

NORTH BELLEVUE COMMUNITY CENTER



4063-148th Avenue NE • Bellevue, WA 98007 • 425-452-7681 (FAX: 425-882-1968)
Hours: Mon–Thurs 8:30am–9pm • Fri 8:30am–6pm • Sat: Classes & Fitness Center only
Programs, hours, and fees subject to change without notice. Please contact NBCC for updated information.

SPRING/SUMMER SCHEDULE May-Aug 2014 EVENTS, WORKSHOPS, & INFORMATION

Dental Services

4th Mon of each month
9am–4:30pm
By Appointment Only

Foot Care Clinic

2nd Tues & 2nd & 4th Wed
8:30am–3:30pm
By Appointment Only

Afternoon Parent/Child Drop-in Play

Wed: 11am–1pm
Thurs: 2–4pm

Massage Therapy/Acupressure

1st Mon of each month
9am–12pm
By Appointment Only

Reflexology

1st & 3rd Tues of each month
8:30am–3:30pm
By Appointment Only

Lunch Program

Lunch served at noon
Mon/Tues/Wed/Fri
60+: \$3 suggested donation
Under 60: \$6 fee

Thursday Afternoon at the Movies

Every Thurs at 2pm-FREE

Legal Clinic / Eastside Legal Assistance

Every Thurs, 2–4pm *For appointment call 425-747-7274*

SHIBA Medicare Assistance

(Statewide Health Insurance Benefits Advisors)
Call for current schedule.
By Appointment Only

AARP Driver Safety

Tue/Thurs, May 6 & 8, July 1 & 3 • 9am–2pm
Pre-registration required
\$15 AARP Member / \$20 Non-Member

Senior Information & Assistance

Resources and information on all topics related to older adults. Call 206-448-3110 or 1-888-435-3377.

Sounds of Swing Dances

Tue, Apr 8, May 13, June 10 • 2-4pm
\$3 at the door • Ages 18+

Mother's Day Luncheon

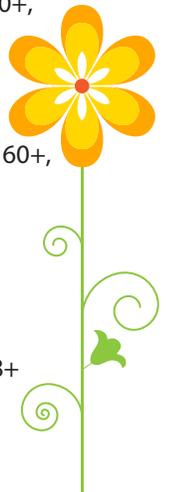
Wed, May 7 • 11:30am–1pm • \$3 donation for 60+,
Pre-registration required / space limited
\$6 for under 60 • Ages 18+

Father's Day Luncheon

Wed, June 11 • 11:30am–1pm • \$3 donation for 60+,
Pre-registration required / space limited
\$6 for under 60 • Ages 18+

End of Summer Picnic

Wed, August 20th, 11:30am-2pm
Pre-registration required/space limited
\$3/fee payable at time of registration, Ages 18+



TRIPS

Stars on Ice

Sunday, May 18th, 3-8pm

The Secret Garden Tea Room

Thursday, May 29th, 8:30am-2pm

Shopping in Historic Bellingham

Tuesday, June 3rd, 9am-3pm

La Conner & Deception Pass Cruise

Thursday, June 12th, 10am-2pm

King Fish Café

Wednesday, June 18th, 11am-2pm

Afternoon Bingo Cruise

Tuesday, June 25th, 10am-3pm

Renton Landing

Wednesday, July 9th, 10am-3pm

LeMay America's Car Museum

Thursday, July 17th, 10am-3pm

Country Village Shops

Wednesday, July 23rd, 10am-2pm

Emerald Downs

Friday, July 25th, 4:30-11pm

Meet the Fleet Cruise

Wednesday, July 30th, 10:30am-3:30pm

La Palmera Mexican Restaurant

Tuesday, August 6th, 11am-3pm

Fiddler on the Roof

Saturday, August 9th, 1-4pm

Kiana Lodge & Clearwater Casino Cruise

Wednesday, August 13th, 9:30am-6:30pm

Judy Fu's Snappy Dragon Restaurant

Friday, August 29th, 11am-3pm

FITNESS CENTER



Come check out the Fitness Center
Personal Training Assessment Available



RENTAL SPACE



Rental Space, call 425-452-7681
We have the space you need for your party, meeting, training, or event.

