



NBCC News

City of Bellevue Parks
and Community Services

Volume 6, Issue 2

March/April 2010

May Is Older Americans Month!

May is Older Americans Month, a great time to bring focus on the issues that affect older adults. This year's theme is "Age Strong! Live Long!," which reminds all of us that our choices today can have a positive impact on our longevity and quality of life.

Here's something you may not know...in just 20 years, 20 percent of Americans will be age 65 or older. The "Silver Tsunami" is almost upon us! And, according to the recent City of Bellevue Human Services Needs Update, at age 65 the average life expectancy for a King County resident is 84.5 years. This means the typical 65 year old can expect to live another 20 years.

The increase in the number of seniors living in Bellevue impacts the types of services needed. These include transportation programs, adult day health services, in-home chore assistance, major and minor home repairs and financial assistance for necessities of daily living, such as food and prescription drugs.

The increase in older adults in Bellevue and King County is due in part to our area's healthy aging initiatives, and the work being done by City of Bellevue and other agencies to provide older adults with many opportunities to take great care of themselves. Take advantage of the programs offered by the City of Bellevue such as exercise classes, fall prevention workshops, health screenings, and seminars on healthy aging.

There are lots of benefits of regular physical activity: weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Older Americans will benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises. Our Enhance Fitness class, Yoga classes, and dance classes can get you on the road to better health—and they're fun!

In addition to a regular exercise routine, good nutrition



is vital to maintaining good health, as Improving diet can reduce the occurrence of chronic diseases. Remember that everything you put into your body plays a part in how your body feels—now and in the future.

While a healthy body is important, equally important is good mental health. Studies have shown that engaging in social activities within your community can greatly improve how you feel. In fact, research shows a strong relationship between volunteering and engaging in social groups and improved mental health. The benefits also include greater life satisfaction, lower rates of depression and lower mortality rates.

So get out there, get active, and make this year one that you pledge to **Age Strong! Live Long!**

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Advisory Board Update

The Advisory Board meets the third Wednesday of each month from 9:45-11 am in Room B. Please feel free to attend the meetings and offer your input, or become a member of the Board to share your great ideas and to get involved in our Community Center!

The Advisory Board is currently seeking new members. Please consider serving a two year term and offer your ideas and support of our Community Center.

The advisory Board staff liaison is Darrion Spratley.

You can talk with him about serving on the board., or for more information. Currently, the Board is working on supplying additional furnishings for the Computer Lab area of the building. We are certain It will be great once it's complete!

News and Announcements

Volunteer News

Seeking Volunteers! Because of our recent cutback in hours and staff, we are really in need of volunteers! Use your talents and willingness to assist us in the front office, with our lunch program, with our craft room, as a greeter, with special events, or whatever your heart desires!

Front office volunteers help take phone calls, file, register people for classes and activities, and generally help us to keep the building running smoothly.

Our lunch volunteers help prepare and serve lunch, set the tables, and with clean up. Food handler permits are required for these positions and we reimburse the fees paid for the permits.

Greeters welcome people to the building, direct traffic, answer questions and add joy to everyone's experience.

Special Events volunteers help with set up, decorations, entertainment, and clean up of our monthly special event luncheons and dances.

No experience is necessary, all that is required is a willingness to help North Bellevue Community Center stay a thriving, exciting place to be. Your help will insure that, even in these tough economic times, we are able to meet the needs of our participants with friendly service.

Wouldn't this be a great way to support the center and share what you know with others? Let's all take on an attitude of volunteerism and service to others.

For information on any of our volunteer opportunities, please contact Darrion Spratley.

A Volunteer Application is available online at www.bellevuewa.gov or here at the office.

Meet Molly, Our Volunteer Greeter

If you've come to the building recently you have already met Molly! She is our new Volunteer Greeter, who gives information and encourages people to sign into the book as they enter. We love that Molly welcomes everyone with a smile and a compliment.

Molly comes to us after a long career at Meydenbauer Center, coordinating events there from 1993 until 2008. This is not Molly's first volunteer position, in the past she has given her time to Overlake Hospital and the Bellevue City Hall Information Desk.

