



THE  
SPRING  
DISTRICT



AUGUST 2024 NEWSLETTER

WHAT'S HAPPENING AT

THE SPRING DISTRICT

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## POINTS OF INTEREST

Spotlight on The Spring District  
Bellevue Beats Summer Concerts  
Caprese Chicken & Zucchini  
Packets Recipe

# BELLEVUE BEATS MUSIC SERIES

## MUSIC IN THE SPRING DISTRICT

July kicked off our annual partnership with the Bellevue Beats Music Series in The Spring District. We were thrilled to host the The Joe Cook Blues Band on July 23rd and EntreMundos Quarteto on July 30th.

We are only halfway through our summer lunchtime concert series. Mark your calendars; we look forward to seeing you out in the park!

Check out the full series [here](#).

Tuesday, Aug 6, 2024:

[Great American Trainwreck](#)

Tuesday, Aug 13, 2024:

[Elias Kauhane](#)



## SPOTLIGHT ON THE SPRING DISTRICT



### CELEBRATE INTERNATIONAL BEER DAY FRIDAY, AUGUST 2, 2024

[Bellevue Brewing](#) has delicious new specials to help celebrate this worldwide beer appreciation holiday!

**Taco Salad:** Crispy deep fried flour tortilla, served with spring mix, tomatillo salsa, pork al pastor, Pico de Gallo, lime wedge and pineapple. \$16

**Candied Walnut Blue Salad:** Spring and cabbage mix, blue cheese dressing, candied walnuts, cranberries, blue cheese crumbles, apple, and grilled chicken. \$18

In addition, get your "Crawlers"! These unique "cans to go" are pre-filled 32oz cans with a weekly rotation of beer style. \$12.50 a can--which is a steal of a deal!



**Bellevue Brewing Company validates 4-hours of parking when eating at the brewery.**

**Scan the QR Code to learn about RETAIL parking options in The Spring District!**



### WALK ON ROCKS TO BETTER HEALTH

In The Spring District, there is a "Reflexology Path," which features a series of different sized river rocks laid together and designed for you to walk or stand on to stimulate the reflex points (nerve endings) in your feet. This practice is also known as "Stone Stepping" in Chinese culture. Walking barefoot on stones can be a step to better health, including less tension and lower blood pressure. Stimulating reflex points on the bottom of your feet helps "wake" the feet up, which can lead to improved circulation, increased energy levels, a decrease in tension, and an improvement in stability and balance. [Here is an informative article.](#)

The next time you're in The Spring District, consider taking a walk down our rock path. We'd love to see you here!

## BELLEVUE COMMUNITY EVENTS

### BELLEVUE INTERNATIONAL FESTIVAL SATURDAY, AUGUST 17, 2024

**CROSSROADS PARK 12:30-4:30PM**

The Bellevue International Festival is a fun and engaging way to meet your neighbors and have fun learning something new about different cultures.

This fun event offers families the opportunity to register for kindergarten as well as participate in a school supplies giveaway. There will be family-friendly events such as face-painting, live music and, a fire truck tour.

Learn more [here](#).



### CITY OF BELLEVUE IS HANDING OUT 700 TREES

The City of Bellevue is known as a city in a park, and for the fourth year in a row, they will be giving away trees to help increase the tree canopy. The city has a goal of obtaining 40% city-wide tree canopy coverage by 2050. The program is available to ALL residents!

They have some great trees to choose from this year. Find the tree list [here](#).

Applications must be submitted by August 18, 2024. The application is located [here](#).

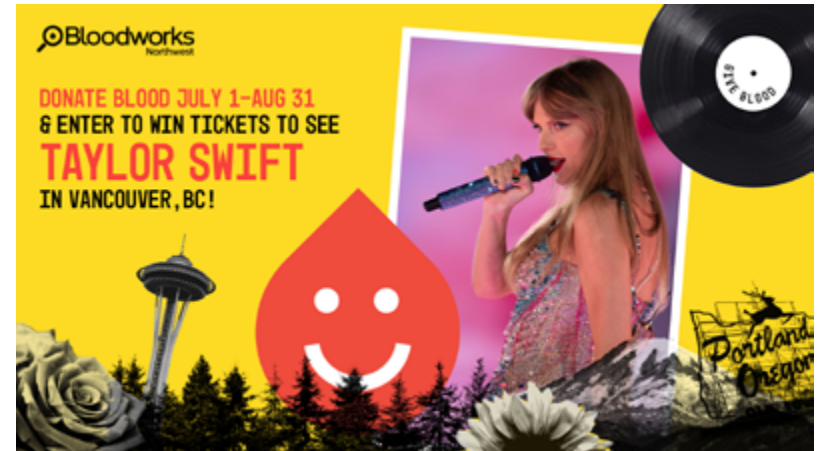
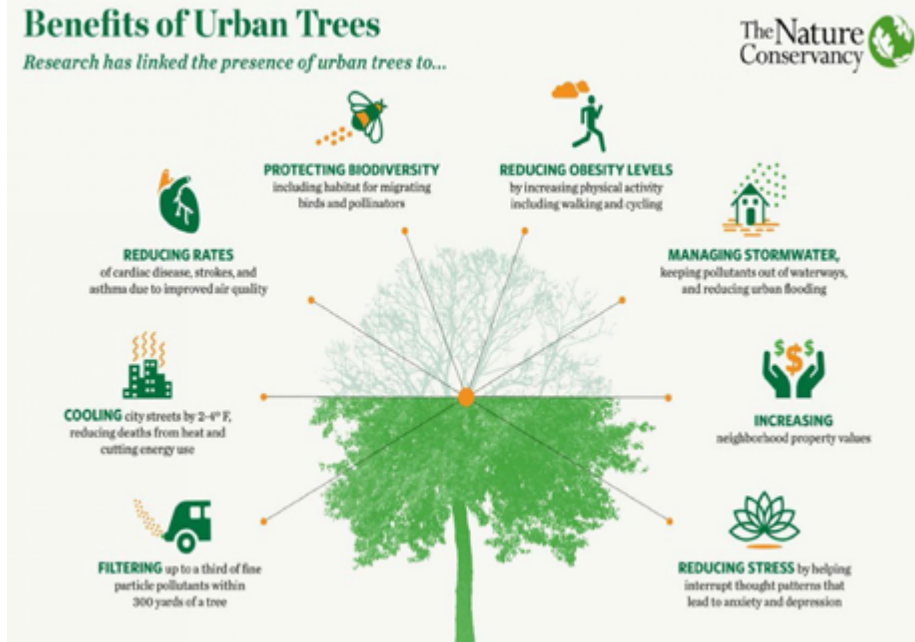


