

A photograph of a modern building with a grey stone and dark metal facade. A sign on the building reads "BELLEVUE BREWING COMPANY". In the foreground, there is an outdoor patio with several yellow umbrellas and green chairs. To the right, a taller modern building is visible. The sky is clear blue.

WHAT'S HAPPENING AT THE SPRING DISTRICT

AUGUST 2022 NEWSLETTER

WHAT'S INSIDE:

- 03 Bellevue Brewing Opens
- 04 MetaMorphosis MedSpa
- 05 Composting Connections
- 05 Ally Robotics
- 06 August Events
- 07 Relaxation Day
- 08 Summer Concert Series
- 08 Rock 'n' Roll
- 09 GIX Welcomes Meta Employees
- 10 2022 Free Movies
- 11 Peach Caprese Salad Recipe

POINTS OF INTEREST

Bellevue Brewing
Metamorphosis
Concerts & Movies



BELLEVUE BREWING OPENS **THE SPRING DISTRICT BREW PUB**

Bellevue Brewing has opened for business and what a treat it is to welcome this award-winning brewery to the neighborhood! Bellevue Brewing was the first locally-owned brewery to open in Bellevue back in 2012.

With their fabulous new location, there is a brand-new menu, rotating taps, as well as wine and craft cocktails. This brew pub has something for everyone! Come in for a delicious lunch in their light-filled dining room, or take advantage of the sunny summer and sit under a cheerful yellow umbrella in the best beer garden in Bellevue!

This is a great place to meet your neighbors after work or grab a meal and a beer with co-workers. This beautiful new Bellevue Brewing restaurant is a welcome addition to The Spring District and Bellevue as a whole.

We'll see you outside on the patio! Wear your sunscreen!

Check out the menu [here](#).

International Beer Day is Friday, August 5th! This is the perfect day to enjoy a beer in Bellevue Brewing Company's beer garden.

International Beer Day celebrates what may be the world's oldest beverage! Enjoy!



"Beer, if drank with moderation, softens the temper, cheers the spirit and promotes health."

--Thomas Jefferson

Read what local news sources are writing about [Bellevue Brewing Company](#):

[The Spring District now home to Bellevue's First Locally Owned Brewpub \(bellevuedowntown.com\)](#)

[Bellevue Brewing Company Now Open in Bellevue's Spring District | Downtown Bellevue Network](#)



WELCOME METAMORPHOSIS TO THE SPRING DISTRICT

When you meet Christopher Kepler, you are immediately struck by his friendly and purposeful gaze. He is a long-time resident of The Spring District, and now he is a business owner! Last month Christopher had the grand opening for his holistic medical spa in the Sparc Apartments on NE District Way.

[Metamorphosis Holistic Medspa](#) is a sanctuary from the hustle and bustle of eastside traffic and heat of the summer. Take a break and visit this luxurious spot for a little pampering and self-renewal.

Services range from lash enhancement and facials to chemical peels and fillers. There is something for everyone. Christopher is here to help you realize the version of yourself you've always imagined or simply to enhance the beauty that already exists within you.

Visit the website to learn about the many services and book a consultation and appointment: <https://www.metamorphosisholisticmedspa.com/>

Learn more about Christopher [here](#).



We hope you had a chance to stop by the grand opening in the park on 7/25/22 to meet Christopher and his husband, Dillon.



COMPOSTING CONNECTIONS

Limit your leftovers!

Did you know that ~16% of what's going into our landfill is food scraps that could have been composted and edible food that could have fed hungry people instead? The City of Bellevue Utilities is partnering with local businesses and residents to reduce food waste, recover edible food, and compost more. Many of you in the Spring District are doing a great job on this already, thank you and keep up the great work! Check out the following success stories highlighting a few nearby businesses and apartments doing a great job composting and reducing food waste as examples too:

- Blazing Bagels staff and Hopelink volunteers' partner to 'rescue' over 500 bagels per week to help feed local residents instead of composting them!
- Vue 22 Apartments in Crossroads area composts ~650 pounds per month of food scraps, greasy pizza boxes and food soiled paper that no longer go to the landfill!
- Hurry Curry of Tokyo, a Japanese restaurant in Kelsey Creek Plaza, set up compost service and was able to divert over 200 pounds per week of food waste away from the landfill!
- Hyde Square apartments opened in 2018 as one of Bellevue's largest multifamily developments and residents now divert ~1,600 pounds of kitchen food scraps every month!
- Jing Jing Asian Market set up weekly compost service primarily for their food preparation leftovers, such as vegetable cuttings and fish and meat scraps, and now diverts over 90 tons of food waste from the landfill each year!
- Bellevue Pacific Tower residents divert ~500 pounds of kitchen food scraps each month which is turned into nutrient-rich compost used in parks and gardens throughout the Pacific Northwest.

