

The background of the entire page is an aerial photograph of a city street in winter. The ground, rooftops, and distant hills are covered in a thick layer of snow. Modern multi-story buildings with large windows and balconies line the street. A few cars are parked or driving on the snow-covered road. The overall atmosphere is quiet and wintry.

WHAT'S HAPPENING AT THE SPRING DISTRICT

JANUARY 2022 NEWSLETTER



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POINTS OF INTEREST

Winterizing Tips
Classes at Bellevue
Botanical Garden
Puget Sound Beer Passport

HAPPY NEW YEAR - 2022

As a new year dawns many of us set personal goals or challenges or—dare I say, resolutions to encourage positive changes in our daily life.

Whether you are challenging yourself to run a marathon or a 5k, or clean out the basement or that pesky closet, ensure that your goals are reasonable and achievable. The last couple years have been rough on all of us and posed individual and unique challenges for everyone. Let's make this year the year we are kind to each other and ourselves while we set a goal that allows us to grow in a way that is personally meaningful.

So if you are interested in learning a new language or a new hobby, remember to give yourself the time and opportunity to grow. Maybe you want to do a 2-minute plank or walk 10,000 steps a day, set yourself up to succeed and have fun doing it. Good luck out there embracing 2022 and all the optimism a new year offers. This newsletter offers classes and information from the practical, like learning how to winterize your car, to the challenging, like learning how to ski.



WINTER OUTDOOR ACTIVITIES:

- [Learn Snowshoeing or other winter sports through REI's Snow Sports Classes and Events.](#)
- [Investigate Bellevue Parks and trails while the crowds are light.](#)
- [Activities at Snoqualmie Pass.](#)



MARTIN LUTHER KING JR. DAY MONDAY, JANUARY 17, 2022

The City of Bellevue is hosting an on-line Health Fair providing an opportunity to come together and honor the memory of Martin Luther King, Jr. as we work toward equality in our community.

This virtual health fair will be hosted Monday, January 17, 2022, 10-11:30 am

Learn more here: <https://bellevuewa.gov/city-news/bellevue-hosts-virtual-health-fair-mlk-day-2022><https://www.theodysseyonline.com/the-meaning-of-martin-luther-king-jr-day>

To learn more about Martin Luther King Jr Day: [Click Here](#)

WINTERTIME CLASSES AT BELLEVUE BOTANICAL GARDEN

Whether you are interested in drawing plants or caring for them, the Bellevue Botanical Garden offers a class for you.

Evergreen Botanicals in Winter Art Class

January 22, 2022 at 1:00 pm - 4:00 pm \$31.50 – \$45



Houseplants 101

January 27, 2022 at 7:00 pm - 8:30 pm \$10.50 – \$15

Visit their website for more information on class details and other ways to beat the wintertime blues at the Bellevue Botanical Garden.



BELLEVUE BOTANICAL GARDEN

THIS MONTH'S PHILANTHROPY

Boys & Girls Clubs of Bellevue's mission is to inspire & enable all young people, especially those in the greatest need, to reach their full potential as productive, caring, and responsible citizens. Typically, BGCB's 15 Clubhouses provide a safe and fun place for more than 13,000 youth to grow and thrive each year. During critical out-of-school hours, dedicated staff deliver life-enhancing, quality programs focused on academics, health, and leadership. BGCB is doing whatever it takes to ensure all kids in Bellevue have great futures.

BGCB provides safe, affordable childcare for those who need it as families get back on their feet. They combat food insecurity by distributing 120,000+ meals and snacks to the community-most-in-need since March 2020.

BGCB reduces learning loss and social-emotional burdens for kids, by offering enriching in-person and virtual programs to help kids grapple with today's challenges.

Providing scholarships helps to ensure finances are never a barrier to for local families in need of these critical services.

Donate financially or

volunteer your time.

You can also show your support by purchasing items on their Amazon Wish List.



REMEMBER TO WINTERIZE

As we know, winter in the Pacific Northwest can be unpredictable.

The City of Bellevue has a list of key items to have on hand at home and in your vehicle to ensure you are prepared for any event that may occur. Keep your home and cars in top working order and keep calm.

Visit the City of Bellevue webpage to learn more about winterizing so you and your family stay safe.

<https://bellevuewa.gov/city-government/departments/fire/emergency-management/prepare-known-hazards/snow-and-ice>





PUGET SOUND CRAFT BEER PASSPORT TRY SOMETHING NEW THIS YEAR

If you like beer and local breweries, it's a must to join the Puget Sound Craft Beer Passport.

Sign up: [HTTPS://WWW.VISITBELLEVUEWA.COM/THINGS-TO-DO/
PUGET-SOUND-CRAFT-BEER-PASSPORT/#VENUES](https://www.visitbellevuewa.com/things-to-do/puget-sound-craft-beer-passport/#venues)

Load the app to your phone and track the breweries you visit.