Molly has four lovely children, three daughters and one son, and is a rare species—a native Washingtonian! She is unstoppable despite a chronic health condition that would keep many of us from doing much at all. Though Molly has health issues, she doesn't seem to suffer - she makes a point to enjoy every day.

We are so grateful that Molly decided to join our team! She adds a very special sparkle to our building and greets everyone with cheer. Next time you see Molly, be sure to say hello!

A Message from Darrion

Hi Everyone,

Welcome to Spring! This is always a great time of year here at the Community Center. For starters, our Spring and Summer Trip booklet is out with 29 wonderful outings to get you outside to enjoy the great outdoors. We have great casino trips planned lots of summer and spring fairs and shopping just to name a few. So come on, what are you waiting for? Join us for some Spring and Summer Fun!

Don't feel like making your own lunch? Then head over to NBCC for lunch with us. Our lunch is served fresh and hot

by Catholic Community Services. Also don't forget about all of the great special events this Spring and Summer. Our Mother's Day and Father's Day Luncheons are full of wonderful prizes and entertainment. So please join us you will have a blast!

Also, please let me know if you would like to volunteer at the center. Volunteers help us in so many ways so if you or someone you know would like to volunteer please contact me so that we can talk about the many ideas we could explore to help you help the Center.

Darrion

Hello from the Director

Spring is upon us. I hope this finds you all doing well and enjoying the spring weather. I am happy to be back and look forward to the coming programs & events!

May is Older American's Month! The theme this year is "Age Strong! Live Long!" The Bellevue City Council will read a proclamation at 8pm on Monday, May 3rd at Bellevue City Hall to kick off the month-long event. Please stop by the front desk to pick up a schedule of events.

According to the US Census, there were 38.9 million people 65 and over living in the US on July 1, 2008, which represents 13% of the population. In Bellevue, according to the 2008 American Communities Survey, the number of people 65 and older was 14.4%, up from 13.4% in 2000. Bellevue has a greater proportion of residents over the age of 65 than King

County (10.3%) and Washington State (11.2%), and the numbers are expected to continue to grow. In fact, in 2030, when all of the baby boomers will be 65 and older, nearly 20% of US residents is expected to be 65 and older.

Have you signed up for an exercise class discount through the Shape Up! Campaign yet? Shape Up! is designed to get you involved in a new exercise program, increase your fitness, and reduce your risk of falling. We are offering a \$10 coupon if you sign up for a class you've not taken before or haven't taken in over 3 months. Also, if you bring a friend (new participant) not only will they get the \$10 discount, you will also get \$10 off the next class you sign up for! So join the fun & get fit at the same time! Please call us anytime and let us know if we can be of assistance!!

Cathy Von Wald



Older Americans Month Proclamation by Mayor Davidson Anticipated at May 3rd Council Meeting

CITY OF BELLEVUE, WASHINGTON

PROCLAMATION

Whereas; Bellevue is a community in which 14.4% of its residents are 65 years of age and older; and

Whereas; Older adults in Bellevue and throughout the US are a growing population with evolving needs; and

Whereas; Older adults are valuable members of our society who are rich with experience and deserving of our respect; and

Whereas; The number of baby boomers reaching traditional retirement age continues to increase, a fact that spotlights the need for increased attention to the needs of older adults; and

Whereas; The older adults of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history; and

Whereas; It is the responsibility of this and all communities to work together to prepare for the growing older adult population, and make our communities "aging friendly"; and

Whereas; The President of the United States has designated the month of May as *Older Americans Month* and the theme "Age Strong! Live Long!", and

Now, therefore, I, Don Davidson, Mayor of the City of Bellevue, Washington do hereby proclaim the month of **May 2010 as:**

OLDER AMERICANS MONTH

in Bellevue, and urge all residents to take the time to honor our older adults and the professionals, family members, and people who care for them. In addition, I urge everyone to work collaboratively to strengthen the Bellevue community for its older adults in ways that recognize the changing nature of their needs, and that provide older adults with more opportunities to make informed choices about their lives. Together our efforts can improve the lives of our older adults and help pave the way for future generations.

A Big Thank You!

