



JULY 2023 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

WHAT'S INSIDE?

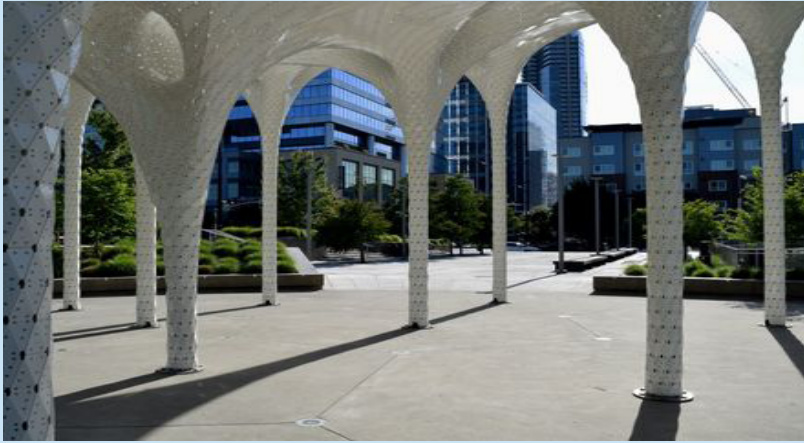
- 03 Bellevue Spotlight
- 04 July Celebrations
- 05 Bellevue Highlights: Greener 4th!
- 06 Neighborhood Highlights: Solidcore
- 07 Bellevue Farmers Market & PACE
Arts Without Barriers
- 08 Beats & Bites
- 08 Musical Masterpiece Event
- 09 FREE Summer Movies
- 10 KidsQuest & Bloodworks Northwest
- 11 Peanut Butter Stuffed Brownies
Recipe

POINTS OF INTEREST

Beats and Bites!

Bellevue Farmers Markets!

Interactive Musical Event!



HELLO PILOTI!

Last month, the City of Bellevue unveiled the newest public artwork in Downtown Park. Piloti, created by [Marc Fornes of THEVERYMANY](#), features rising columns and light peaking through perforations. This artwork brings together the many diverse aspects of Bellevue, and provides a creative space for the great outdoors, the tech sector, and the Bellevue community to merge and highlight the best that Bellevue.



Celebrate the ADA! July 26, 2023

THE AMERICANS WITH DISABILITIES ACT TURNS 33 THIS YEAR!

Thirty-three years ago this July 26 marks a significant turning point in recognizing, appreciating and protecting the rights and contributions of individuals with physical and mental disabilities. The [Americans with Disabilities Act \(ADA\)](#) provides clear guidelines enabling individuals to be free of discrimination in the workplace, public places, transportation, as well as state and local governmental services and telecommunications. The City of Bellevue values individuals who are differently abled, and welcomes their skills and perspectives in the workplace and the community at large. The [City Manager's Office](#) is key to providing inclusive and accessible services throughout Bellevue. The city is moving toward equity by providing closed captioning and six wheelchair charging stations throughout Bellevue. These are just some of the ways Bellevue is striving to ensure that Bellevue is a community open to all its citizens.

JULY CELEBRATIONS

INDEPENDENCE DAY

July 4, 2023

July 4th observes the formal adoption of the Declaration of Independence in 1776 and was officially designated a federal holiday in 1941. America's independence from England is traditionally celebrated with parades, picnics, gatherings of friends & family, and fireworks displays. The tradition of setting off fireworks on the 4th of July began in Philadelphia, PA, on July 4, 1777, which was the first year of nationally organized celebrations.

Lighting fireworks continues to be a favorite way to celebrate the 4th of July. The American Pyrotechnics Association estimated that in 2017 there were 15,000 fireworks displays nationwide. Learn more fun facts about the 4th of July [here](#).

We hope to see you at Bellevue Downtown Park for the return of the Bellevue Family 4th Celebration on Tuesday, July 4, 2023.



BELLEVUE FAMILY 4TH

July 4, 2023

Celebrate the 4th of July in beautiful Bellevue Downtown Park, featuring live music, food vendors, and family entertainment.

Below is a brief overview of the day's events. Review the full event schedule on-line [here](#):

Family Fun Zone

5:00PM: Family entertainment, kids area, and more!