DAILY SCHEDULE

MONDAY 8:30 am–9 pm

Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am & 2–5pm	\$ Fee applies
Advanced Yoga	10–11am	\$ Fee applies
Gentle Yoga by Wendy	10:30–11:30am	\$ Fee applies
Tai Chi (Spanish)	11:15–12noon	FREE
Line Dance PRACTICE	11:45–12:45pm	\$ Fee applies
ESL/Spanish Speakers	12:45–1:45pm	FREE
Pickleball	3–5pm	\$ Fee applies
Jazzercise	6–7pm	\$ Fee applies
Tai Chi Chuan Swordplay	7:15–8:45pm	\$ Fee applies

TUESDAY 8:30 am–9 pm

Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am	\$ Fee applies
Enhance Fitness	9–10am	\$ Fee applies
Indian Fellowship	10:30am–1pm	FREE
Book Club	2nd Tue • 10–11:30am	FREE
Tap Dance / Beginning	11am–12pm	\$ Fee applies
Tap Dance / Intermediate	12:15am–1:15pm	\$ Fee applies
Sound of Swing Big Band	2–4pm	\$3 dance fee; no fee for rehearsal weeks (Dance 2nd Tuesday each month)
Jazzercise	4:30–5:30pm	\$ Fee applies
Drop-in Craft Group	6–8:30pm	\$ Fee applies

WEDNESDAY 8:30 am–9 pm

Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am & 2–5pm	\$ Fee applies
Mandarin ESL Newspaper Group	9:30–10:30am	FREE
Tai Chi Practice	9–10:30am	FREE
Red Cross Knitting Group	11am–3pm	FREE
Chinese Chorus	10:30–12pm	FREE
Parent/Child Drop-In Play	11am–1pm	\$ Fee applies
Duplicate Bridge	12–3:30pm	\$ Fee applies
Party Bridge	12–3pm	FREE
Mah Jongg	1–3pm	FREE
CISC Mandarin Dance	1–3pm	\$ Fee applies
Pickleball	3:30–5:30pm	\$ Fee applies
Jazzercise	6–7pm	\$ Fee applies

THURSDAY 8:30 am–9 pm

Fitness Center	8:30am–8pm	\$ Fee applies
Billiards	8:30am–8:30pm	FREE
Ping Pong	8:30–9:45am	\$ Fee applies
Enhance Fitness	9–10am	\$ Fee applies
CISC Info & Assistance	9am–1pm	FREE
ESL Advanced	10–11:30am	FREE
Cribbage	10am–12pm	FREE
Core & Stretch	1–2pm	\$ Fee applies
Pinochle	1–3:30pm	FREE
Drop in Painting	1–3pm	FREE
Gentle Yoga by Wendy	10:30–11:30am	\$ Fee applies
Parent/Child Drop-in Play	2–4pm	\$ Fee applies
Thursday Movies	2–4pm	FREE
Jazzercise	4:30–5:30pm	\$ Fee applies
Vinyasa Yoga	7–8pm	\$ Fee applies

FRIDAY 8:30 am–6 pm

Fitness Center	8:30am–6pm	\$ Fee applies
Billiards	8:30am–6pm	FREE
Ping Pong	8:30–9:45am & 3–6pm	\$ Fee applies
Enhance Fitness	9–10am	\$ Fee applies
Chorus	10:30–11:45am	FREE
Line Dance PRACTICE	10:45–11:45am	\$ Fee applies
Tai Chi (Spanish)	11:15am–12pm	FREE
Duplicate Bridge	12–3:30pm	\$ Fee applies
Pickleball	3–5pm	\$ Fee applies

SATURDAY 8 am–12 pm

Fitness Center	8am–12pm	\$ Fee applies
Jazzercise	8–8:55am	\$ Fee applies
Tai Chi QiGong	9–10am	\$ Fee applies



REGISTER for classes and events:

IN PERSON: at the front desk
OVER THE PHONE: call 425-452-7681
ONLINE: www.myparksandrecreation.com
WEB: www.bellevuewa.gov/north_belleveue_community

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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.