

Events, Workshops & Info

<p><u>Foot Care Clinic</u> 2nd Tuesday & 2nd & 4th Wednesday 8:30am-3:30pm <i>By Appointment Only</i></p>	<p><u>Massage Therapy</u> 1st Monday of each Month 9:00am-2:00pm <i>By Appointment Only</i></p>	<p><u>Senior Nutrition Lunch Program</u> Lunch served at Noon Mon/Tues/Wed/Fri 60+: \$3 Suggested Donation \$3; Under 60: \$5.75</p>	<p><u>Legal Clinic</u> Eastside Legal Assistance Program Thursdays 2:00-4:00pm <i>For Appointment Call</i></p>
<p><u>Afternoon Parent/Child Drop- In Play Group</u> Wed 11:00am-1:00pm Thur 12:00- 4:00pm</p>	<p><u>Reflexology</u> 1st & 3rd Tuesday of each month 8:30am-3:30pm <i>By Appointment Only</i></p>	<p><u>Thursday Afternoon at the Movies</u> Each Thurs. 2 - 4 pm NBCC Media Room See the Front Desk for Monthly Movie List!</p>	<p><u>SHIBA Medicare Assistance</u> (Statewide Health Insurance Benefits Advisors) 1st & 3rd Wednesday 9, 10 & 11am <i>By Appointment Only</i></p>
<p><u>Getting Around Puget Sound</u> <i>Get one on one help with transportation from the experts. Monday's 11am-1pm</i></p>	<p><u>AARP Driver Safety</u> T/Th 9am-2pm Aug 7 & 9 T/Th 9am-2pm Oct 2 & 4 T/Th 9am-2pm Dec 4 & 6 Pre-registration Required \$12/AARP Member \$14/Non-Member</p>	<p><u>End of Summer Picnic</u> Wed, August 22nd 11:30am-2:00pm REGISTER by 8/15</p>	<p><u>Autumn Leaves Dance</u> Saturday, October 6th 7-11pm</p>
<p><u>Falls Prevention Awareness Fair</u> Wed, September 19th 10am-1pm</p>	<p><u>Holiday Ball</u> Saturday, December 1st 7-11pm</p>	<p><u>NEW! Gentle Fitness</u> Tue & Thu 10-11 am Pre-registration Required</p>	<p><u>NEW! Core & Stretch</u> Thursday 1:00-2:00 pm Pre-registration Required</p>

Trips

<p><u>Emerald Downs Racetrack</u> Thursday, August 23rd 4:30-11pm</p>	<p><u>Puyallup Fair</u> Tuesday September 18th 9am-3pm</p>	<p><u>Victorian Country Christmas</u> Puyallup Fairgrounds Thursday, November 29th, 9am-3pm</p>
<p><u>Anthony's Restaurant & Seattle Ferris Wheel Pier 57</u> Thursday, September 6th 11am-4pm</p>	<p><u>Out to Lunch at Benihana in Seattle</u> Tuesday October 9th 11am-3pm</p>	<p><u>Wicked at the Paramount</u> Saturday October 27th 1-5pm</p>
<p><u>Lunch at Crystal Mountain Resort & Gondola Ride</u> Friday, September 14th, 9am-4pm</p>	<p><u>Providence Health Christmas Carnival</u> Mon, November 26th 12-4pm</p>	<p><u>Thornewood Castle Tour</u> Wednesday, December 5th, 9:30am-5pm</p>
<p><u>Octoberfest in Leavenworth</u> Saturday, October 13th 10am-7pm</p>	<p><u>Out to Lunch at Salty's</u> Wed, November 7th, 11am-3pm</p>	<p><u>Pacific NW Ballet's "Nutcracker"</u> Saturday, December 15th, 1-5pm</p>
<p><u>Tacoma Holiday Food & Gift Festival</u> Thursday, October 18th, 9am-2pm</p>	<p><u>Garden d'Lights Bellevue Botanical Garden</u> Wednesday, November 28th, 7-9pm</p>	<p><u>Royal Argosy Christmas Lights Dinner Cruise</u> Monday, December 17th, 6-11pm</p>
		<p><u>North Bellevue Community Center</u> 4063 - 148th Avenue NE, Bellevue WA 98007 Phone 425-452-7681 Fax 425-882-1968 www.bellevuewa.gov & www.myparksandrecreation.com</p>