

## TAKE YOUR BUSINESS TO THE CLOUD

Office 365 is designed for businesses of all sizes, helping you free up your valued resources while saving time and money.

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**Monday, May 28 1:00-3:00 pm**

## KING COUNTY TRAVELING COMPUTER LAB

These classes will be held at the Bellevue Y. We must have 6 in order to offer the class and please cancel 3 days in advance in order to confirm there is enough people to have the class.

CLASS	DATES	TIME
Intro to Computers	April 26	10:00-11:15 am
Internet I	April 26	11:30-12:45 pm
Word I	May 24	10:00-11:15 am
Email I	May 24	11:30-12:45 pm
Excel I	June 28	10:00-11:15 am
Publisher	June 28	11:30-12:45 pm

## INDOOR ADVENTURE & CONNECTION

### Y-KNOT KNIT CLUB

We will help you clean out your closets. We are accepting yarn that will be used by our Y-knot Knitting Club. We knit and donate our items to great causes. Make a new friend while accomplishing those knitting projects sitting around your house.

**Wednesday, Weekly 10:00 am- Noon**

## HEALTH TALKS BY OVERLAKE HOSPITAL & MEDICAL CENTER STAFF

Get insights and information on a host of health topics important to older adults. Speakers include a variety of medical professionals from Overlake Hospital & Medical Center. Please register in advance. Free and open to the community.

**Wednesdays 11:30 am -12:30 pm**

### MY ACHING FEET April 11

Many foot problems are painful and worrisome however many can be prevented. Foot pain can prohibit normal activities and can be an indicator to other problems. An Overlake podiatrist will review important foot issues, review tips for preventing and treating foot problems. Please register in advance.

### HEALTHY AGING May 9

Is there such a thing as normal aging? Everyone is affected by the aging process and no matter how hard you may try, you can't escape it! But you can stay healthy at any age. An Overlake physician will discuss how aging affects the entire body and how a healthy7 lifestyle can help you age gracefully and well. Please register in advance.

## SHOULDER PAIN: WHY DOES IT HURT? June 13

Pain in the shoulder can be bad enough to keep you from doing even the simplest of tasks. An Overlake orthopedic surgeon will discuss the common causes of shoulder pain and various treatment options available. Please register in advance.

## FELDENKRAIS

An extraordinary technique, the Feldenkrais Method® uses body-mind exercises to enhance physical awareness and well-being. Benefits include decreasing stress and tension, managing pain, recovering from and avoiding injury, and improving balance and coordination.

**Wednesday, Apr 4-25 9:00-10:00 am**  
**Facility Members: Free, Program Members: \$20/session**

## YMCA'S DIABETES PREVENTION PROGRAM

A supportive group setting with a trained lifestyle coach will equip you to change your lifestyle through healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include healthy eating, getting started with physical activity, overcoming stress, staying motivated and more. After the initial 16 core sessions, you will meet monthly for added support to help maintain your progress.

**Tuesday, June 26 4:30-5:30 pm**

**Cost: \$50-\$195 based on ability to pay**

To register contact the Chronic Disease Prevention Director at [diabetesprevention@seattleyymca.org](mailto:diabetesprevention@seattleyymca.org) or call 206 244 3181.

## TAI CHI

The daily practice of Traditional Tai Chi Chuan promotes healing, self-development, and a more harmonious relationship with the world. Improved posture, coordination, balance, strength, concentration, and general energy level are but a few of the benefits. Join Stefanie Russell, Certified Instructor, Yang Family Tai Chi Chuan Association, in the study of the Yang Family 103 Hand Form. As the Form is presented in a sequential manner, studying one new movement each week, regular participation is preferable and registration is required. The three sections of the form are presented on Wednesday and Thursday evenings.

**TAI CHI I**  
**Thursday, May 3-Aug 23 6:30-7:30 pm**  
 New and returning students

**TAI CHI II**  
**Wednesday, May 2-Aug 22 5:30-6:30 pm**  
 Completion of First Section required

**TAI CHI III**  
**Wednesday, May 2-Aug 22 6:30-7:30 pm**  
 Completion of Second Section required

**Facility Members: Free; Program Members: \$80/session**



# GET THE MOST OF YOUR GOLDEN YEARS

## SHARED ADVENTURES BELLEVUE FAMILY YMCA

### SHARED ADVENTURES

The Y has a team of volunteers who meet every 4th Wednesday 11:00 am-12:30 pm to plan a variety of inside and outside activities and experiences. We always have room at the table for your ideas. Listed below are activities that are a reflection of our diverse team. Try something new, meet a friend, bring a friend and get going.

## GET OUTSIDE WITH THE Y

### WALK ADVENTURES

Grab your walking shoes and join us on walks around the city, rain or shine! Hikes are 3-5 miles long. Plan on walking for about 2 hours. Be one of the first 14 and register to ride in the Y van; additional walkers must plan to carpool from the Bellevue Y. Bring money for lunch, adequate water and first aid kit.

PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.

