

Events, Workshops & Info

<p><u>Foot Care Clinic</u> 2nd Tuesday 2nd & 4th Wednesdays 8:30 am - 3:30 pm By Appointment</p>	<p><u>Massage Therapy</u> 1st Monday of each Month 9 am - 2 pm By Appointment</p>	<p><u>Computer Classes</u> Windows 7, Internet, Intro to Computers, Intro to Word, Files & Folders, Google Picasa, PowerPoint, Excel</p>	<p><u>Senior Rights Assistance (SRA) Experts</u> 4th Tues . Each Month 9 - 11 am</p>
<p><u>Saturday Night Autumn Leaves Dance</u> Saturday, Sept. 17 7 - 11 pm Dance lesson by USA Dance 7:15-8:15pm</p>	<p><u>Wellness Workshop</u> How to Eat a Low Cholesterol Diet Monday, Sept. 26 1 - 2:30 pm</p>	<p><u>Legal Clinic</u> Eastside Legal Assistance Program Second Thursday 2 - 4 pm Appt. call 425-747-7274</p>	<p><u>Summer Picnic</u> Wed., August 24 11:30 am - 2 pm Join us for fun! Cupcake Walk, Golf, Beanbag Baseball and more!!</p>
<p><u>Thursday Afternoon at the Movies</u> Free Movies shown every Thurs. afternoon from 2-4 pm in the Media Rm. Popcorn 25¢</p>	<p><u>Tuesday Afternoon Bastille Day Dance</u> Tuesday, July 12th 2 - 4 pm Come listen to the music of Sounds of Swing Big Band!</p>	<p><u>AARP Driver Safety</u> Tuesday & Thursday August 9 & 11 9 am-2 pm</p>	<p><u>SHIBA</u> (Statewide Health Insur- ance Benefits Advisors) 1st & 3rd Wednesdays each month, By Appt 9, 10 & 11 am</p>
<p><u>Senior Nutrition Lunch Program</u> Lunch served at noon Mon., Tues., Wed. & Fri. Age 60+: Sug. Donation \$3; Under 60: \$5.75</p>	<p><u>Saturday Night Summer Solstice Dance</u> Saturday, June 18 7 - 11 pm Dance lesson by USA Dance 7:15-8:15pm</p>	<p><u>Tuesday Afternoon Celebrate Summer Dance</u> Tuesday, August 9th 2 - 4 pm Come listen to the Sounds of Swing!</p>	<p><u>Metro/ORCA Senior Bus Pass Distribution</u> Tuesday, July 19 10:30 - 11:30 am</p>

Trips

<p><u>Ballard Seafood Fest</u> Saturday, July 9th 11 am - 4 pm</p>	<p><u>Woodland Park Zoo</u> Tue., July 19th 9 am - 2 pm</p>	<p><u>Seattle Mariners Baseball Game</u> Friday, June 17th 6-11 pm</p>	<p><u>Snoqualmie Casino</u> Tuesday, August 23rd 4:30—11 pm</p>
<p><u>Tillicum Village</u> Friday, July 22nd 10:30 am - 4:30 pm</p>	<p><u>Tulalip Casino</u> TUESDAY, JULY 12TH 9 AM - 5 PM</p>	<p><u>Factory Outlets & Snoqualmie Falls</u> Tues., Aug. 9th 9 am - 3 pm</p>	<p><u>Chuckanut Bay Cracked Crab Cruise</u> Tuesday, August 16th 1 - 8 pm</p>
<p><u>Greet the Fleet Argosy Cruise</u> Wednesday, Aug 3rd 11 am - 4 pm</p>	<p><u>Out to Lunch at Sockeye's</u> Tuesday, July 26th 11 am - 2:30 pm</p>	<p><u>Afternoon Tea and Locks Cruise</u> Wed., July 6th 2:30 - 7 pm</p>	<p><u>Skagit Valley Gardens</u> Wed., Aug. 10 10:30 am - 2:30 pm</p>
<p><u>Out to Dinner @ Bucca di Beppo, Seattle</u> Wednesday, June 22nd 4 - 7 pm</p>	<p>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</p>		



North Bellevue Community Center

425-452-7681 Hours: Monday - Friday 8:30 am - 9 pm

Summer Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Billiards 8:30 am-8:30 pm Ping Pong \$ 8:30 am-10 am Pickleball 8:30-10 am Advanced Yoga \$ 10-11 am Gentle Yoga by Wendy \$ 10:30-11:30 am ESL for Spanish Speakers 11 am-noon Tai Chi (Spanish) 11:15am-12 pm Line Dance \$ 11:45-12:45 pm Ping Pong \$ 3 - 5 pm Parent/Child Drop-In Play \$ 3-5:30 pm Jazzercise \$ 6-7pm Tai Chi Chuan \$ 7:15 -8:45 pm	Billiards 8:30 am-8:30 pm Ping Pong \$ 8:30 am-10 am Enhance Fitness \$ 9-10 am Computer Class \$ 10 am-12 pm Indian Fellowship 10:30 - 11:30 Computer Class \$ 12:30-2:30 pm Sound of Swing Big Band Practice or Second Tuesday Dance (\$3) 2-4 pm Jazzercise \$ 4:30-5:30pm & 5:45-6:15 pm Swing I \$ 7-7:55 pm Swing II \$ 8-8:55 pm Drop-In Craft Group \$ 6-8:30 pm	Billiards 8:30 am-8:30 pm Ping Pong \$ 8:30 am-10 am Mandarin ESL Newspaper Group 9:30-10:30 am Tai Chi Practice 9:30-10:30 am Pinochle 10-3:30 pm Red Cross Knitting Group 11am-3pm Chinese Chorus 10:30-12 pm Parent/Child Drop-In Play \$ 11 am-1 pm Duplicate Bridge\$ 12:15-3:30 pm CISC Dance \$ 1 - 2:45 pm Mah Jongg 1-3 pm Mandarin Exercise 1-2 pm Ping Pong \$ 3 - 5 pm Pickleball \$ 3-5 pm Jazzercise \$ 6-7 pm	Billiards 8:30 am-8:30 pm Ping Pong \$ 8:30 am-10 am Enhance Fitness \$ 9-10 am Cribbage 10 am-12 pm Computer Class \$ 10 am-12 pm Pinochle 12 - 3 pm ESL for Chinese Speakers 10-11:30 am Gentle Yoga by Wendy \$ 10:30-11:30 am Parent/Child Drop-In Play \$ 12 - 4:00 pm Computer Class \$ 12:30 - 2:30 pm Thursday Movies 2-4 pm Jazzercise \$ 4:30-5:30 pm & 5:45-6:15 pm	Billiards 8:30 am-8:30 pm Ping Pong \$ 8:30 am-10 am Enhance Fitness \$ 9-10 am Latino Senior Exercise 10-11 am Tutoring for Spanish Speakers 10-11 am Chorus 10:30-11:45 am Line Dance \$ 11-12 pm Tai Chi (Spanish) 11:15am-12 pm Duplicate Bridge \$ 12:15-3:30 pm ESL/Spanish Speakers 11-12 pm Ping Pong \$ 3 - 5 pm Pickleball \$ 3-5 pm	Jazzercise \$ 8-9 am Tai Chi QiGong \$ 9-10 am Register for classes and events at the front desk or over the phone by calling 425-452-7681 or online at www.myparksandrecreation.com  See Reverse for Upcoming Workshops and Events!

 "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