



NORTH BELLEVUE COMMUNITY CENTER



FALL/WINTER SCHEDULE

SEPT-DEC 2018



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: 8am–12pm

EVENTS, CLINICS & ADDITIONAL SERVICES

Dental Services

3rd Wednesday of each Month
8:30am-5pm
\$82 cash or check payable to the Hygienist
Call Healthy Smiles for an Appointment at
206-650-3272

Massage Services

1st Monday of each month
9:30am-12:30pm
\$36R/\$43NR
Call NBCC for an Appointment at
425-452-7681

Lunch Program

Monday/Tuesday/Wednesday/Friday
Lunch is served at 12pm
60+, \$4 suggested donation;
Under 60, \$6 fee

Eastside Legal Assistance Clinic

FREE
Every Thursday
2pm-4pm
Call ELAP for an appointment at
425-747-7274

SHIBA Medicare Assistance Services

FREE
1st & 3rd Wednesday of each month
9am-11am
Call NBCC for an Appointment at
425-452-7681

Drop-in Computer Assistance

2nd, 4th and 5th Tuesday
9:30am-12pm
\$3R/\$4NR at the door

Sounds of Swing Dances

2nd Tuesday of each month
1pm-3pm
Ages 18+ \$3 at the door

Special Event Luncheons

11:30am-1pm
\$5/person at the door
Call NBCC to pre-register at 425-452-7681

Halloween Luncheon

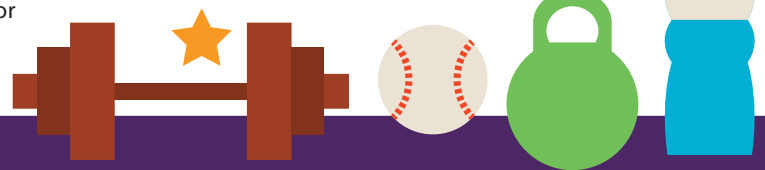
Wednesday, October 31st

Thanksgiving Luncheon

Wednesday, November 14th

Holiday Luncheon

Wednesday, December 19th



DID YOU KNOW?

North Bellevue Community Center supports the following groups and programs:

- * **Bellevue Network on Aging**, an advisory group dedicated to healthy aging in our community. Visit www.bellevuewa.gov/network-on-aging.htm for more information
- * **Momentia**, a Seattle grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. Visit www.momentiasattle.org for more information
- * **Bellevue Botanical Garden Walk**, Tuesday mornings. Contact Katherine Painter at 206-529-3868 for more information
- * **Alzheimer's Café** meets monthly on the 4th Tuesday from 3-5pm at the Crossroads Community Center Tutta Bella restaurant. For more information contact Cheri Pamer at 425-990-6979 or cpamer@seattlemca.org
- * **Young-Onset Alzheimer's Caregiver Support Group** meets monthly on the 3rd Monday from 7-9pm at St. Andrew's Lutheran Church. For more information contact Bil Lukov at 206-367-4895
- * **Community Living Connections**, resources and information related to older adults. Call 206-962-8467 for more information.

The North Bellevue Community Center Advisory Board works to provide and support activities for the Bellevue Community. Email or leave suggestions with Darrion Spratley at dspratley@bellevuewa.gov

FITNESS CENTER



Come check out the Fitness Center and get a FREE Personal Training Assessment
Silver Sneakers & Prime Members Welcome!

RENTAL SPACE



NBCC has the space you need for your party, meeting, training or event.
Call 425-452-7681 for availability.

