

The Four Pillars of Service

Our services promote one or more of the Four Pillars of Service: Prevention, Health & Wellness, Community and the Warming Center.



Prevention:

Providing programs, activities and/or guidance that seek to reduce or deter specific or predictable problems. Protect the current state of well-being, or promote desired outcomes or behaviors.

Health & Wellness:

Helping people to be active participants in managing their health and lifestyle. Focusing on the mental, physical, emotional and social components of everyday life to promote independent living and aging in place.

Community:

Serving as the hub, or gathering place, for the varied and diverse elements of our local society. Providing support for groups to develop kinship, positive growth and a cooperative spirit to better our neighborhoods. We are building centered but not building bound.

Warming Center:

We are the gathering place in the event of a local, community-wide emergency, especially a cold weather emergency. We will offer shelter, warmth and sustenance to those who need us the most in the event of a disaster.

Who Are We?

The Greater Maple Valley Community Center is one of the favorite gathering places for community in the area. The GMVCC service area includes Maple Valley, Hobart, Ravensdale and unincorporated King County within the Tahoma school district (90 square miles). Activities and support services are provided both on and off site and the scope of programming is intergenerational - serving families, youth and senior adults.

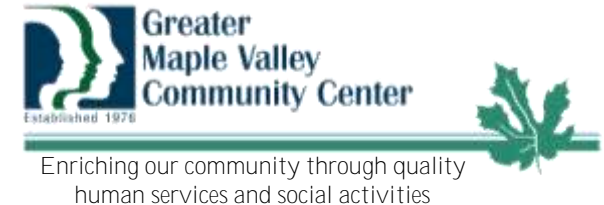
We are an independent non-profit 501(c)(3) organization governed by a volunteer Board of Directors.



22010 SE 248th St.
Maple Valley, WA 98038
Phone: (425) 432-1272
Fax: (425) 432-3211
Web: www.maplevalleycc.org



[Publicity/Pillars/Health and Wellness 7-1-15](#)



www.maplevalleycc.org

Health & Wellness

Mission Statement

The Greater Maple Valley Community Center exists to enrich our community through quality human services and social activities

Health & Wellness:

Our goal is to help people to be active participants in managing their health and lifestyle. We focus on the mental, physical, emotional and social components of everyday life to promote independent living and aging in place.

Health & Wellness Programming:

Aging Well Yoga

Building core body strength combined with relaxation techniques helps prevent falls and other injuries to seniors.



Alcoholics Anonymous

A fellowship of men and women who seek support for a drinking problem.



Community Shuttle

Provides local transportation to and from the Community Center.



Blood Pressure Checks

Helping to keep track of health issues.



Emergency Warming Center

Community-wide education project designed to prepare citizens to be self sufficient in the event of an emergency. We will also serve as a warming center in the event of a cold weather emergency

Foot Care



A licensed foot care specialist works to identify and prevent minor foot problems from becoming big problems. This is especially important for diabetics.

Hiking Club

A combination of easy to moderate to difficult hikes to maintain fitness.



Meals on Wheels



Provides healthy meals and other nutritional services to men and women in our local community who are elderly, homebound, disabled, frail, or at risk.

Medical Equipment Lending Program

Loaner walkers, crutches, wheelchairs and other equipment to help that healing process.



Sr. Nutrition Program

Delicious, nutritious and filling lunches served three days a week.



Sr. Special Events

The Sr. Prom, Valentines' Day Dance and Summer Picnic are opportunities for

seniors to connect with their peers and stay socially active in a fun environment.

Volunteer Drivers

Transportation provided for transportation dependent individuals to access doctor and therapy appointments.



YO! (Youth Opportunities)

Teaches goal setting and decision making skills for teens.