We couldn't do it without sponsorship! Thank you to all of the sponsors who have come forward to assist us in bringing fun and fellowship to our participants and for making our recent events memorable!

Overlake Terrace - for providing table treats and Bingo prizes for our St. Patrick's Day Luncheon. It made the day so much fun!

Wynwood - for donations supporting our monthly second Tuesday Sound of Swing dances. The desserts are always a big hit!

Brighton Gardens - for sponsorship of our monthly second Tuesday Sound of Swing dances.

Marymoor/Peter's Creek - for providing table treats and Bingo prizes for our Spring Fling Luncheon. Our luncheon was so much fun with your added special touch!

Wynwood for providing sandwiches, desserts and punch for our Saturday Evening Spring Fling Dance with Sound of Swing and USA Dance. This event was a great time for all who attended, and your delicious snacks made the night especially spectacular.

Thanks to all of you! St. Patrick's Day Luncheon, Saturday Evening Spring Fling Dance, Second Tuesday Sound of Swing Dances, and Spring Fling Luncheon would not have been nearly as memorable without the generosity and support of our sponsors. We appreciate you!

Thank You!

Transportation Options for Seniors

There are lots of options for people who need a ride to a doctor or dentist appointment, who need a ride to the transit center, or who want assistance learning to ride the bus. Hopelink, Metro, and Volunteer Transportation through Senior Services all offer transportation assistance that can mean the difference between being independent and being stuck.

Hopelink provides the *EZ Rider Connector* for seniors and access riders in East Bellevue. This service connects riders with Metro and Sound Transit busses and other neighborhood services for free. You can schedule rides and get more information by calling 425-943-6787.

Hopelink's *Medical Transportation Brokerage* is for people who receive Medicaid. The service provides rides to medical appointments and you can schedule rides by calling 800-923-7433 between 8 am and 5 pm at least two business days in advance. You will be transported by taxi or wheelchair accessible van to your appointment. Call for additional information.

Senior Services' Volunteer Transportation Program is a way for seniors who are not Medicaid recipients to get to medical and dental appointments. Volunteer drivers will pick you up, wait with you at your appointment, and drive you home from your appointment. Call 206-448-5740 for more information.

Hopelink's *Getting Around Puget Sound Program* and Metro's *Transit Instruction Program* both teach new riders how to use the bus system. For Metro, call 206-263-3113. *Getting Around Puget Sound* will instruct you how to use busses, trains, ferries, and other public transportation. Call 425-943-6769 for more information.

Grandparent's Corner

Information supplied by Blossom Landau

Looking for fun ideas on how to spend quality time with your grandkids in Bellevue? Here's a listing of places and activities that are sure to delight!

•The Museum of Doll Art in downtown Bellevue is a fascinating place! Kids and adults alike can explore the history and culture of the world through toys, dolls, teddy bears and other miniatures which date back to the 17th century. The Museum also offers party packages for birthday parties, English tea parties, and Do-it-Yourself parties for very reasonable fees. For more information call 425-455-1116 or visit www.dollart.com.

•KidsQuest Children's Museum inside Factoria Mall is a great destination that inspires life-long learning in children and families through interactive exhibits and programs. Their activities bring art, science, and technology together in a fun-filled way. Each nook and cranny offers unexpected delights and discoveries. Kids have so much fun here that your first visit will probably not be your last! Call 425-637-8100 or visit www.kidsquestmuseum.org for more information.

•The Bellevue Arts Museum across from Bellevue Square offers lots of fun activities for families and kids. "Get Crafty Saturdays" are an informal drop-in afternoon of fun. They are held from 1-3 pm and provide kids with fun, hands-on learning. The CRAFTER School Program held Friday afternoons from 4-5 pm provides fun craft adventures and is led by teens from Bellevue High School's *National Art Honor Society*. Each of these activities cost \$2.00 per child or are free with paid Museum admission. For more information call 425-519-0770 or visit www.bellevuearts.org.

Have fun on your next adventure!

Classes



Computer Classes

These classes are taught by Doris Ford using the Mobile Computer Lab laptops.