DAILY SCHEDULE

MONDAY

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
* Drop-in Ping Pong	8:45-10:45am & 3-5pm	\$4 R/\$5 NR
Gentle Yoga by Wendy	10:30-11:30am	\$9 R/\$11 NR
SilverSneakers Classic	11am-noon	\$6 R/\$7 NR
* NBCC Line Dance	11:45-1:45pm	\$4 R/\$5 NR
Sea Mar ESL Instruction	12:45-1:45pm	FREE
* Drop-in Pickleball	3:30-5:30pm	\$4 R/\$5 NR
Jazzercise	5:45-6:45pm	\$ Fee applies

TUESDAY

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Enhance Fitness	9-10am	\$4 R/\$5 NR
Book Club (AM 2nd Tues, PM 3rd Tues)	10-11:30am & 6-7:30pm	FREE
Mahjong	12-2pm	FREE
Sounds of Swing Big Band (Dance, 2nd Tues only)	1-3pm	Rehearsal FREE \$3 dance fee
KCLS Story Time (visit KCLS.org for schedule)	1:30-2pm	FREE
Jazzercise	4:30-5:30pm	\$ Fee applies

WEDNESDAY

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
* Drop-in Ping Pong	8:45am-10:45am & 3-5pm	\$4 R/\$5 NR
* Tai Chi	9-10:45am	\$4 R/\$5 NR
CISC ESL Newspaper Reading	9-10am	FREE
CISC ESL Instruction	9:30am-11am	FREE
CISC Chorus	10:30am-12pm	FREE
SilverSneakers Classic	11am-noon	\$6 R/\$7 NR
Red Cross Knitting Group	11am-3pm	FREE
Duplicate Bridge	12-3:30pm	FREE
* CISC Line Dancing	1-3pm	\$4 R/\$5 NR
* Drop-in Pickleball	3:30-5:30pm	\$4 R/\$5 NR
Jazzercise	5:45-6:45pm	\$ Fee applies

THURSDAY

Fitness Center	8:30am-8:30pm	\$ Fee applies
Billiards	8:30am-8:30pm	FREE
Enhance Fitness	9-10am	\$4 R/\$5 NR
CISC Info & Assistance	9am-noon	FREE
CISC Music Program	9-10:30am	FREE
Cribbage	10am-noon	FREE
IAWW Community Program (Visit IAWW.org for scheduled events)	10am-2pm & 5-9pm	FREE
Gentle Yoga by Wendy	10:30-11:30am	\$9 R/\$11 NR
Pinochle	12-3pm	FREE
*Indoor Play at NBCC	1:30-3:30pm	\$4 R/\$5 NR
Thursday Movies	2-4pm	FREE
Jazzercise	4:30-5:30pm	\$ Fee applies

FRIDAY

Fitness Center	8:30am-5:30pm	\$ Fee applies
Billiards	8:30am-5:30pm	FREE
* Drop-in Ping Pong	8:45-10:45am & 3-5pm	\$4 R/\$5 NR
Enhance Fitness	9-10am	\$4 R/\$5 NR
CISC ESL Instruction	9:30-11am	FREE
* NBCC Line Dancing	10:00-noon	\$4 R/\$5 NR
NBCC Chorus	10:30-11:45am	FREE
Silver Sneakers Classic	10:30am-11:30	\$6 R/\$7 NR
Sea Mar Exercise in Spanish	11:00am-noon	FREE
Duplicate Bridge	12-3:30pm	FREE
* Drop-in Pickleball	3:30-5:30pm	\$4 R/\$5 NR

Saturday

Fitness Center	8am-noon	\$ Fee applies
Jazzercise	8-8:55am	\$ Fee applies
Tai Chi QiGong	9-10am	\$12 R/\$14 NR

* Ask the NBCC Staff about a City of Bellevue PLAY PASS for discount play!

Programs, hours, and fees subject to change without notice. Please contact NBCC for updated information.

For more information or to register for an event or program stop by the Front Desk or call 425-452-7681



Bellevue Parks & Community Services



Wheelchair accessible. Captioning, American Sign Language (ASL), or language interpreters are available upon request. Please phone at least 48 hours in advance 425-452-5379 (Voice). If you are deaf or hard of hearing, dial 711 (TR). Assisted listening device is available upon request.