



JANUARY 2024 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

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POINTS OF INTEREST

Holiday Wrap Up!

National Blood Donor Month!

Martin Luther King, Jr. Day!

HOLIDAYS IN THE SPRING DISTRICT

2023 was a great year in The Spring District and we thank you for helping us make our events a success. It is one of our favorite traditions to end the year with a visit from Santa and his reindeer. Thank you to everyone who came out to celebrate the holiday season. We are already planning our 2024 calendar of events and look forward to seeing you at our summer concerts, farmers markets, and movie nights. Mark your calendar for the 2024 Spring Fling on Thursday, March 28, 2024, from 3:30-5:30pm.

Thank you and here's to a
Happy 2024!



JANUARY HOLIDAYS

MARTIN LUTHER KING JR. DAY MONDAY, JANUARY 15, 2024

[Martin Luther King Jr. Day](#) commemorates the birthday of the man known and honored for his nonviolent activism and his role in the Civil Rights Movement. Martin Luther King, Jr.'s birthday is January 15, 1929. The federal holiday is to be observed the third Monday of the month of January each year. The holiday was first observed on Monday, January 20, 1986, and was officially observed in all 50 states for the first time in the year 2000.

Today we honor Dr. King with acts of service and community volunteerism. Find a way to give back to your community in a meaningful way and honor the legacy of this great American hero.



EVERYBODY CAN BE
GREAT BECAUSE
EVERYBODY
CAN SERVE.

-DR. MARTIN LUTHER KING JR.



BELLEVUE VOLUNTEER OPPORTUNITIES

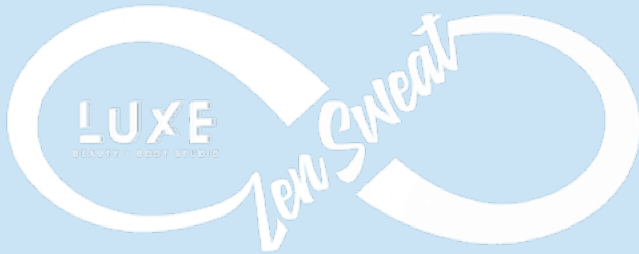
The City of Bellevue highlights volunteer opportunities via their website. Visit [City of Bellevue's Volunteering Page](#) for more details. Volunteer opportunities are classified by [Civic Engagement](#), [Environmental Stewardship](#), and [Recreation](#).

On Monday, January 15, 2024, the City of Bellevue, in conjunction with EarthCorps, offers a day of service in Wilburton Hill Park. Volunteers will remove invasive species plants, resurface the trail, and plant native shrubs and trees. Sign up [HERE](#). Learn more [HERE](#).

VOLUNTEER
you can make a difference!



NEIGHBORHOOD SPOTLIGHT



The month of January always brings a fresh start and new beginnings. [ZenSweat](#) is ringing in the New Year announcing a partnership with Luxe Beauty. Your ZenSweat experience now offers massage, facials, body scrubs, and hair removal. Book your services now: [Book Here](#).

Below meet Niina and Mason, the owners of ZenSweat.

Also, meet Brandy, Luxe Beauty owner and licensed massage therapist and aesthetician.

Please take note of some of ZenSweat/Luxe Beauty's newest offerings, including updated bundle memberships, and New Year Specials! After finishing the year and its holiday season traditionally focused on others, now is the perfect time to focus on yourself!



ZENSWEAT / LUXE JANUARY SERVICES AND SPECIALS

NEW SPA SERVICES:

Massage	Facials
Body Scrubs	Hair Removal

NEW SAUNA & MASSAGE BUNDLE SESSION:

60min Massage + 25min sauna - \$105

NEW WELLNESS MEMBERSHIPS:

Silver Relaxation - \$185 per month -

4x 45min Sauna

1x 25min Sauna

1x 60min Massage or Luxe Facial

Bring-a-Friend Included

25% OFF additional spa services

Ultimate Wellness Gold - \$285 per month -

8x 45min Sauna

1x 25min Sauna

1x 60min Massage or Luxe Facial

Bring-a-Friend Included

25% OFF additional spa services

(While these new spa offerings will of course be in-person services, we assure you that the integrity of ZenSweat's uniquely private experience will remain the same.)

NEW YEAR SPECIALS - SESSION PACKAGES:

5x 25min Sauna in Move or Break Room - \$115 (\$145 Value)

10x 25min Sauna in Move or Break Room - \$215 (\$290 Value)

(Package Specials available through January 31st.)

[Book Your Appointment Today!](#)

FEATURED ORGANIZATIONS

BLOODWORKS NORTHWEST

Your gift of blood, time, or money saves lives.

Bloodworks Northwest is a local, independent, community-based nonprofit organization that relies on public support.