**Tuesday, 9:00 am-1:00 pm**

DATE	DESTINATION
April 3	Mercer Slough, 3-5 miles, easy
April 10	Bright Water Treatment System, 3 miles, easy
April 17	Alki Stair, 3-6 miles, easy/moderate
April 24	Discovery Park, 3-5 miles, easy

**BELLEVUE FAMILY YMCA**  
 14230 Bel-Red Road, Bellevue, WA 98007  
 P 425 746 9900 F 425 746 6265 [bellevueymca.org](http://bellevueymca.org)

FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



### RECREATION HIKES FOR ALL

We are excited to have hikes for all. We have various hikes to accommodate different interests and abilities. Within some of the longer hikes, we will offer two options, a 2-3 hour hike or a 4-5 hour hike - you choose the hike which best fits your ability and desire.

**Member: \$5/trip fee**  
**Program Member: \$50/annual membership + \$10/trip fee**  
**One-time Guest: \$15/trip fee**

**Tuesday, 8:30 am-2:00 pm**

DATE	DESTINATION
May 1	Talus Bridge, 5 miles, easy/moderate
May 8	Little Si, 3-5 miles, moderate, 1200'
May 15	Pt. Defiance Zoo, easy
May 22	Twin Falls Hike, 3-5 miles, easy, 300'
May 29	Coal Creek, 4-6 miles, easy/moderate
June 5	Rattlesnake Ledge, 4 miles, moderate, 1160'
June 12	Tiger Mountain, 5 miles, moderate
June 19	Talapus & Ollalie Lakes, 4 miles, moderate, 1200'
June 26	Talus Loop on Mt. Si, 3.7 miles, moderate/strenuous, 1750'

**Everyone is welcome. Financial assistance is available.** The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

## CULTURAL & HISTORICAL ADVENTURES

Attend local events and performances around the area. Tickets are limited and advance registration is required. No refunds after registration deadline. Transportation is provided by the Y for each of these events unless otherwise specified.

### SEATTLE REPERTORY PRESENTS: CLYBOURNE PARK

A spin on Lorraine Hansberry's A Raisin in the Sun, this razor-sharp new satire takes a jab at race and real estate in a Chicago neighborhood's past and present. The play begins in 1959 as a black family moves into a white enclave. Act Two takes us bak to the same house in 2009 as gentrification sets in and the roles are reversed. One agile ensemble of actors play two sets of characters in the play the Washington Post deemed "one of its feistiest, funniest evenings in years."

**Register by Tuesday, May 1**

**Sunday, May 6 1:00–4:30 pm**

**Members: \$25, Community Members: \$28**

### LAKEWOLD GARDENS TOUR

Walk the paths of Lakewold Gardens and you will be strolling through a period in garden history when classic European design came face to face with America's emerging landscape matters. With help from Thomas D. Church, a leading landscape architect of the 20th century, Eulalie Wagner made this garden her personal life project and generously left it for all to enjoy. Bring sack lunch and plan on walking.

**Register by Tuesday, May 8**

**Tuesday, May 8 10:45 am–2:30 pm**

**Members: \$12, Community Members: \$18**

**(includes entrance fee and transportation)**

### LAST RESORT FIRE STATION

The Seattle "Auxiliary" Fire Department, the Last Resort Fire Department officially began in 1969 when a handful of dedicated individuals banded together to form what is now the largest collection of antique motorized fire apparatus in the Pacific Northwest. The "LRFD" is a non-profit, charitable corporation, dedicated to the acquisition, restoration, preservation and display of classic antique motorized fire apparatus.

**Register by Wednesday, May 16**

**Wednesday, May 16 10:15 am–2:30 pm**

**Members: \$5, Community Members: \$8**

## HARLOW'S BUS ADVENTURES

### PORTLAND ROSE & JAPANESE GARDENS, MARINE SHIPS, DOWNTOWN

Naval vessels from the United States Navy, U.S. Coast Guard and the Canadian Maritime Forces arrive from around the world for a four-day visit to the City of Roses. The USS Charleston was the first ship to visit the Portland Rose Festival in 1907 and the navy's annual Rose Festival Fleet Week visitation has been an

annual tradition for more than 80 years. Canadian Maritime Forces began visiting the Rose Festival in 1924 and continue to bring ships each year. The Battleship USS Oregon visited the Rose Festival in its final tour before decommissioning in 1925. The mast of the USS Oregon now resides in Tom McCall Waterfront Park. Walk and Shop Downtown Portland. Bring money for the gardens/lunch and shopping.

**Options Available: Rose Gardens: Free**

**Japanese Gardens: \$7.75 pay at the gardens**

**Chinese Garden: \$7.00 pay at the gardens**

**Wednesday, June 13 7:00 am–6:30 pm**

**Members: \$50, Community Members: \$60**

**(includes transportation, not garden entrance fees)**

**\$10 non-refundable deposit reserves your seat on the bus and the final payment is due by June 4.**

### NORTH CASCADE HIGHWAY, SKAGIT BOAT TOUR

Start your American Alps adventure with a sumptuous locally grown, organic lunch at the North Cascades Environmental Learning Center on the shores of Diablo Lake. Hear from a North Cascades National Park ranger and North Cascades Institute guide about some of the facts surrounding the beautiful mountain and river setting you are about to experience. Walk to the boat dock led by the Ranger explaining some of the area's natural history, biodiversity, and geology. Learn about the unique relationship between the environment and the three hydroelectric dams that provide clean, renewable power to the citizens of Seattle. At the end of the walk, board the Alice Ross III and experience Diablo Lake and learn about natural wildlife habitat that surrounds the lake and about the long, colorful history of the hydroelectric project, which helped to open up this magical area to today's visitors.