Amazon Entertainment Plaza

5:00PM: Lady A, Blues/Soul

7:00PM: Laurel Canyon Legacy, Folk/Rock

9:15PM: Bellevue Youth Symphony Orchestra pre-fireworks performance

9:50PM: Bellevue Honor Guard, Presentation of Colors Ceremony

10:00 PM: A rendition of The National Anthem by Newport High School

Fireworks Show

10:05PM: The Eastside's most spectacular fireworks show synchronized to a live performance by Bellevue Youth Symphony Orchestra

10:30: Bellevue Youth Symphony Orchestra post-fireworks performance

BELLEVUE HIGHLIGHTS



BYO WATER BOTTLE TO THIS YEAR'S ZERO WASTE FOURTH OF JULY!

City of Bellevue Parks and Utilities are partnering to provide touch-free water stations at this year's July Fourth event! Three free-standing touchless drinking water stations by [Event Water Solutions](#) will be set up at three locations in the Downtown Park from 3:00pm-Midnight on July 4, 2023. In addition to reducing waste and promoting Bellevue's healthy drinking water, this pilot program will provide fresh, safe city water for free! This means that during the event free safe drinking water will be available to anyone--you simply provide the reusable water bottle!

What can you do to make this pilot a success? Please bring your own reusable water bottle and take advantage of this clean fresh free drinking water! Utilities has also provided a limited small number of city-branded "Refill instead of Landfill" reusable bottles to be given away at the event Information table while supplies last. We are excited for this innovative new partnership!



FREE "GREENER LIVING" CLASSES IN-PERSON & ONLINE THIS SUMMER

Bellevue Utilities offers free classes to support environmental conservation at home and in your community throughout the summer. Learn to reduce your use of plastics, eliminate food waste, and become smart shoppers and safer cleaners with a variety of classes and tools offered by Bellevue Utilities for residents. To view the class schedule & locations, and to register, visit www.BellevueWA.gov/greener-living-classes.



NEIGHBORHOOD HIGHLIGHTS



[solidcore]
bellevue

(206) 466-0713
bellevue@solidcore.co

1387 121st Ave NE, Bellevue, WA 98005

scan to learn more



what is [solidcore]?

[solidcore] is a 50-minute, full body, strength training workout. It is an entirely immersive experience - held in a dimly-lit room under blue lights, fueled by energizing music, and led by an experienced coach who offers personalized instruction. This is a workout like no other. Utilizing its signature machine, the [solidcore] workout is one that will transform your body and deliver noticeable results.

exclusive for new clients, limited time offer

buy 1
get 1 free

\$20/class

expires 14 days from purchase

founder's 10-class
package

\$29/class

total cost is \$319.92. expires 90 days

founder's
4-classes/mo.

\$27/class

total cost is \$120.69 auto-charged each month. classes do not roll over month over month

[solidcore]

SOLIDCORE COMES TO THE SPRING DISTRICT!

Join us as we welcome [Solidcore](#) to the neighborhood-located in the *AMLI Apartment complex*. Find the July/August schedule [here](#). The schedule will change from month to month providing a wide variety of workouts and class times.



SUMMERTIME FUN IN THE THE SPRING DISTRICT!

Spend time in the park & play games! You can check out: Bocce Ball, Connect Four, Scrabble, checkers, chess, and ping pong! Email tsdmgmt@wrighttrunstad.com to find out the details!

NEIGHBORHOOD EVENTS



BELLEVUE FARMERS MARKET



MAY
TO
OCT

BELLEVUE FARMERS MARKET

FIRST WEDNESDAY OF THE MONTH

11 AM – 2 PM

Spring District Plaza
12167 NE 14th Terrace

More information
📍 [bellevuefarmersmkt](https://www.bellevuefarmersmkt.com)
🌐 www.bellevuefarmersmarket.org



Produce, flowers,
lunch, & more!

Presented by 

Hosted by 

LIVE MUSIC IN THE SPRING DISTRICT!

Arts Without Barriers presents [Lucia Flores-Wiseman](https://www.luciafloreswiseman.com) in The Spring District on Wednesday, July 5, 11:00am-12:00pm & 1:00pm-2:00pm.