If your business wants no-cost support reducing food waste email recycle@bellevuewa.gov. For tips on what you can do to limit your leftovers at home visit www.BellevueWA.gov/recycle-food-waste.



ALLY ROBOTICS

Ally Robotics is a burgeoning company currently located in the [Global Innovation Exchange](#) building within The Spring District. They are poised to help transform the workforce as we know it. As lifestyles change and education and training change staffing availability, Ally Robotics envisions a world where robotics step into the gap that is increasingly difficult to fill with human employees.

Ally Robotics is creating affordable advancements in technology with user-friendly interface for everyday applications. The next time you're reaching into a hot oven to pull out a pizza, imagine that someday a robot will be performing that task.

If you or somebody you know is interested in getting additional information about investing in Ally Robotics, visit this website: <https://waxinvest.com/projects/ally-robotics/>



AUGUST EVENTS

TISHA B'AV

Saturday, August 6, 2022

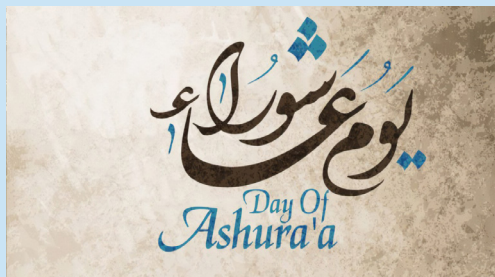
Jewish day of mourning honoring Jewish disasters that have occurred over the years. Oftentimes observed by fasting and abstaining from washing/bathing. In addition, one is forbidden from wearing leather shoes, as well as creams or oils. It is estimated that 22% of Israeli Jews fast to honor this day. This is traditionally regarded as the saddest day of the year. Learn more [here](#).



ASHURA

Sunday, August 7-8, 2022

Ashura is traditionally observed as an Islamic day of mourning and fasting on the 10th Day of the First Month of the Islamic Lunar Calendar (sundown to sundown) for both Sunni and Shia Muslims. Learn more [here](#).



FREE COMMUNITY LIBRARY

Take a Book. Share a Book.

"I do believe something very magical can happen when you read a good book."

--J.K. Rowling

This month we invite you to share in the joy of reading by visiting our new Community Library located at the north end of the swings. Let the world of literature transform the park into a magical place for adventure by filling it with books for all ages. We encourage our residents, tenants, and visitors to lend an old favorite and in return, borrow a new title to read while enjoying the various places to relax around the neighborhood. Don't forget to tag us on Instagram [@thespringdistrict](#) so we can share in your summer fun!



THE GARDENS

The Apples and Blueberries Are Ripe

The Gardens are for residents and visitors to enjoy! This time of year, the gardens and raised beds overflow with abundance. Please, make a cobbler or pie and enjoy the bounty of The Spring District.



CELEBRATE NATIONAL RELAXATION DAY AT THE SPRING DISTRICT

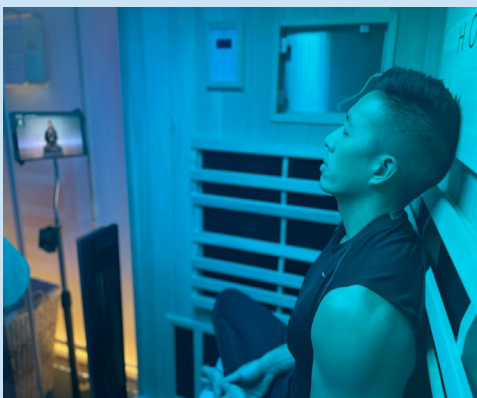
[National Relaxation Day](#) on August 15th encourages us to slow down, unwind, and focus on taking care of ourselves by taking a moment to relax. Stress can be harmful to our health, both mentally and physically, and most doctors will agree that finding ways to relax and reduce stress can prevent many health risks and will improve overall health.

