




Fall 2010 - Highland Community Center

Phone: 425-452-7686

Register online at: www.MyParksandRecreation.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jazzercise 9:20-10:20am 5:50-6:50pm	Jazzercise 9:20-10:20am 5:50-6:50pm	Jazzercise 9:20-10:20am 5:50-6:50pm	Jazzercise 9:20-10:20am 5:50-6:50pm	Jazzercise 9:20-10:20am	Launch Parent to Parent Support Group 1st Saturday of the Month Call 206-829-7039 for more info
PD-Exercise Class 9:15am-10:15am 10:30am-11:30am 11:45am-1:15pm	Drop-in Basketball 12pm-1pm	PD-Exercise Class 9:15am-10:15am 10:30am-11:30am 11:45am-1:15pm	Bridge of Promise Academy 10am-2pm Call 206-437-3975 to register	PD-Exercise Class 9:15am-10:15am 10:30am-11:30am 11:45am-1:15pm	ALS 2nd Saturday of each month, 9:30-11:30am Contact Carl Moore at 425-656-1650
Bridge of Promise Academy 10am-2pm Call 206-437-3975 to register	Highland Hangout 2:30pm-5pm	Adventure Education 9:30am-3pm	Drop-in Basketball 12pm-1pm	Adult Art Class 1pm-2:30pm	FEAT—Families for Early Autism Treatment , 2nd Saturday of each month, 9:30a-1:00pm. Contact: Judy Weiser at 425-868-6810
Drop-in Volleyball 3:30pm-5:30pm	Drop-In Exercise 2:00pm-5:00pm	Drop-in Basketball 12pm-1pm	Highland Hangout 2:30pm-5pm	Drop-In Exercise 2:00pm-5:00pm	Disabled American Vets, 1st Saturday of Month 11:30am-2:30pm, Contact: Art at 425-445-1831
Drop-In Exercise 2:00pm-5:00pm	Afterschool Programs 2:30p-5:00pm	Drop-In Exercise 2:00pm-5:00pm	Full Fitness Fun 5pm-7pm	Friday Night Out 5:30pm-9:30pm Meet @ Crossroads	Drop-in Quad Rugby 1st (2) Saturdays of the month 12pm-3pm
Highland Hangout 2:30pm-5pm	Ballroom Dance 7pm-8:30pm	Drop-in Volleyball 3pm-5:30pm	Cooking with Ease 5pm-7pm		Adult Bowling @ Sun Villa Lanes 9:30am-11:30am
Afterschool Programs 2:30p-5:00pm	Full Fitness Fun 5pm-7pm	Highland Hangout 2:30pm-5pm	Movie time 5pm-7pm	Holiday Card Making Classes, Dec 8th & 15th	
Movie time 5pm-7pm	Adult Volleyball 7pm-8:30pm	Movie time 5pm-7pm	Social Club 7pm-8:30pm		
Adult Social Club 7:00-8:30pm	King Co. Parent Coalition 2nd Tues 6:30pm-8:30pm	Adult Social Club 7:00-8:30pm	Cheerleading 7pm-8:00pm		
Highland Players Drama 7pm-8:30pm	Helping Hands 2nd Tues 6:30pm-8:30pm Contact 425-644-4344	Drop-in Wheelchair Basketball 7pm-9pm	Adult Volleyball 7pm-8:30pm		
Head Injury Support group 1st & 3rd Monday 2pm -3:30pm	NEW! ZOOMBA 6PM-7PM	Toastmasters 6:00pm-8:30pm Contact 206-683-3820 For more information	NEW! Bingo 7pm-8:30pm		
NEW! ZOOMBA 7P-8:30PM			ALS Support 4th Thurs Contact 425-656-1650		Drop-in Badminton 8:45am-10am Res \$3.00 Non-Res \$4.00
HALLOWEEN HOWL OCTOBER 29TH 2010		Holiday Ball December 10th 7pm-9:30pm	NEW! ZOOMBA 7PM-8PM		DEAF Basketball 11am-1pm Res \$3.00 Non-Res \$4.00
RES \$8.00 NON-RES \$10.00 7PM-9:30PM				The cost of drop-in is increasing \$3.00 Residents \$4.00 Non-Residents	Seafair Cruise December 5th
Specialized Recreation Classes are in RED. All new participants to Highland Center must have an initial orientation. Please call 425-452-7686 to schedule.			2010 BELLEVUE KIWANIS AND KEY CLUB INVITE YOU TO ENJOY A MEAL COOKED ON THE 3rd Thursday of the Month 10/21 11/18 12/16		
			Please see the "Connections" brochure for complete class information. *Note: Schedules are subject to change without notice.		



This information will be provided in alternate formats for individuals with disabilities upon request. We invite everyone's participation. Please provide two weeks advance notice for accommodation requests. Assistance for the Deaf/Hard of hearing can be provided through the 711 Telecommunications Relay Service.