Lucia Flores-Wiseman is a talented Mexican-American singer/songwriter from Seattle. Her music blends Indie, Folk, and Jazz, captivating audiences since 2018. Influenced by artists like Brandi Carlile, Amy Winehouse, and Nora Jones, Lucia's performances showcase her soulful vocals and detailed approach to music that creates a deep connection with listeners. Lucia has shared the stage with Brandi Carlile and performed at numerous gigs, earning praise for her lively and emotional style. To find out more about Lucia, check out her website: www.luciafloreswiseman.com

Visit this website to see the [Arts Without Barriers](https://www.artswithoutbarriers.org) schedule.



NEIGHBORHOOD EVENTS



BELLEVUE BEATS AND BITES!

Join us July 5 & 19 for lunchtime concerts in the The Spring District!

July 5 & 19 between 12:00pm-1:00pm The Spring District is hosting Lunchtime Concerts in conjunction with [Bellevue Beats & Bites summer concert series](#).



July 5: Lady A Trio



July 19: Birch Pereira & the Gin Joints

Join us July 28, 2023, from 1:00-3:00pm for an interactive musical event in The Spring District!

Sustain Music Project & KidsQuest Children's Museum Present:

Musical Masterpieces!

This **free** event introduces children to the world of woodwind chamber music. Kids are encouraged to appreciate the beauty and diversity of music, while exploring their own artistic expression. Join us for an unforgettable journey where sound and image collaborate!



FREE for all to enjoy!

DATE: July 28, 2023

TIME: 1—3pm

LOCATION:

Spring District Park
12167 NE 14th Terrace
Bellevue, WA 98005

Paint to the Music:

Kids will have a blast painting to the melodies of woodwind chamber music. Let the music inspire your creativity and create your own masterpieces!



Make Your Own Instruments:

Learn about different woodwind instruments and make your very own version! Discover the unique sounds and explore the world of musical possibilities.

Don't miss the delightful and educational show and best of all—it's completely FREE!

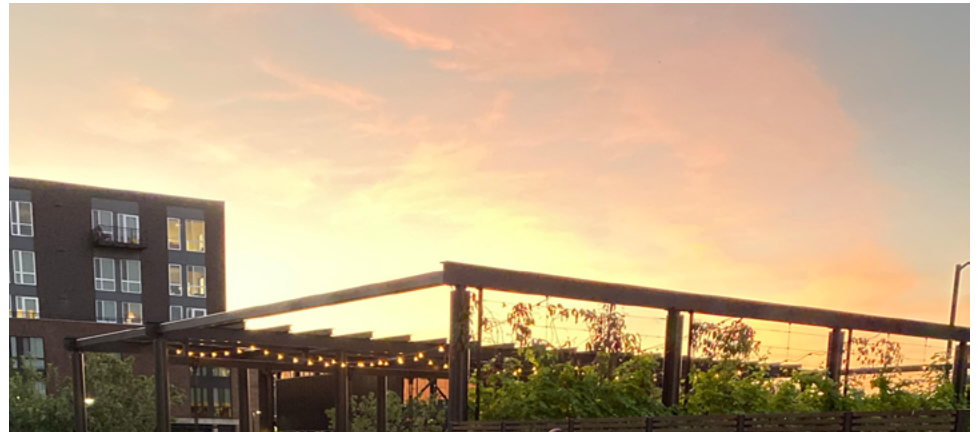


Sponsored by The Spring District and the City of Bellevue Arts Program.

SUMMER FUN

THE SPRING DISTRICT PRIDE CROSSWALK IS REVITALIZED!

Thank you to everyone who came out to help repaint The Spring District Pride Crosswalk! It looks great and is ready for another year of bringing color to the neighborhood.



THE SPRING DISTRICT **FREE** OUTDOOR MOVIES

Join for free sunset movies in The Spring District Plaza located by the Bocce Ball court & stage at 12167 NE 14th Terrace.

Seating starts at 7:30pm. Movies start at dusk.