The passport features The Spring District's own [Bellevue Brewing](#) and other delicious craft breweries in the region.

Enjoy!



HOW TO KEEP IT MOVING IN JANUARY:

Whether virtual or in person, there are ways to get active in 2022. You can plan ahead and train for events in the coming months as well.

The Upside Down Virtual Event, let's you celebrate your love of Stranger Things:

<https://www.eventbrite.com/e/2022-the-upside-down-1m-5k-10k-131-262-save-2-tickets-188177743697?aff=ebdssbdestsearch>

The Run or Wine 5k event is the first week of February in Woodinville:

<https://www.eventbrite.com/e/run-or-wine-5k-8k-tickets-214719330297?aff=ebdssbdestsearch>

[Orca Running](#) and [Run 2 Be Fit](#) are great resources for future events, both in-person and virtual.



THANK YOU FOR A GREAT EVENT

Buddy the Elf, Santa and his reindeer visited The Spring District for one of the best holiday parties on the Eastside!

Thank you for joining us and visiting Santa. Keep sharing your photos on Instagram @thespringdistrict.



SPRING DISTRICT RESIDENT



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THE SPRING DISTRICT MANAGEMENT TEAM

A reason for the season. **Donate blood.**

HELP BLOODWORKS PREPARE FOR THE WINTER

START THE YEAR OFF BY MAKING A LIFE-SAVING DONATION.

Extreme cold weather and seasonal illnesses often make it difficult for Bloodworks to maintain a sufficient blood supply at this time of year. Make your appointment to help us keep a stable blood supply through this season.

Donating blood is an essential and encouraged activity critical to sustaining community healthcare, especially during emergencies. Your one-hour donation appointment is a safe action to support local hospitals and patients. Pop-Up Donor Centers are being conducted in accordance with social distancing guidelines.

No walk-ins, guests, or people under age 16 are permitted on site. Donors are required to wear a face mask, and have photo ID. To make your appointment, visit schedule.bloodworksnw.org or call 800-398-7888. Please see bloodworksnw.org/coronavirus for more information on steps we're taking to keep our donors and staff safe.

"My brother got in an accident at work and lost a lot of blood before and during surgery.
You were able to help bring his blood count back to the normal amount and I can't thank you enough."

Pop Up @ Herzl-Ner Tamid Social Hall
January 31
[Book a Donation Appointment](#)

Bellevue Donation Center
Open 7 days a week
[Book a Donation Appointment](#)

800-398-7888 | schedule.bloodworksnw.org

@bloodworksnw
Instagram Facebook Twitter

FOR SAFETY, APPOINTMENTS ONLY

Bloodworks
Northwest

12 Superfoods Salad

INGREDIENTS

- 1/2 cup dry quinoa, cooked according to package directions
- 1/2 cup frozen edamame, cooked according to package directions
- 1/2 bunch curly kale (about 4 to 5 cups), chopped or torn into bite-sized pieces with thick ribs removed
- 1/2 cup fresh blueberries
- 1/2 cup red grapes, halved
- 1/2 cup dried cherries, chopped if necessary (dried cranberries may be substituted)
- 1/3 cup feta, goat, or Parmesan cheese, crumbled or shredded
- 1/4 cup sunflower seeds (I used unsalted)
- 1/4 cup walnuts, chopped (I used unsalted)
- 1/4 cup orange juice
- 2 tablespoons olive oil
- 1 garlic clove, finely minced or pressed
- 1 teaspoon granulated sugar
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste
- 1 heaping tablespoon Greek yogurt (I used 0% fat, sour cream may be substituted)

INSTRUCTIONS

Cook quinoa according to package directions, likely cooking with 1 cup water to the 1/2 cup dry quinoa. Transfer about half of the cooked quinoa to a very large bowl. I don't use all the quinoa for the salad and save the rest for another use. I find it too difficult to cook less than 1/2 cup dry quinoa. Cook edamame according to package directions. Drain and add to the bowl.

To the bowl, add the kale, blueberries, grapes, dried cherries, cheese, sunflower seeds, walnuts, and stir to combine; set aside.

To a glass mason jar with a lid (or similar jar with a lid), add the orange juice, olive oil, garlic, salt, pepper, seal with lid, and shake vigorously to combine; about 1 to 2 minutes. Add the Greek yogurt and shake until creamy and incorporated, about 1 minute. Taste and check for seasoning balance, adding more salt, pepper, etc. as necessary. I prefer this dressing to be on the saltier side because it's going to be coating a large bowl of unseasoned kale, vegetables, and quinoa and you need it to read salty out of the jar to properly flavor the salad.

Add desired amount of dressing to salad, toss well to combine, and serve immediately. Extra dressing will keep airtight in the fridge for up to 1 week; shake vigorously before using.





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