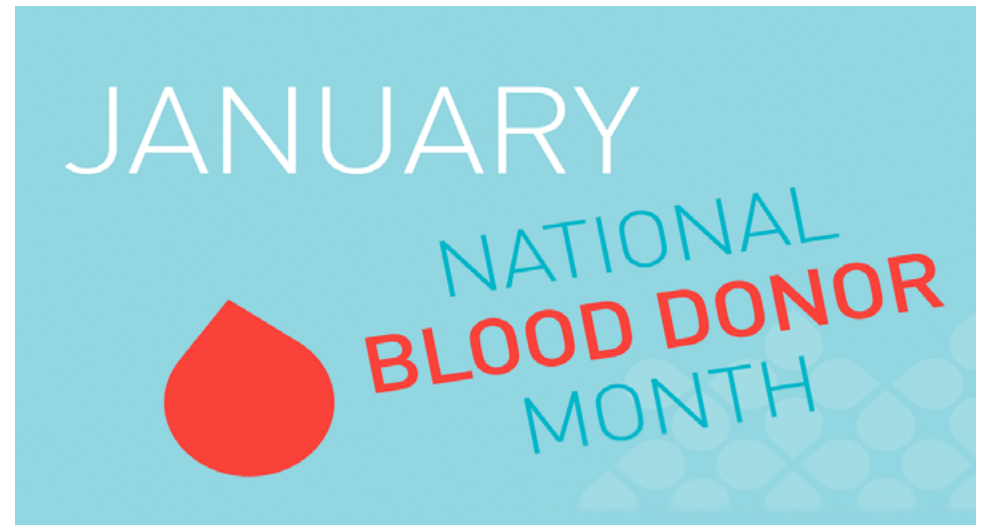
Not only does Bloodworks Northwest collect, test, and distribute lifesaving blood, but they serve the community in a variety of ways that provide critical care and support:

They collect roughly 900 units of blood each day; it takes 3,000 volunteers to keep the mission of Bloodworks Northwest moving forward; research and patient services are a vital part of their work; they conduct diagnostic tests, clinical trials and studies; they created the first and only public umbilical cord blood bank, which assists with stem cell research and disease treatment; Bloodworks Northwest is a key component to bone marrow collection to support treatment of leukemia and other life-threatening conditions.

As a research institute, Bloodworks Northwest has 70+ years of experience in patient care, blood transfusions, blood storage, cancer therapies, treating clotting disorders and many more critical contributions to the field of blood biology.

To donate financially, please follow this [link](#).

Become a blood donor today and play a key roll in helping to restock the blood supply available in the Puget Sound Region. Please make an appointment to donate blood today. www.bloodworksnw.org/giveblood



January is [National Blood Donor Month](#). Due to holidays, adverse weather, and frequent illnesses, January has a reduced number of donations resulting in blood shortages. Please take a moment to make an appointment and donate blood today. Your generosity could save a life.

[Find a donation opportunity near you](#) and [make an appointment today](#).

[If you are interested in donating blood in Bellevue, please click this link to the Bellevue Donor Center and book your appointment today.](#)

Remember to Create Your New Account at
www.bloodworksnw.org/giveblood

Use the new [Donor Scheduling Portal](#) to book your appointment to save lives. Get ready for a new donor scheduling experience that's mobile responsive and makes booking an appointment from your phone or desktop easy. [\[Watch Video\]](#)

What you'll need: Have your Donor ID handy when creating your account. Your Donor ID is on your donor sheet (received during donation) or in the email announcement going out to all donors on October 18th. Have a question? Our Donor Care Team at 800-398-7888 or schedule@bloodworksnw.org can look up your Donor ID, provide support, reset passwords, and trouble shoot. We've got you covered!



BloodworksNW.org / 800-398-7888

Chickpea Stew

(Vegan/Gluten-free)

Modified Slightly.

by [Healthier Steps](#)

It's January, a time to try new things. Have you heard of [Dryuary](#), when people give up drinking alcohol for the month of January? There is also [Veganuary](#), when people give up meat and meat products for the month of January. If going completely vegan for a month doesn't interest you, how about trying a new vegan recipe as a way to broaden your recipe library.

INGREDIENTS

2 15 ounce cans chickpeas, reserve liquid from the can
1 tbsp olive oil or 1/4 cup water
1 medium onion, minced
2 cloves garlic, minced
1/4 cup red bell pepper, chopped
1 medium tomato, chopped
1 carrot, diced
1 tsp dried parsley
1/2 tsp dried basil
1/2 tsp dried oregano
1 tbsp tomato paste
2 cups vegetable broth (including liquid from the can)
1/2 tsp sea salt
1/4 tsp Cayenne pepper

INSTRUCTIONS

Heat oil or water in a large saucepan on medium-high heat. Add onions and cook until soft, about 3 minutes. Add garlic and cook for 30 seconds stirring. Add bell pepper, tomatoes, carrots, chickpeas, parsley, basil, and oregano. Add tomato paste and vegetable broth or reserved chickpeas water (aquafaba), cover and bring to boil. Reduce to a simmer for 20-30 minutes or until thickened. Mash some of the chickpeas, with the back of a fork to thicken the stew. Check the seasoning, add cayenne pepper and extra salt and pepper as needed. Delicious served with brown rice.





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