August 31: [Moana](#) September 7: [The Greatest Showman](#)

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



FEATURED ORGANIZATIONS

KIDSQUEST CHILDREN'S MUSEUM

Keep your kids engaged all summer long with the KidsQuest Children's Museum active learning opportunities. The museum curriculum focuses on science, technology, engineering, art, and math (STEAM). This summer is the perfect chance to experience this local gem through their [virtual summer camp opportunities](#) and [KidsQuest Summer Nights](#).

KidsQuest Children's Museum is a 501(c)(3) non-profit organization. Your thoughtful donation can provide a meaningful learning experience to local children who may otherwise miss out on such a rich opportunity.

KidsQuest partners with Boys and Girls Clubs of Bellevue for impactful after-school programs. They provide Low Sensory Afternoons for children who can be easily overstimulated in more traditional museum afternoons. Visit their website to learn more: <https://www.kidsquestmuseum.org/>.

Make your donation [here](#).



Every donation can save a life, yet only 3% of the U.S. population donates blood each year. To highlight the critical need for more local donors, we're offering all July donors a chance to enter to win one of three-\$3,000 prepaid gift cards. Book a Blood Donation Appointment today, and complete your entry at www.bloodworksnw.org/win.

[Northshore YMCA-Bothell](#)
July 6

[City of Kirkland](#)
July 19 & 20

[Plaza Yarrow Bay-Kirkland](#)
July 13

[Trilogy at Redmond Ridge](#)
July 20

[Overlake Medical Center-Bellevue](#)
July 17

[Monolith Productions-Kirkland](#)
July 26

"Thank you so much for your generous donation. I'm a cancer patient with anemia and your blood donation is helping me have the energy to continue cancer treatment, and also to spend time with my family, including my six month old son. Thank you again for your generosity!"



BloodworksNW.org / 800-398-7888

Peanut Butter Stuffed Brownies

By [Handle the Heat with Tessa Arias](#)

If you love peanut butter, then this is the recipe for you. This is the perfect treat for a picnic, family gathering or special snack for you and your loved ones. Make this recipe and tag [@TheSpringDistrict](#)! We want to hear from you!

INGREDIENTS

Peanut butter filling:

1 1/4 cups (336 grams) creamy conventional peanut butter (NOT 'natural')**

Brownies:

10 tablespoons (142 grams) unsalted butter

4 ounces (113 grams) semisweet baking chocolate, chopped

1 cup (200 grams) granulated sugar

2 large eggs plus 1 egg yolk

1 teaspoon vanilla extract

1/2 cup (64 grams) all-purpose flour

1/4 cup (25 grams) unsweetened cocoa powder, sifted

1/4 teaspoon fine salt

DIRECTIONS

Make the peanut butter filling:

1) Place the peanut butter in a heat safe bowl and microwave for 20 to 30 seconds, or until pourable but not super hot.

2) Line a metal 8-inch square pan with parchment paper, leaving an overhang. Spread the peanut butter into an even layer in the pan. Freeze for 1 hour or until solidified. Use the parchment to remove from pan and return peanut butter sheet to freezer. Keep frozen while making the brownie batter.



Make the brownies:

1) Preheat oven to 350°F. Line the square pan again with parchment paper, leaving an overhang.

2) In a large microwave-safe bowl combine the butter and chocolate. Microwave in 30-second bursts, stirring between each burst, until the mixture is melted and smooth. Add the sugar to the hot butter mixture and whisk vigorously until combined. Allow to cool until just barely warm.

3) Add in eggs, yolk, and vanilla extract and whisk for about 1 minute, or until very well combined. Use a rubber spatula to stir in flour, cocoa powder, and salt until just combined.

4) Pour half of the batter into prepared pan and smooth out. Carefully place the frozen peanut butter sheet over the batter. Pour remaining batter on top, covering completely.

5) Bake in the preheated oven for about 30 minutes, or until cooked through but still very slightly gooey in the center. Let cool in pan 30 minutes. Remove from pan and allow to cool for another 30 minutes before slicing and serving.

6) Brownies can be stored in an airtight container at room temperature for up to 3 days or in the fridge for up to 5 days. Serving chilled makes the brownies extra fudgy!



PRODUCED BY

WRIGHT RUNSTAD & COMPANY