

# Bits of South Bellevue

South Bellevue  
Community Center

November/December - 2014 Volume 1, Issue 3

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## Hours of Operation

**Monday - Thursday**  
6:00 am - 9:00 pm

**Friday**  
6:00 am - 8:00 pm

**Saturday**  
8:00 am - 5:00 pm

**Sunday**  
10:00 am - 5:00 pm

## Contact Us

**Call**  
(425)452-4240

**Email**  
sbcc@bellevuewa.gov

## Visit our Website

[http://www.bellevuewa.gov/south\\_bellevue\\_center](http://www.bellevuewa.gov/south_bellevue_center)

## 'Like' us on Facebook

<https://www.facebook.com/southbellevuecommunitycenter>

## SBCC FAMILY SUCCESS STORIES

### *The Price Family, Budlong Family & Nikolaisen Family!*



**The Price Family**

**The Price Family** has been enjoying the benefits of South Bellevue Community Center for many years. Gary and Diane have been participants at the Fitness Center in group exercise classes since 2007. Daughters, Kirsten (22) and Ellen (21) worked in the Fitness Center and at Fit Camp 4 Kids in 2010 & 2011, Megan (25) loves to run and Emily (23) is also a participant of the Fitness Center. Diane now has become a certified personal trainer and teaches group exercise classes at SBCC. The entire family stays active and healthy from the habits they have practiced over the years at SBCC!

Together **Irene (mom), Audrey (13) and Nyla (9) Budlong** have been a strong family unit in our Taekwondo program since 2007. An ancient Korean Martial Art, Taekwondo is a system of practical techniques used for self-defense. The instruction at SBCC is designed to physically emphasize kicks and punches that strengthen and condition the whole body and mentally promote confidence, patience, and respect. Look out for Audrey, on the cover of the January - April Bellevue Connections brochure!



**The Budlong Family**



**The Nikolaisen Family**

**The Nikolaisen's** are a great example of the variety of programs and events SBCC has to offer a family. Cindy and Ken have been staying fit in Group Cycling Class together since 2011. Cooper (16) and Tucker (14) are active teenagers in our Parkour program and Bellevue Boys & Girls Club Basketball. The

family spent Father's Day at our Day of Play with Dad event and are always looking for ways SBCC can bring their family together!

## WHEN SCHOOL IS CLOSED

### *the Boys and Girls Club is open!*

When school is closed the Boys and Girls Club is open! On Schools Out Days the BBGC is open 7:30am-6:30pm for just \$40 for a day (only \$20 for Project Learn members). During this time they run a variety of activities focused on physical activity, technology, fine arts, social skills, teambuilding, and, of course, fun! On November 10<sup>th</sup> they will go to the Seattle Aquarium while offering other programs at the Club, including a History Treasure Box from the Eastside Heritage Project. This year, Schools Out Days are November 10, 11, December 29, 30, January 2, January 26, February 17-20, April 6-10, and May 22. Please visit [www.bgcbellevue.org](http://www.bgcbellevue.org) to register and for more information.



**BOYS & GIRLS CLUBS**  
OF BELLEVUE

## TAKE YOUR RIDE INSIDE

### with Indoor Cycling Group Fitness Classes at SBCC

Come ride our LeMond RevMaster Classic Bikes and get a serious aerobic workout while burning approximately 600+ calories per class. Your instructor and motivating music will entertain you as you 'climb hills', 'race' along on flat terrain, and challenge your leg muscles for strength and tone. All fitness levels welcome because you control your pace. Bring a bike-style water bottle & towel. Wear stiff soled shoes or SPD cycle shoes, padded shorts, and heart rate monitor if you have them. Dress in layers...you will get hot!

#### SBCC Indoor Cycling Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Indoor Cycling 6:00—7:00 am	*NEW* Cycle/Stretch 10:30—11:30 am	Indoor Cycling 6:00—7:00 am	*NEW* Cycle/Stretch 10:30—11:30 am
Indoor Cycling 7:15—8:15 pm		Indoor Cycling 7:15—8:15 pm	

A Flex Card is Available for this Class

Try your First Cycling Class for FREE

To Register During a Session call 425-452-4240

## FREE THANKSGIVING DAY INDOOR CYCLE CLASSES

Burn 600+ calories before your feast! Classes will be held at South Bellevue Community Center. Class times are: 7am, 8:15am, or 9:30am. FREE with a Target or Fred Meyer Gift card to purchase holiday gifts for disadvantaged kids in the Bellevue Boys and Girls Club at SBCC. Bring water and a towel. Pedals are SPD compatible. Pre-registration is required at 425-452-4240. Ages 13+ and all fitness levels are welcome!



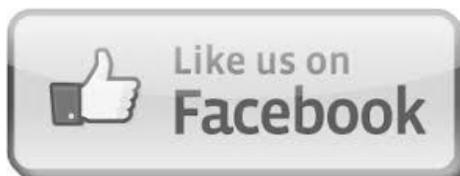
## NEW CLASS for NEW INDOOR CYCLERS

Class is designed for those brand new to indoor cycling including: older adults, participants new to exercise, and overweight or de-conditioned participants. Come with your "Can Do!" attitude and we will nurture and teach you everything you need to know for success. Increase cardiovascular fitness to ward off disease and increase flexibility for activities of daily living. Bring a standard size water bottle and a towel. Padded bike shorts or a gel seat cover are helpful. Class is Tues/Thurs 10:30-11:30am. Call SBCC at 425-452-4240 or visit [myparksandrecreation.com](http://myparksandrecreation.com) to register!

During the first week in January in honor of our **9th Anniversary Celebration** you can try every Group Cycling class (among many others!) for FREE!