▪ One-On-One

Date: Thursday, May

Time: 10 - 12 pm

Date: Thursday, May 20

Time: 12:30-2:30 pm

Date: Thursday, June 17

Time: 10 am-12 pm

Cost: \$24 R / \$29 NR

Need help with a particular computer software program? Like to ask questions one-on-one? Need a quick skill brush-up for a new job? Gain computer skills, confidence, and comfort with your computer in a 2-hr session. Bring your CPU or laptop from home, or use the computers in our lab.

▪ Introduction to Computers

Date: Tuesdays, May 4-25

Time: 12:30-2:30 pm

Cost: \$35 R / \$42 NR

Provides information on the fundamentals of your computer hardware and software, terminology, operations, keyboard, and mouse. Learn the difference between word processing, spreadsheet, and database software.

▪ Introduction to Word

Date: Tuesdays, June 1-22

Time: 10 am-12 pm

Cost: \$35 R / \$42 NR

Learn the basics of writing and editing documents. Add bold, underline, save and print a document. Understand how to review, copy, move, and delete text, and pictures. Know when to use save and save as, print documents, and spell check.

▪ Windows 7

Date: Tuesdays, May 4-25

Time: 10 am-12 pm

Date: Tuesdays, June 1-22

Time: 12:30-2:30

Cost: \$35 R / \$42 NR

Check out the cool new features of Windows 7 that can help simplify everyday



tasks to work the way you want, use Snap to arrange and resize windows, etc.

▪ Get to know your Digital Camera

Date: Thursday, June 24

Cost: \$12 R / \$15 NR

Time: 10 am-12 pm

Learn what all those buttons mean and how to use them. Work with your own camera to learn which settings provide the best results. Bring your camera with 3.2 or more megapixels and your owner's manual to class along with extra batteries and get ready to have fun while you learn!

▪ Online Genealogy

Date: Thursday, May 6

Time: 10 am-12 pm

Cost: \$12 R / \$15 NR

Follow the trailblazers of genealogy who have developed time-tested ways to stay organized in this process. Download pedigree charts and family group sheets from the internet, take a detailed tour of excellent sites, & jumpstart your search!

▪ Organize Files & Folders

Date: Thursday, May 27

Time: 10 am-12 pm

Cost: \$12 R / \$15 NR

Learn the difference between files and folders, how to copy, move, delete, file into separate folders. Discover how easy it is to create new folders & organize your photos.

▪ Google Picasa

Date: Thursday, June 10

Time: 10 am-12 pm

Cost: \$12 R / \$15 NR

Google's free download of Picasa instantly finds all pictures on your hard disk. Basic fixes of crop, remove red eye, fix contrast, etc. will enhance photos easily and quickly.

Dance Classes

▪ Line Dance Monday

Date: May 3-24, June 14 - July 12

Time: 11:45 am-12:45 pm

Cost: \$22 R / \$27 NR



Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to great music. Leather soled shoes recommended.

▪ Line Dance Friday

Date: April 30-May 21, June 4-25

Time: 11 am-12 pm

Cost: \$22 R / \$27 NR

Line Dancing is a great way to exercise your body and mind while meeting new friends and listening to great music. Leather soled shoes recommended.

▪ Tap Dance Beginning

Date: Tuesdays, May 4-25

Tuesdays, June 1-22

Tuesdays, June 29-July 20

Cost: \$15 R / \$19 NR

Time: 11am-12pm

Learn to tap dance to new and old songs. This is a wonderful way to exercise while enjoying music!

▪ Swing 1

Dates: Tuesdays, May 25-June 8

Time: 7:00-8:00 pm

Cost: \$30 R / \$40 NR

This is a three week "Wedding and Event Dance Refresher." Brush up on the steps you'll need to make the summer event season a hit! Focus will be on Waltz, Box Step, and other more common event dances.

▪ Swing 2

Dates: Tuesdays, May 25-June 8

Time: 8:00-9:00 pm

Cost: \$30 R / \$40 NR

This is the second level, prerequisite is a comfort with the Swing 1 material. This is a more intensive three week "Wedding and Event Dance Refresher." Practice the event dances you already know. Focus will be on Waltz, Box Step, and other more common event dances.

