

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>

Garden d'Lights
at Bellevue Botanical Garden
Tuesday, November 29th
7 - 9 pm

Muckleshoot Casino
Thursday, Nov. 17th
9 am - 5 pm

"Annie Get Your Gun"
at Village Theatre
Saturday., November 19th
1 - 5 pm

**Lunch @
Andaluca**
Thursday
Nov. 10th,
11 am - 3 pm

**A Victorian
Country
Christmas**
Wednesday,
Nov. 30th
9 am-3 pm

Trips

**Octoberfest in
Leavenworth**
Saturday,
October 8th
10 am - 7 pm-

"Cinderella"
at 5th Ave
Saturday, Dec. 3rd
1 - 5 pm

The Dickens Carolers
Argosy Cruise
Wed., Dec. 7th, 11 am - 3 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

