

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Billiards 8:30 am-8:30 pm	Billiards 8:30 am-8:30 pm	Billiards 8:30 am-8:30 pm	Billiards 8:30 am-8:30 pm	Billiards 8:30 am-8:30 pm	Jazzercise \$ 8-9 am
Ping Pong \$ 8:30 am-10 am	Ping Pong \$ 8:30 am-10 am	Ping Pong \$ 8:30 am-10 am	Ping Pong \$ 8:30 am-10 am	Ping Pong \$ 8:30 am-10 am	Tai Chi QiGong \$ 9-10 am
Pickleball \$ 8:30 - 10 am	Enhance Fitness \$ 9-10 am	Mandarin ESL Newspaper Group 9:30-10:30 am	Enhance Fitness \$ 9-10 am	Enhance Fitness \$ 9-10 am	
Advanced Yoga \$ 10 - 11 am	Computer Class 10 am-12 pm \$	Tai Chi Practice 9:30-10:30 am	Computer Class 10 am-12 pm \$	Latino Senior Exercise 10-11 am	
Gentle Yoga by Wendy \$ 10:30 - 11:30 am	Indian Fellowship 10:30 - 11:30 am	Red Cross Knitting Group 11am-3pm	Cribbage 10 am-12 pm	Chorus 10:30-11:45 am	
Tai Chi (Spanish) 11:15 am - 12 pm	Computer Class 12:30-2:30 pm \$	Chinese Chorus 10:30-12 pm	Pinochle 1 - 3:30 pm	Line Dance \$ 11-12 pm	<p>Register for classes and events at the front desk or over the phone by calling 425-452-7681 or online at www.myparksandrecreation.com</p>  <p>See Reverse for Upcoming Workshops and</p>
Line Dance \$ 11:45am - 1 pm	Sound of Swing Big Band Practice -OR- Second Tuesday Dance (\$3) 2 - 4 pm	Line Dance Practice \$ 11am - 12 pm	Ikebana \$ 10 am - 12 pm	Tai Chi (Spanish) 11:15am-12 pm	
ESL/Spanish Speakers 12:30 - 2 pm	Jazzercise \$ 4:30-5:30pm & 5:45-6:15 pm	Parent/Child Drop-In Play \$ 11 am-1:00 pm	ESL/Chinese Speakers 10-11:30 am	Duplicate Bridge \$ 12:15-3:30 pm	
Parent/Child Drop-In Play \$ 3 - 5:30 pm	Swing 1 \$ 7 - 8 pm	Duplicate Bridge \$ 12:15-3:30 pm	Gentle Yoga by Wendy \$ 10:30-11:30 am	Pickleball \$ 3-5 pm	
Ping Pong 3 - 5 pm	Swing 2/Lindy Hop \$ 8 - 9 pm	Mah Jong 1-3 pm	Parent/Child Drop-In Play \$ 12-3:45 pm	Ping Pong \$ 3 - 6 pm	
Jazzercise \$ 6 - 7pm	Drop-In Craft Group \$ 6 - 8:30 pm	Ageless Actors \$ 1-3 pm	Drop-In Painting 1-3 pm		
		CISC Mandarin Dance \$ 1-2:45 pm	Thursday Movies 2 - 4 pm		
		Pickleball \$ 3-5 pm	Jazzercise \$ 4:30-5:30 pm & 5:45-6:15 pm		
		Ping Pong \$ 3 - 6 pm			
		Jazzercise \$ 6 - 7pm			
		Ikebana \$ 6 - 8 pm			

 "This information will be provided in alternate formats for individuals with disabilities upon request. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service" **425-452-7681** 

Events, Workshops & Info

<p>Foot Care Clinic 2nd Tuesday 2nd & 4th Wednesdays 8:30 am - 3:30 pm By Appointment</p>	<p>Massage Therapy 1st Monday of each Month 9 am - 2 pm By Appointment</p>	<p>Wellness Seminar Vision Changes in the Aging Eye Monday, Oct. 24th 1-2:30 pm</p>	<p>Wellness Seminar How to Eat a Low Cholesterol Diet Monday, Sept. 26th 1-2:30 pm</p>
<p>Tuesday Afternoon Veteran's Day Dance Tuesday, Nov. 8th 2 - 4 pm Come listen to the music of Sounds of Swing Big Band!</p>	<p>Reflexology 1st & 3rd Tuesday 8:30 am - 3:30 pm By Appointment</p>	<p>Legal Clinic Eastside Legal Assistance Program Second Thursday 2 - 4 pm Appt. call 425-747-7274</p>	<p>Medicare Enrollment changes for 2012. Get the info you need from SHIBA</p>
<p>Afternoon Parent/Child Drop-In Play Group Monday 3 - 5:30pm Wednesday 11 a-12:30 pm Thursday 1 - 3:45 pm</p>	<p>Senior Rights Assistance Estate Planning, End of Life Issues, Substitute Decision Making 4th Tuesday Each Month 9, 10 & 11 am (by appt)</p>	<p>Thanksgiving Luncheon Wed., Nov. 16th 11:30 am - 2 pm <u>Pre-Register and Pre-Pay</u></p>	<p>SHIBA Medicare Assistance (Statewide Health Insurance Benefits Advisors) 1st & 3rd Wednesday 9, 10 & 11 am by Appt.</p>
<p>Senior Nutrition Lunch Program Lunch served at noon Mon., Tues., Wed. & Fri. Age 60+: Sug. Donation \$3; Under 60: \$5.75</p>	<p>Halloween Luncheon Mon., Oct. 31st 11:30 am - 2 pm Costume Contest!</p>	<p>Tuesday Afternoon Celebrate Autumn Dance Tuesday, Oct. 11th 2 - 4 pm Come listen to the music of Sounds of Swing Big Band</p>	<p>Thursday Afternoon at the Movies Each Thurs. 2 - 4 pm NBCC Media Room See the Front Desk for Monthly Movie List!</p>

Trips

**Out to Lunch at
Salty's on Alki**

Tuesday, Sept. 13th
11 am - 2 pm

Skagit Valley Casino

Thursday, Sept. 22nd
9 am - 5 pm

An Evening w/ Lily Tomlin

at Edmonds Center
for the Arts
Saturday, October 1st
6:30 - 10:30 pm

**Lunch @
Andalucia**

Thurs. Nov.
10th,
11 am - 3 pm

**Saint
Demitrios
Greek
Festival**

Fri., Sept. 16
11 am -
4:30 pm

**Octoberfest in
Leavenworth**

Saturday,
October 8th
10 am - 7 pm-

Puyallup Fair

Tuesday, Sept. 20th
9 am - 3 pm

**Ringling Bros. and
Barnum & Bailey Circus**

Thurs. Sept. 8th 6 - 10:30 pm

**Out to Lunch at
Benihana in Seattle**
Tues. Oct. 4th
11 am - 3 pm

**Angel of the Winds
Casino**

Tues., Oct. 11th
9 am - 5 pm

**Joan Rivers
at Broadway
Center
Tacoma**

Fri., Nov. 4th
6 - 10 pm

**"Double
Indemnity"**

Sat., Oct.
29th
1 - 5 pm

Fall Festival Lunch Cruise w/Argosy Cruises
Thursday, October 13th 11 am - 3 pm

North Bellevue Community Center

4063 - 148th Avenue NE, Bellevue WA 98007
Phone 425-452-7681 Fax 425-882-1968
www.bellevuewa.gov www.myparksandrecreation.com