Continuing Education

▪ Book Discussion Group

Dates: 2nd Tuesday Each Month

Time: 10-11:30 am

Classes



Continued from previous page

Cost: Free!

For more information and a book list contact Sue Hipke at 425-747-6843 or Dorothy Goddard at 425-747-5543.

▪ Chorus

Dates: Fridays, Ongoing

Time: 10:30-11:45 am

Cost: Free!

We sing for our own fun & enjoyment and we welcome new singers at any time, no auditions or advance notice are required.

▪ Chinese & English Chorus

Dates: Wednesdays, Ongoing

Time: 11 am-12 pm

Cost: Free!

Come and sing some famous Chinese and English songs.

▪ Ageless Actors: Senior Acting Workshop

Dates: Wednesday, July 7 - Sept. 22

Time: 1-3 pm

Cost: \$60 R and NR

For those seriously interested in developing acting skills that can also be used in everyday life: sharpen memory, activate imagination, give self confidence, & learn to use voice in a variety of exciting ways. Call for audition appointment.

Legal and Insurance

▪ SHIBA

Date: 1st & 3rd Wednesdays

Time: 9 am, 10 am, 11 am & 1 pm

Cost: Free! (Appt. required)

Meet with a trained expert from the Statewide Health Insurance Benefits Advisor group to get free, unbiased information about health care coverage, health insurance, and government programs. Appointments are required, call 425-452-7681.

▪ Legal Assistance Clinic

Date: 2nd Thursday

Time: 2-4 pm

Cost: Free! (Appt. required)

The Eastside Legal Assistance Program offers a legal clinic for low-income individuals on the 2nd Thursday of each month. Appointments are required and can be made by calling 425-747-7274.

▪ AARP Driver Safety Program

Date: Tues. & Thurs., June 15 & 17

Time: 9am – 2 pm

Cost: \$12 for AARP Members \$14 for Non-Members, payable by check to instructor.

This program is the nation's first and largest classroom driver improvement course designed especially for motorists 50 and over. This course may qualify you for an auto insurance discount. Please bring a sack lunch.

▪ Young Onset Parkinson's Group

Date: First Wednesday Each Month

Time: 7-8:30 pm

Cost: Free!

Sponsored by the American Parkinson Disease Association, for those under 60 with the disease and their families.

Games

▪ Pinochle

Date: Wednesdays, ongoing

Time: 1-3:30 pm

Date: Thursdays, ongoing

Time: 12-3 pm

▪ Party Bridge Tuesdays

Date: Tuesdays, ongoing

Time: 10-3 pm

▪ Duplicate Bridge

Date: M,W,F ongoing

Time: 12:15-3:30 pm

Cost: \$.50 per visit

Contact person: Ed Jesse 746-7435

▪ Mah Jongg

Date: Wednesdays, ongoing

Time: 1-3 pm

▪ Mandarin Mah Jongg

Date: Wednesdays, ongoing

Time: 1-3 pm

▪ Billiards

Date: M-Sat.

Time: all open hours

▪ Pickleball

Date: Mon.: 8:30-10 am

Wed. & Fri.: 3-5 pm

Cost: \$0.50 each day

▪ Cribbage

Date: Thursdays, ongoing

Time: 10 am-12 pm

Contact person: Carl Wittenberg at 425-641-3118.

▪ Ping Pong

Date: Everyday

Time: 8:30-10 am, additional time if available

Suggested \$1 donation each day

Health & Wellness

▪ Foot Care

Date: 2nd Tues & Wed, 4th Wed

Time: 8:30 am-3:30 pm

Cost: \$28

Call the front desk to make your appointment. Registered Nurse, Chris Egan, trims toenails and cares for the feet of elderly and health compromised people. Fee is payable in cash or check at the time of your appointment.

▪ Massage Therapy

Date: 1st Monday of each month

Time: 9 am-1:30 pm

Cost: \$30 for 30 minutes

\$60 for 60 minutes

Elizabeth Strauss, LMP is specially trained to work with older adults. Appointments required, call the front desk to schedule.

