

# Events, Workshops & Info

<p><b><u>Foot Care Clinic</u></b>                  2nd Tuesday &amp;                  2nd &amp; 4th                  Wednesday                  8:30am-3:30pm  <i>By Appointment Only</i></p>	<p><b><u>Massage Therapy</u></b>                  1st Monday of each                  Month                  9:00am-2:00pm  <i>By Appointment Only</i></p>	<p><b><u>Senior Nutrition Lunch Program</u></b>                  Lunch served at Noon                  Mon/Tues/Wed/Fri                  60+: \$3 Suggested Donation                  \$3; Under 60: \$6.00</p>	<p><b><u>Legal Clinic</u></b>                  Eastside Legal                  Assistance Program                  Thursdays 2:00-4:00pm  <i>For Appointment Call                  425-747-7274</i></p>
<p><b><u>Afternoon Parent/Child Drop- In Play Group</u></b>                  Wed 11:00am-1:00pm                  Thur 2:00- 4:00pm</p>	<p><b><u>Reflexology</u></b>                  1st &amp; 3rd Tuesday of                  each month                  8:30am-3:30pm  <i>By Appointment Only</i></p>	<p><b><u>Thursday Afternoon at the Movies</u></b>                  Each Thurs. 2 - 4 pm                  See the Front Desk for                  Monthly Movie List!</p>	<p><b><u>SHIBA Medicare Assistance</u></b>                  (Statewide Health Insurance                  Benefits Advisors)                  Call for current schedule  <i>By Appointment Only</i></p>
<p><b><u>Getting Around Puget Sound</u></b>  <i>Get one on one help with                  transportation from the                  experts. Monday's                  11am-1pm</i></p>	<p><b><u>AARP Driver Safety</u></b>                  T/Th 9am-2pm Feb 5 &amp; 7                  T/Th 9am-2pm Apr 2 &amp; 4  <b>Pre-registration Required</b>                  \$12/AARP Member                  \$14/Non-Member</p>	<p><b><u>St Patrick's Day Luncheon</u></b>                  Wed, March 13                  11:30am-1:00pm  <b>REGISTER by 3/6</b></p>	<p><b><u>Spring Fling Dance</u></b>                  Saturday, March 2                  7-10pm</p>
<p><b><u>NEW!</u></b>  <b><u>Fitness Center at NBCC</u></b>  <b>Coming 2013!!</b></p>	<p><b><u>Holiday Ball</u></b>                  Saturday, December 1st                  7-10pm</p>	<p><b><u>NEW!</u></b>  <b><u>Gentle Fitness</u></b>                  Tue &amp; Thu 10-11 am  <b>Pre-registration Required</b></p>	<p><b><u>NEW!</u></b>  <b><u>Core &amp; Stretch</u></b>                  Thursday 1:00-2:00 pm  <b>Pre-registration Required</b></p>

## Trips

<p><b>Out to Lunch at Steelhead Diner</b>                  Thursday, 1/10, 11am-2pm</p>	<p><b>Tulalip Casino</b>                  Tuesday, 1/22                  9am-5pm</p>	<p><b>NW Women's Show at Century Link Event Center</b>                  Friday, March 1, 10am-2pm</p>
<p><b>Out to Lunch at Le Pichet</b>                  Thursday, 1/24                  11am-2pm</p>	<p><b>Tacoma Museum of Glass</b>                  Friday, 2/8                  10am-2pm</p>	<p><b>Sullivan's Steakhouse</b>                  Wednesday, 3/6, 11am-2pm</p>
<p><b>Cirque Du Soleil/AmaLuna</b>                  Wednesday, 2/6                  7-11pm</p>	<p><b>Emerald Queen Casino</b>                  Tuesday, 3/19                  9am-4pm</p>	<p><b>Flashdance The Musical @ The Paramount</b>                  Saturday, 4/20, 1-4pm</p>
<p><b>Ray's boathouse &amp; Café</b>                  Thursday, 2/7                  11am-2pm</p>	<p><b>Valentine's Day Argosy Lunch Cruise</b>                  Thursday, 2/14                  11am-3pm</p>	<p><b>Skagit Valley Tulip Festival</b>                  Tuesday, 4/23                  9:30am-3pm</p>
<p><b>Northwest Flower &amp; Garden Show</b>                  Wednesday, 2/20, 9am-2pm</p>	<p><b>Snoqualmie Casino</b>                  Friday, 2/15, 9am-4pm</p>	<p><b>North Bellevue Community Center</b>                  4063 - 148th Avenue NE, Bellevue WA 98007                  Phone 425-452-7681 Fax 425-882-1968                  www.bellevuewa.gov &amp;                  www.myparksandrecreation.com</p>
	<p><b>Out to Lunch at Blueacre Seafood</b>                  Tuesday, 4/16                  11am-2pm</p>	