications Relay Service.