▪ Reflexology

Date: 1st & 3rd Tuesdays

Time: 10 am-3 pm

Cost: \$30

Feel better, more relaxed, & relieve foot pain with this ancient health modality. Please call to schedule an appointment.

Classes



Continued from previous page

▪ **Health - GI Blues**

Date: Monday, May 24

Time: 1-2:30 pm

Cost: \$6 R / \$7 NR

Common gastrointestinal complications can be uncomfortable and worrisome. An Overlake Hospital gastroenterologist will review diagnosis and treatment options available for digestive problems common in older adults.

Chinese/Spanish Services

▪ **ESL for Spanish Speakers**

Date: Fridays, ongoing

Time: 1-2 pm

Cost: Free!

Sponsored by SEA-MAR Community Health Center. Reading, writing, and speaking skills for Latinos who are non-native English speakers. Practice your penmanship and conversation skills in this supportive group.

▪ **CISC**

Date: Thursdays, ongoing

Time: 9:30 am-1 pm (By Appointment)

Cost: Free!

CISC, Chinese Information and Service Center provides services in Mandarin to those 55 years of age or older. Topics covered include health insurance, housing, medical, housing, etc. Call 206-624-5633 x. 4123 to make an appointment.

▪ **ESL for Chinese Seniors**

Date: Thursdays, ongoing

Time: 10 am-11:30 am

Cost: Free!

Sponsored by CISC. Reading & writing offered for Chinese speakers who want to learn the English language. Beginning and Intermediate classes.

▪ **ESL III for Chinese Seniors**

Newspaper Reading Group

Date: Wednesdays, Jan. 13-April 28

Time: 9:30-10:30 am

Cost: Free!

Sponsored by CISC. We will study arti-



cles from the newspaper and learn new vocabulary. This class is fun and useful! Call Cathy, 206-624-5633, ext. 4123 to register.

▪ **Indian Fellowship**

Date: Tuesdays, May 4 - August 24

Time: 10:30-1pm

Cost: Free!

This social group is geared for older adults who are visiting from India.

▪ **Tai Chi in Spanish**

Date: Mon. & Fri, Jan. 11-April 30

Time: 11:15 am-12 pm

Cost: Free!

Sponsored by CISC. Reading & writing offered for Chinese speakers who want to learn the English language. Beginning and Intermediate classes.

Exercise Classes

▪ **Enhance Fitness**

Date: Tuesdays, Thursdays, Fridays

May 13 - June 15

June 17 - July 20

Time: 9-10 am

Cost: \$30 R / \$36 NR

Increase your health and vitality with this class that combines aerobics, strength training & flexibility exercises. Each session is 15 visits. Group Health Medicare participants come for free!

▪ **Gentle Yoga by Wendy**

Date: Mon.: March 1-29; April 5-26

Thurs.: March 4-25; April 1-29

Time: 10:30-11:30 am

Cost: Varies by class, please see

Connections Brochure

Easy yoga is adapted for seniors and others who need a gentle approach. Taught by Wendy Townsend.

▪ **Advanced Yoga**

Date: Mondays, Feb. 8-March 22

Mondays, March 29-May 3

Time: 10-11 am

Cost: \$12 R / \$14 NR



Stretching and flexibility exercises for the experienced yoga student.



Arts Classes & Groups

▪ **Drop-In Painting**

Dates: Thursdays, Ongoing

Time: 1pm-3pm.

Cost: Free!

Bring your painting supplies and the project you're working on, and visit with others while producing fabulous works of art!

▪ **Red Cross Knitting Group**

Date: Wednesdays, Ongoing

Time: 11 am- 3 pm

Cost: Free!

Join this group of Red Cross volunteers who knit items to donate to Eastside Baby Corner. All patterns, some supplies, and instruction are available.

▪ **Conversation and Crafts**

Dates: Mondays, Ongoing

Time: 10 am-2 pm

Cost: Free!

Bring your creative ideas and supplies (or supplies others have donated) and join this fun drop-in group. Proceeds from the sale of these items benefits the North Bellevue Senior Advisory Board.