**Thursday, July 19 6:00 am–8:00 pm**

**Members: \$80, Community Members: \$90**

**(includes transportation, tour fee & lunch)**

**\$10 non-refundable deposit reserves your seat on the bus and the final payment is due by July 3.**



### MOUNT ST. HELENS

Walk through a life-like forest, experience the Eruption Chamber, and learn about forest recovery, reforestation and conservation of forest resources at the Mount St. Helens Forest Learning Center. Visit the Visitor Center, watch a few educational videos and listen to Ranger Talks. This trip will involve walking 3–5 miles to Johnson Ridge Observatory. If you are unable to walk the trails, you may stay at the visitor center. Bring lunch and drink.

**Free entrance at Johnston Ridge Observatory with Golden Age Pass or Golden Access Pass, otherwise \$5.00 per person.**

**Tuesday, September 18 7:00 am–6:00 pm**

**Members: \$50, Community Members: \$60**

**(includes transportation, not entrance fee)**

**\$10 non-refundable deposit reserves your seat on the bus and the final payment is due by September 10.**

## ARGOSY ADVENTURES

### TUG BOAT RACES LUNCH CRUISE

Join Argosy for a fabulous afternoon on the water at the race line of the Maritime Festival Tugboat Races, the country's largest Tugboat Races, the country's largest tugboat race. A delicious lunch buffet is included. Meet at the Y to take the Van.

**Saturday, May 12 11:30 am–4:30 pm**

**Cost: Members \$47, Community Members \$52**

### GREET THE FLEET LUNCH CRUISE

Come and be a part of tradition as the navy ships cruise into Elliott Bay for the Seafair, Seattle's summer celebration. View the ships while dining on a delicious lunch. Meet at the Y to take the Van.

**Wednesday, August 1 11:30 am–4:30 pm**

**Cost: Members \$42, Community Members \$47**

### TILlicum VILLAGE SENIOR SPECIAL

Your 4-hour event includes: A Narrated Cruise to Blake Island, Northwest Salmon buffet meal (coffee and tea included), a show in the spirit of Coast Salish Tribes. Exploration time on the island and a return Cruise! Meet at the Y to take the Van.

**Monday, August 13 9:30 am–5:00 pm**

**Cost: Member \$68, Community Member \$73**

## EDUCATIONAL ADVENTURES

### WORKSHOPS–MICROSOFT STORE AT BELLEVUE

**SQUARE – PLEASE CANCEL IF YOU ARE UNABLE TO ATTEND.**

## DESIGN EFFECTIVE PRESENTATIONS

PowerPoint provides a comprehensive set of features and tools that you can use to produce professional-looking presentations. Turn basic slides into a dynamic, engaging presentation.

**Monday, April 2 & June 4 1:00–3:00 pm**

### GET ORGANIZED WITH ONENOTE

Keep track of details, share them with other people, and stay on top of all the things you need to accomplish. You'll never have to worry about losing your work again thanks to OneNote auto save!

**Monday, April 9 1:00–3:00 pm**

### GET TO KNOW WINDOWS

Get up to speed on Word by showing some basic formatting techniques. We'll then go further and look at some of the additional things you can do to give your documents that professional polish.

**Monday, April 16 & June 18 1:00–3:00 pm**

### KEEP YOUR PC SAFE & SOUND

Gain piece of mind by understanding the ways to keep your PC running safe and secure. We'll give you the free tools you need to stay virus free.

**Monday, April 23 & June 25 1:00–3:00 pm**

### MAKE IT GREAT WITH OFFICE 2010

Be inspired to do new things in Office 2010 by learning more about the Ribbon and Backstage features, as well as specific changes in Excel, OneNote, Outlook, PowerPoint and Word

**Monday, April 30 & June 11 1:00–3:00 pm**

### MANAGE DATA WITH EASE

Microsoft Excel is a powerful tool to analyze data and share information. Learn easy techniques for creating spreadsheets, formatting data, identifying trends and sharing the results.

**Monday, May 7 1:00–3:00 pm**

### MOBILIZE YOUR BUSINESS WITH WINDOWS PHONE

The Windows Phone is designed to bring together the info and files that you care about most. Learn how Windows Phone helps you protect your company's information while staying productive both in and out of the office.

**Monday, May 14 1:00–3:00 pm**

### ORGANIZE YOUR TIME & EMAIL

Microsoft Outlook helps you manage your life and work with email and calendar tools that simplify staying connected. Communicate and schedule your day with access to your email, calendar and contacts at your desk or on-th-go. It's like your very own personal assistant.!

**Monday, May 21 1:00–3:00 pm**