ZENSweat

Monday, August 15, 2022

[ZenSweat NW](#) believes in this especially important day because everyone needs time to rejuvenate their tired minds and bodies from the fast-paced and often hectic lifestyles we live. ZenSweat offers you a chance to do just that while basking in the healing heat of a contactless sauna.

Use the code **STRESSFREE** and join us in relaxation with 30% off any Single Session from August 15th to August 22nd.



MetaMorphosis

Monday, August 15, 2022

Relax in the newly opened [MetaMorphosis Holistic MedSpa](#). Take some time for yourself and learn the benefits of IV Therapy and Microneedling. This day gives you an opportunity to sit back, relax, and enjoy some pampering.



Below is a partial list of specials being offered through August 31st. Schedule your consultation today! Learn more [here](#).

Contact MetaMorphosis Medspa for more information: call (425) 626-2436 or email at MetamorphosisHolisticMedSpa@gmail.com

MICRONEEDLING & CHEMICAL PEELS

BUY 3, GET 1 FREE
W/ FREE DERMAPLANE (REG \$100/SESSION)

OPTIMAS TREATMENT PACKAGES

BUY 3, GET 1 FREE
MORPHEUS8 FACE AND BODY (RF MICRONEEDLING)
LUMECCA (IPL FOR REDS AND BROWNS)
DIOLAZEXL (LASER HAIR REMOVAL)
VASCULAZE (UNWANTED BLOOD VESSELS)

IV THERAPY

25% OFF ANY SESSION
ALLEVIATE (PMS RELIEF) | BRAINSTORM (COGNITION) | GET UP & GO (ENERGY)
IMMUNITY (IMMUNE DEFENSE) | INNER BEAUTY (FORTIFY SKIN, HAIR AND NAILS)
QUENCH (HYDRATE) | REBOOT (HANGOVER FORMULA)
RECOVERY & PERFORMANCE (PERFORMANCE RECOVERY)

25% OFF ALASTIN SKIN CARE | LATISSE | NUTRAFOL HAIR SUPPLEMENTS | UPNEEQ DROPS

SPECIALS VALID UNTIL AUGUST 30TH, 2022
TREATMENTS BY APPOINTMENT ONLY | PREPURCHASING WELCOME

#METAMEDSPA

NEIGHBORHOOD EVENTS



2022 Summer Concerts @ The Spring District

08/09/2022 Hook Me Up

08/23/2022 Johnny7 and the Black Crabs

Live Music 12:00-1:00pm

Food Trucks 11:00am-1:30pm

Spend the afternoon in The Spring District !



The [Rock 'n' Roll Running Series](#) brings its rockin' good time to Bellevue! This September 3-4, 2022, spend your Labor Day Weekend competing in the half marathon or 5K routes. A kids course, Kids Rock, is also offered. The Half Marathon course starts and ends at Bellevue Downtown Park, taking you through downtown Bellevue, including The Spring District!

We are excited to be on the route! More details to follow, including street closures and scheduled activities. We'll see you out there!

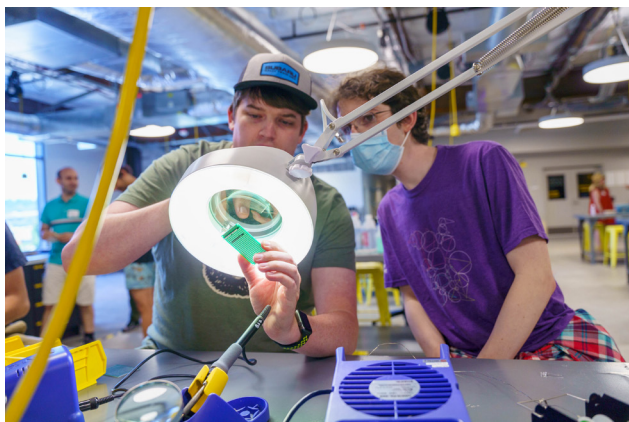
Registration is open now! Learn more [here](#).