▪ **Wire Chain & Bead Jewelry**

Date: Friday, May 21, 9am - 12pm

Wednesday, June 23, 6 - 9 pm

Cost: \$15 R / \$18 NR



National Senior Health & Fitness Day, Wednesday May 26th

"Make Everyday a Fitness Day!"

Come to the Community Center
Wednesday, May 26th
from 10 am - 1 pm

to discover new ways you can improve your fitness by taking part in Senior Health and Fitness Day! The theme this year is "Make Everyday a Fitness Day." Find out what great programs we offer & pick up a coupon to try a fitness class for free! You're sure to be inspired to step out of your comfort zone and try something new.

We will be here to share information about all of our **fitness classes including Advanced Yoga, Gentle Yoga, Tai Chi, and Enhance Fitness**, and we'll have information on hand about the **Walk for Life** and **Gourmet Bikers** programs.

Date: Wed., May 26th
Time: 10 am - 1 pm
Fee: **Free!**

Please call 425-452-7681 for more information or to request a brochure, or visit www.bellevuewa.gov to learn about fitness programs offered throughout your community by City of Bellevue Parks & Community Services.



Red Cross Knitters in Need of Yarn

The Red Cross Knitters are sending out a plea to the NBCC community for yarn and quilting fabric. They are hoping to gather more acrylic, washable, worsted weight yarns in baby-appropriate colors as well as cotton or flannel fabric suitable for baby quilts.

The *Red Cross Knitting Groups* began as a call to "Knit Your Bit." During World War I and again during World War II, the American Red Cross launched nationwide, volunteer-driven knitting campaigns to supply soldiers and war refugees with warm clothing. These volunteer knitters (men, women and children) belonged to a Red Cross unit called the Production Corps that also produced bandages and sewn garments (such as pajamas) for veterans and civilian hospitals. Volunteers on the home front knitted socks, caps, sweaters, scarves and more for those in the military.

The Bellevue Red Cross Knitting Group started in 1991, and came to NBCC in 1996. At that time, there were a three other Red Cross Knitting Groups in the area: the Seattle Chapter in downtown Seattle, the Renton Group, and the Auburn Group. Now only the Bellevue Group here at NBCC and Auburn Group are active. The Bellevue Group meets here each Wednesday, 11 am to 3 pm to knit items that they donate to *Eastside Baby Corner*. *EBC* is a primary prevention agency that gives clothing, food, formula, and much needed items to new mothers in need. They were recently highlighted in the Bellevue Reporter. Members of the Knitting Group also volunteer with *Project Linus* a group that recently sent 300 comfort quilts to children in Haiti.

Stop in to Room C & say hi and thanks to Judy, Mary, Thelma, Dana, Marilyn, Young Lee, Maime, Peggy, and Jeanne for the work they do for such great organizations.

Shape-Up! Program Extended into 2010

Shape Up! Bellevue is a fun way to get active and support a healthy and independent lifestyle. North Bellevue Community Center has partnered with Seattle and King County Emergency Medical Services to bring you this program. Why not save money while enjoying a new class and get healthier at the same time?

Pick up a Shape Up! flyer at the front desk and use it to receive \$10 off the fee for a class. Also, if you refer a friend to join a class, they will get the \$10 discount, and you'll get an additional \$10 to use toward a future class fee! The discount can be used for any group exercise class, including Gentle Yoga, Enhance Fitness, Advanced Yoga, and our new Seated Yoga Class coming this fall and many more. Join the fun and get fit!

Senior Farmers Market Voucher Applications Available at NBCC

Did you know? The Senior Farmers Market Nutrition Program distributes checks to eligible seniors for fresh fruits and vegetables. The checks are redeemable at farmers markets throughout Seattle and King County.

You may be eligible to receive \$40 in Farmers Market checks if you are: over 60; have income below \$1669 per month (1 person) or \$2246 per month (2 people); and, live in King County.

To apply, pick up an application here at North Bellevue Community Center, and **mail it in no later than May 28th**. Mail the application to Seattle Human Services Department, Aging and Disability Services, SMFNP, PO Box 24231, Seattle, WA, 98124-0231. You will be entered into a random selection process as a limited number of checks are available.

Trips & Special Events



Trips Have fun seeing new places & meeting new friends or enjoy a day with those you already know.