## HOLIDAY FITNESS CENTER MEMBERSHIP STUDENT SPECIAL

Stay fit and active through the holidays! Students ages 18-23 are eligible for a 6-week Fitness Center pass, available Thanksgiving week and good for 6 weeks once activated. For more information, contact South Bellevue Community Center, 425-452-4240. \$25(R) \$30(NR)



## HOLIDAY ORNAMENT DRIVE

*donate all your unwanted ornaments and decorations*

Each year South Bellevue Community Center collects ornaments and holiday decorations as our part in the "Giving Campaign" to benefit families in the Crossroads area of Bellevue. After collecting the ornaments SBCC assembles individual "Trim a Tree" kits with everything a family would need to decorate a tree! **\*\*THIS YEAR IS A COLLECTION YEAR\*\*** we will be collecting donated holiday decorations and ornaments to assemble boxes for donation next year. Keep this cause in mind when you are decorating this year. Bring your donated items to the Front Desk at anytime!

**Our 2015 goal is to assemble 200 boxes. Help us reach our goal!**



## MEET THE ARTIST - SBCC ART WALL

*Saura Art Display featuring Subhashree Routray*

*This November we are featuring Subhashree Routray, or better known as Daisy to her friends, on the South Bellevue Community Center Art Wall.*

**About Daisy's Art.** Daisy will be exhibiting **Saura Art**. This art form, does not have human faces but there is depiction of stories without facial expression. Her paintings draw upon tribal folklore and ritualistic importance. People, horses, elephants, the sun and the moon and the tree of life are recurring motifs in this

artform. In recent years there has been a rise in popularity of this art form used as decorative icons on items such as t-shirts, mugs and diaries.

**About Daisy:** Daisy is from Odisha, India which is quite rich with tribal cultural assemblage. She has a Masters in Psychology and in Human Resources. Her interests are Interior Decoration, painting and fashion designing. She loves making friends, exploring new places and has a dream of building a Rehab Center for

mentally disabled children where she can teach art, crafts and Henna designs!



**On Monday, November 17<sup>th</sup> from 10:30 – 12:30pm, Daisy will be demonstrating her art! Stop by and take advantage of this wonderful opportunity!**

## SPECIAL EVENT SPOTLIGHT

*SpookFest was a huge success!*

Creativity in pumpkin decorating stepped up several notches this year at the **Fourth Annual Great SBCC Pumpkin Race!** Pumpkin racers made it to the finish line in the same heat (which is a first) and another first was two racers finishing within inches of each other. Winners in five categories walked away with certificates, goodie bags, and, of course, pumpkin pies.



**SpookFest Carnival** was a lively indoor day filled with carnival game playing, pumpkin decorating creativity and popcorn eating fun! We are very much looking forward to bringing it back next year!



**SpookFest Dessert Theater** performance, featuring Edgar Allan Poe put on by Bellevue Youth Theater was a huge success! We fought through the wind storm with a few power outages mid performance that just felt like spooky special effects! Thank you so much BYT for your efforts in putting on such a great show!



The wind storm held us back from a few spooky zips in the dark during this years **SpookFest Zip Tour**, but for those that made it through, fun, fun, fun was the feedback received! Definitely be on the look out for this activity to return next year.

## South Bellevue Community Center

### Physical Address:

14509 SE Newport Way  
Bellevue, WA 98006

Phone: 425-452-4240

Email: [sbcc@bellevuewa.gov](mailto:sbcc@bellevuewa.gov)

Website: [http://www.bellevuewa.gov/south\\_bellevue\\_center](http://www.bellevuewa.gov/south_bellevue_center)

Facebook Page: <https://www.facebook.com/southbellevuecommunitycenter>

November 2014							December 2014						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

# SOUTH BELLEVUE COMMUNITY CENTER

*a partnership for a healthy community*



*THROUGH PARTNERSHIPS AND EXCEPTIONAL CUSTOMER SERVICE, THE SOUTH BELLEVUE COMMUNITY CENTER PROVIDES ACCESSIBLE OPPORTUNITIES FOR RECREATION, FITNESS, EDUCATION AND CELEBRATIONS TO BUILD A HEALTHY COMMUNITY*



**in case of  
INCLEMENT  
WEATHER**

### School Day & Bellevue Schools are Closed:

- ⇒ **CALL FIRST!**
- ⇒ SBCC may open for drop-in activities only, if staff can safely drive to SBCC

### School Day and Bellevue Schools are Delayed:

- ⇒ **CALL FIRST!**
- ⇒ SBCC opens at 10:00 am
- ⇒ Classes after 10:00 am as scheduled, if instructors can safely drive to SBCC

### Non-School Day:

- ⇒ **CALL FIRST!**
- ⇒ SBCC may open for drop-in activities only, if staff can safely drive to SBCC

**CALL FIRST!**

**(425) 452-4240**

## November 2014

### reduced hours and closures

Tuesday, November 11th REDUCED HOURS 8:00 am-4:00 pm  
Wednesday, November 26th REDUCED HOURS 6:00 am-6:00pm  
Thursday, November 27th SBCC IS CLOSED  
Friday, November 28th REDUCED HOURS 8:00 am-4:00 pm

## December 2014

### reduced hours and closures

Wednesday, December 24th REDUCED HOURS 8:00 am-1:00 pm  
Thursday, December 25th SBCC IS CLOSED  
Friday, December 26th REDUCED HOURS 8:00 am-4:00 pm  
Wednesday, December 31st REDUCED HOURS 8:00 am-1:00 pm

Give the **gift of fun** this holiday season!



**GIFT CERTIFICATES** available for sale towards any program or service The City of Bellevue offers. See the SBCC Front Desk for more details!