Learn more about the courses [here](#).

THIS MONTH'S SHOWCASE

Meta Attends GIX Prototyping Labs Open House

On Thursday, July 28, approximately 75 Meta employees and interns attended an open house at the Global Innovation Exchange's Prototyping Labs where they learned about UW student projects and participated in soldering, laser-engraving, and heat-bending activities. "This must be such an inspiring place to learn," said one attendee. "I wish I had a place like this to study when I was in grad school." GIX is home to the University of Washington's MS in Technology Innovation, and students were on-hand to show off VR physical therapy and meditation projects. Learn more about GIX at www.gixnetwork.org.



Summer's Here! Here's your summer readiness checklist:

Stay cool for an hour, relax with your feet up in an air conditioned space, while saving a life. Blood donors are needed this summer at any of the locations below. Please book an appointment, and arrive with a face mask and photo ID.

For donation eligibility information call 1-800-398-7888. If you are a 16-17 year old donor, you must arrive with a signed [parental consent form](#).

Sammamish Hills Lutheran

August 1 & 2

[Book a Donation Appointment](#)

City of Kirkland City Hall

August 2

[Book a Donation Appointment](#)

Master Builders Association-Bellevue

August 10 & 11

[Book a Donation Appointment](#)

Trilogy @ Redmond Ridge

August 19

[Book a Donation Appointment](#)

Chateau Lill-Woodinville

August 22 & 23

[Book a Donation Appointment](#)

North Kirkland Community Center

August 29, 30 & 31

[Book a Donation Appointment](#)

Appointments and masks are still required at all Bloodworks donation sites and no guests under the age of 16 are permitted onsite. There is no deferral from donating if you recently received a covid vaccine. For more information, visit <https://www.bloodworksnw.org/about/news/coronavirus>

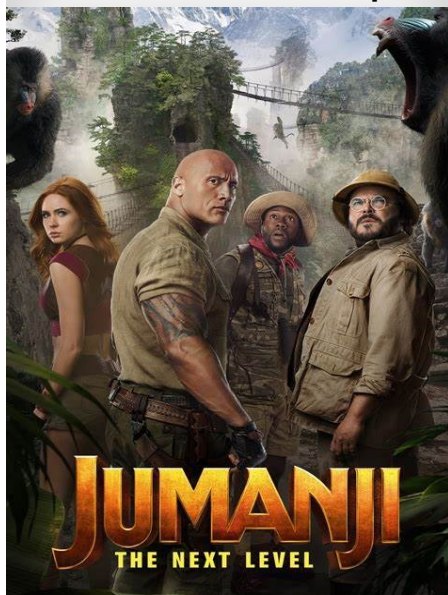


BloodworksNW.org / 800-398-7888



09/01/22–Rated PG

Movie starts at 8:10pm



09/08/22–Rated PG-13

Movie starts at 7:55pm

The Spring District Free Outdoor Movies

Where: 12167 NE 14th Terrace, The Spring District Plaza

Located by the bocce ball court and stage

When: Thursday, September 1st & 8th

Seating starts at 7:30pm

**Food for purchase
from Food Trucks
5-8pm!**



You bring the chair; we'll supply the popcorn!

Peach Caprese Salad

By [Food Network](#)

Make this quick summertime salad for a meal that won't require heating up the kitchen. Pairs well with a nice crusty bread, cold shrimp, or pasta.

Ingredients

2 Balls Fresh Mozzarella - Thick Slices
2 Heirloom Tomatoes - Thick Slices
2 Fresh Peaches - Thick Slices
Olive Oil
Balsamic Vinegar
Fresh Basil Leaves

- 1) Arrange sliced mozzarella, tomatoes, and peaches on a platter.
- 2) Drizzle with 3 tablespoons olive oil and 1 tablespoon of balsamic vinegar--or to taste.
- 3) Season with salt and pepper. Top with fresh basil leaves and season with salt and pepper.
- 4) Increase recipe as needed.



If you make this recipe, snap a photo or video and tag us on Instagram @[TheSpringDistrict!](#)
We want to know what you're cooking during the heat of summer! Enjoy!



PRODUCED BY

WRIGHT RUNSTAD & COMPANY