



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.

How Can you help? You can join the Community Center team through an investment of your time, your talents and/or your treasure:

Time:

Volunteer to staff the front desk, answer telephones, help with routine facility maintenance, assist with data entry. All of these tasks, and so many more, are essential to the smooth running of our operation. Contact our Volunteer Coordinator for more information.

Talents:

Do you possess specific skills or expertise that will benefit the organization? Do you add value to our Board of Directors? Our Marketing Advisory Board? Our Internet Technology Advisory Board? Our Foundation Board? Contact our Executive Director for more information.

Treasure:

Are you in a position to financially assist the Community Center through a gift that can take many forms. The Community Center is a 501(c)(3) non-profit organization so all contributions are tax deductible to the full extent of the law. Gifts can be as simple as a cash donation or can be a legacy gift as **part of an individual's estate planning**. Contact our Executive Director or your financial planner for more information.

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.



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[Publicity/Pillars/Prevention 7-1-15](#)



PREVENTION



www.maplevalleycc.org

Prevention

Mission Statement

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

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.

Prevention Programming:

All Stars

Drug and alcohol prevention program offered at Tahoma & Cedar River Middle Schools and Tahoma Jr. Hi.



AARP Safe Driving Class

Updates driving skills and knowledge for seniors.



Aging Well Yoga

Flexibility and core body strength to help prevent balance related falls.

Blood Pressure Checks

Maple Valley Fire & Life Safety comes monthly to monitor blood pressure and identify problems early.



Community Shuttle

A shuttle will pick up seniors, bring them to the Community Center and take them home Mondays, Wednesdays and Fridays.

Congregate Meal Program

Lunch served three times a week to seniors to assist with the nutritional and social needs of aging adults.

DateWise

Uses peer educators to teach teens how to recognize and avoid unhealthy dating relationships. This program is offered in both the Tahoma and Renton School Districts.



Emergency Warming Center

Community-wide education project designed to prepare citizens how to be self sufficient in the event of an emergency.



Foot Care

A licensed foot care specialist works to identify and prevent minor foot problems from becoming big problems. Especially useful for diabetics.

Hiking Club

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



Line Dancing

A fun, sociable way to exercise and stay socially connected.

Meals on Wheels

Provides nutritious meals to socially isolated seniors.



Volunteer Drivers

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

YO! (Youth Opportunities)

Teaches goal setting and decision making skills for teens.



Youth Council

Leadership, community service and entrepreneurial opportunities for teens.