# FEATURED ORGANIZATIONS

## THE NATURE CONSERVANCY

A healthy urban tree canopy helps communities thrive by providing shade, habitat for wildlife, stormwater management and other valuable benefits. Trees shade buildings which helps decrease the need for air conditioning; trees are also a cost-effective solution to clean our air.

Visit [The Nature Conservancy's website](#) to learn more about the many ways they are striving to improve both urban and rural environments for everyone.



Hello, Gorgeous! It's The Best Day when you donate blood at a time it's needed most - during the Cruel Summer months of July and August. You could win ...Ready For It?: TWO tickets to see TAYLOR SWIFT!!! I Can See You on December 6th in Vancouver, BC singing along with all your favorite Taylor Swift songs! I Wish You Would donate in July and August, then enter to win. You could be The Lucky One! Book your appointment and complete your entry form today at [www.bloodworksnw.org/win](http://www.bloodworksnw.org/win). Don't You want a good Reputation for being a generous and Fearless blood donor and bask in the Afterglow of, Call it What You Want, but it's saving lives? Find a center or blood drive near you. Follow this link to [Find a Blood Donation Location](#) or select from the below Eastside locations:

- August 6 [Plaza at Yarrow Bay Kirkland](#)
- August 8 [EvergreenHealth Kirkland](#)
- August 8 [Overlake Medical Center](#)
- August 14 [Bellefield Office Park](#)

**Remember to Create Your New Account at [www.bloodworksnw.org/giveblood](http://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. [\[Watch Video\]](#)



BloodworksNW.org / 800-398-7888

# Free The Spring District Outdoor Movies



08/22/24–Rated PG

Pre-Movie Entertainment  
5:30–7:30 Face Painting &  
Origami Crafts



Join us for family fun and games  
before the movie! It will be a blast!

**When:** Thursday, August 22

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

Located by the bocce ball court & stage  
Seating starts at 7:30pm Free Popcorn!

# Free The Spring District Outdoor Movies



08/29/24–Rated PG-13

Pre-Movie Entertainment  
5:30–7:30 Mad Science  
Show



Join us for family fun and games  
before the movie! It will be a blast!

**When:** Thursday, August 29

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

Located by the bocce ball court & stage  
Seating starts at 7:30pm Free Popcorn!

# Caprese Chicken and Zucchini Packets

by [The Kitchn](#)

Meghan Splawn has created a healthy easy summertime meal your whole family will love. You can switch up the flavor profile of this packet by swapping the pesto for salsa and grating pepper Jack or cheddar to replace the mozzarella, but don't skip the olive oil, and make sure the packet is tightly sealed to ensure success. Be creative and enjoy!

## INGREDIENTS

- 1 pound zucchini
- 1 tablespoon olive oil
- 4 (6-ounce) boneless, skinless chicken breasts
- 1/2 cup basil pesto
- 4 slices tomato
- 8 slices fresh mozzarella cheese

## INSTRUCTIONS

1. Heat an outdoor grill to medium-high, direct heat (400 to 425°F). Tear 8 (8-inch long) sheets of aluminum foil. Stack 1 sheet on top of another sheet, then repeat with the remaining 6 sheets. You should end up with 4 stacks of foil.
2. Cut 1 pound zucchini crosswise into 1/4-inch thick rounds. Drizzle with 1 tablespoon olive oil and toss to coat. Divide between the packets. Place 1 boneless, skinless chicken breast on each pile of zucchini. Spread 2 tablespoons of the basil pesto on each piece of chicken. Top each piece of chicken with 1 slice of tomato and 2 slices mozzarella cheese.
5. Tightly seal each packet. Place the packet on the grill, cover, and grill until the chicken is cooked through, 22 to 25 minutes. To cook these packets in the oven, roast at 425°F for the same amount of time.







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