

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.



WINTER SCHEDULE Jan–Apr 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

1st Mon of each month
9am–2pm
By Appointment Only

Reflexology

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

Senior Nutrition Lunch Program

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

Thursday Afternoon at the Movies

Each Thurs at 2pm–FREE

Legal Clinic

Eastside Legal Assistance Program • 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, Jan 7 & 9, Mar 4 & 6 • 9am–2pm
Pre-registration required
\$12 AARP Member / \$14 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, Jan 14, Feb 11, Mar 11, Apr 8 • 2-4pm
\$3 at the door • Ages 18+

Volunteer Recognition Celebration

Wed, Feb 12 • 11:30am–1pm
By invitation only

St. Patrick's Day Luncheon

Wed, Mar 12 • 11:30am–1pm • \$3 donation for 60+,
Pre-registration required
\$6 for under 60 • Ages 18+

Spring Fling Dance

Sat, Mar 1 • 7-10pm • \$15 at the door • Ages 18+

IMPORTANT NOTICE

The North Bellevue Community Center will be CLOSED for holidays and annual maintenance, 12/25/13 through 1/5/14. We will re-open on Mon, Jan 6, 2014.

TRIPS



Out to Lunch at Steelhead Diner

Tuesday, January 14th, 11am–2pm

Bill & Melinda Gates Foundation

Thursday, January 16th, 9am–12pm

Tulalip Casino

Wednesday, January 22nd, 9am–5pm

Out to Lunch at Maggiano's

Tuesday, January 28th, 11am–2pm

Museum of Flight

Thursday, January 30th, 9am–3pm

Ray's Boathouse & Café

Tuesday, February 4th, 11am–2pm

Northwest Flower & Garden Show

Thursday, February 6th, 9am–2pm

The Outlet collection in Auburn

Tuesday, February 11th, 11am–3pm

Snoqualmie Casino

Thursday, February 13th, 9am–4pm

Chinooks at Salmon Bay

Wednesday, February 19th, 11am–2pm

Seattle Art Museum

Thursday, February 27th, 10am–3pm

Sullivan's Steakhouse

Wednesday, March 5th, 11am–2pm

FITNESS CENTER



Come check out the NEW 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

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

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
Circuit Training	2-3pm	\$ 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

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

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

FRIDAY

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
Circuit Training	2-3pm	\$ Fee applies
Pickleball	3-5pm	\$ Fee applies

SATURDAY

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_bellevue_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.