Upcoming Special Events at NBCC Join us for some fun!

Mystic Sea Grey Whale Cruise

Friday, May 7th
8:30 am - 6 pm

Tug Boat Races Argosy Lunch Cruise

Saturday, May 8th
12 pm - 5 pm

Maifest at Leavenworth

Sunday, May 9th
9 am - 6 pm

"42nd Street" at the Village Theater

Friday, May 14th
7 - 11pm

Tulalip Casino & Seattle Premium Outlets

Tuesday, May 18th
9 am - 5 pm

Out to Lunch Bunch at Serious Pie

Thursday, May 20th
11 am - 5 pm

Out to Lunch Bunch at Anthony's on Pier 66

Tuesday, May 25th
11 am - 2 pm

"Fiddler on the Roof" at the Paramount Theatre

Thursday, May 27th
6:30-11 pm

Smucker's Stars on Ice at Key Arena

Saturday, May 29th
10 am - 3 pm

Tillicum Village
Wednesday, June 2nd
10:30 am - 5 pm

Remlinger Farms Tour & Lunch

Friday, June 4th
9 am - 2 pm

Northwest Trek
Wednesday, June 9th
8:30 am - 2 pm

Mother's Day Dance with Sound of Swing

Tuesday, May 11th
2 - 4 pm

St. Patrick's Luncheon

Wednesday, March 17th
11:30 - 1:30 pm

G.I. Blues Health & Wellness Seminar

Monday, May 24th
1 - 2:30 pm

Father's Day Dance with Sound of Swing

Tuesday, June 16th
2 - 4 pm

Gourmet Bikers
Weekly Biking & Lunch Group
Group Rides on Wednesdays
for information call Judy at
425-378-0645

SHIBA
Statewide Health Insurance
Benefits Advisors
1st & 3rd Wednesdays each month

Mother's Day Luncheon
Wednesday, May 12th
11:30 - 1:30 pm

Bi-Monthly Produce Bonus
Wednesdays after lunch at 1 pm
Free Organic Produce with
participation in lunch program!

Father's Day Luncheon
Model-A Car Club!
Wednesday, June 16th
11:30 - 1:30pm

Summer Solstice Dance
with Sound of Swing
Saturday, June 19th
7 - 10:30pm
Dance Lesson 7:30-8:15 pm, taught
by USA Dance Seattle Chapter!

Ageless Actors Take the Stage!



The **Ageless Actors**, our acting group, will hit the stage here at NBCC!

Following the Father's Day Luncheon

**June 16th from 1:30 - 2:45 pm
in the Craft Room**

The performance will be a total of four scenes. It will be directed by Blossom Landau, and will include:

From On Golden Pond

"The Homecoming"

The First Fireworks

A special trip down memory lane

Rewards and Romance

The adventure of a lifetime!

Gratitude

Great expectations, Big surprise

Be sure to join us for this very special event!

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.



**City of Bellevue Parks and
Community Services**

North Bellevue Community Center
Mailing Address: P.O. Box 90012, Bellevue
WA 98009-9012
Facility Address: 4063 148th Avenue NE,
Bellevue WA 98007

Phone: 425-452-7681
Fax: 425-882-1968
E-mail: NBCC@bellevuewa.gov



**North Bellevue
Community Center**

We're on the web!
www.bellevuewa.gov
www.myparksandrecreation.com

To:

Cut Here
& Mail In

Newsletter Subscription & Renewal Form — *Thank You!*

Recommended Donation is \$5 per year
Mail to: North Bellevue Community Center, P.O. Box 90012 Bellevue, WA 98009-9012
Make checks payable to City of Bellevue.

Last Name: _____ First Name: _____

Street
Address: _____

City/State: _____ Zip: _____ Date of Birth: _____

Phone Number: _____ New Subscription _____ Renewal _____

Donation Amount: _____ Check _____ Cash _____ Visa _____ MasterCard _____

Credit Card #: _____ Exp. Date _____

Signature _____



**North Bellevue
Community
Center**

**will be closed
Monday,
May 31st**

***in honor of
Memorial Day.***