

R New Medicare Prescription Drug Coverage

Make an Informed Choice!

Some Important Facts:

• **Between November 15 and December 31, 2005** you can join one of two drug programs offered in your state.

• **Drug coverage** begins January 1, 2006.

• **You do not need to sign up for the Medicare program** if you have a drug program through your supplemental health insurance.

• **After May 15, 2006** you can enroll, drop or change plans only during yearly open enrollment Nov. 15th-Dec. 31th.

• **As of January 2006**, if you have both Medicare and full Medicaid benefits, you will no longer receive drug coverage through Medicaid.

If all this information seems confusing, you are not alone! The **AARP Maple Valley Chapter** is partnering with **SHEBA/Senior Services** to offer two information sessions at GMVCC. The first session scheduled for **September 12th at 12:30pm** will be an overview to explain the program and answer any

questions you have. The second session on **October 10th at 12:30pm** will help you fill out enrollment forms. All caregivers, seniors & families are welcome!

Flu Shots



Visiting Nurse Services will be offering flu shots at GMVCC on **Friday, October 28th from 9am-1pm**. Cost is \$28 for the flu shot and \$40 for the pneumonia shot. Medicare and Secure Horizon will be billed for those with insurance. Reservations are not necessary.

Senior Health & Housing Information Fair and BBQ

GMVCC will again host a **BBQ and Senior Information Fair** on Sat., Sept. 10th from 3-5pm. Open to everyone, booths with valuable information about senior housing and care options will be available. **Choice Guide of Products and Services for Seniors** and the **Maple Valley Chapter of the AARP** are working together to sponsor this event. Cost is \$4 in advance and \$6 at the door.

Make A Difference Day

October 22, 2005

Millions of Americans across the country will spend Saturday, October 22nd volunteering to improve their communities and help neighbors in need. The day is the largest community service effort in the nation, rallying business, government, charitable organizations and everyday Americans into action on one day. Call 425-432-1272 for information and registration. **Kick-off breakfast is 8 am at GMVCC.**

Surviving the Teen Years

Wish you had a "teenager-to-parent translation guide?" **Strengthening Families** can help! This fun and fast-moving 7-week class for families with 10-14 year olds, focuses on family communication as a way to successfully navigate the teen years. Highly interactive sessions include role-playing, discussions, learning games, and family projects designed to help understand youth development, build life skills, manage emotions, and strengthen family bonds. Parent(s) and children attend together. Offered Wednesdays at **Tahoma Middle School** from 7-9pm, Oct. 5 - Nov. 16. Fee is \$50/family and includes pizza & workbook. Call 425-432-1272 to register.



Back to School with GMVCC

The **Community Center** offers a variety of after-school programs for Maple Valley youth! Want a place to hang out or do homework after school? Get a bus pass from school and come check out **Teen Drop-In**. Offered Mondays and Wednesdays from 3-6pm, activities include ping-pong, X-Box, movies, crafts, games, **free food** and computer lab!

Maple Valley Youth Opportunity (YO!)

Join the **fun!** Offered 3:15-5:15 pm on Tuesdays at TMS and Thursdays at CRMS, **YO!** is an after-school youth development program that uses the *All Stars* curriculum (see Public Health Grant below) to involve youth in fun, organized recreational activities such as arts & crafts, games, sports, team-building and a monthly field-trip. **FREE! Snacks and transportation home provided.** Parent permission required.

Adventure Club Changes Time!

Mark your calendars! Adventure Club has a new start time of 4:30pm! Join the fun at GMVCC on Tuesdays for 1st-5th graders.

Battle of the Bands

A musical invasion is coming!!! Check out some really great bands Saturday, September 10th from 12-6pm at Lake Wilderness Park. Call GMVCC to register your band!



Dinner and a Movie

Have you been looking for a night out with the kids that does not cost a fortune? Want a place where



Kim Possible 9/9



Robots 10/14

Seattle's Best View

Join the **Senior Program** Tuesday, Sept. 20th for a tour of Smith Tower, Seattle's first skyscraper. Visit the famous 35th floor Chinese room and enjoy breathtaking views from the open-air observation deck that wraps around all four sides of the build-



ing followed by lunch in historic Pioneer Square.

Seniors Making Art

GMVCC is pleased to offer **Seniors Making Art Stained Glass Classes** taught by Oliver Orr. *Seniors Making Art* is a nonprofit organization founded in 1991 by Dale Chihuly. Classes and materials are provided by the foundation at no charge to the students. This

6-week class is offered on a continuing basis throughout the year.

Tile Glass Ornaments

Tuesday, October 4th, travel to Wildfire Glass Studio at Country Village in Bothell to make tile fused glass ornaments. Enjoy lunch and shopping afterward. Cost of \$20 includes transportation, lesson, and the beautiful ornament you have created!

Funding for Maple Valley Youth

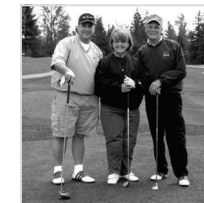
Public Health Grant GMVCC was recently awarded a 2-year grant by the King County Department of Public Health to implement a community-based program for the prevention of high-risk behaviors in early adolescence. *All Stars* is a fun and engaging program that is designed to help students develop their refusal and resistance skills. Research has shown the longer a young person can go without involvement in alcohol and drugs, the less likely they will develop substance abuse problems later in life. Created by

an internationally recognized prevention researcher, *All Stars* has been evaluated and refined for the last 15 years and has been named a Best Practice Program by the U.S. Department of Education. We are pleased to be able to offer the *All Stars* curriculum though our existing **YO! - Maple Valley Youth Opportunity Program** (formerly known as ASAP) at Cedar River and Tahoma Middle Schools.

9th Annual Golf for Kids Fall Classic

Join us for a fun day of golf fol-

lowed by a prime rib and salmon dinner. Presented by GMVCC and Maple Valley Rotary, festivities begin on Friday, Sept. 16th with a 1 pm shotgun start at Lake Wilderness Golf Course. Proceeds benefit GMVCC & Rotary youth programs. For information & sponsorship opportunities call 425-432-1272 or email signet@maplevalleycc.org



Brett, Mindy & Gary Habenicht golf for kids at last year's GMVCC-Rotary Fall Classic

Activity & Event Highlights

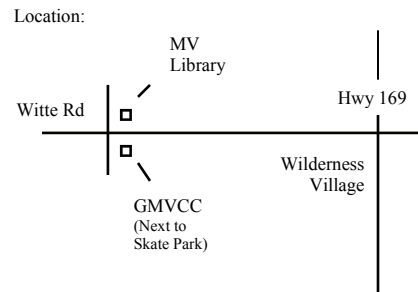
See inside calendar for details
Call (425) 432-1272 for more information and reservations

- 8/27 Babysitting Class 9am-4pm \$30
- 9/1 Senior Trip: Fort Nisqually - \$12 + lunch \$
- 9/2 Senior Labor Day BBQ
- 9/6 Senior Trip: Miniature Golf /Lunch @ Tina's \$8 transportation & golf (complimentary lunch)
- 9/10 Battle of the Bands Lake at Wilderness 12-6pm sponsored by MV Youth Council
- 9/9 Family Night: "Kim Possible" 6:30-9:30pm
- 9/10 Senior Health Housing Fair & BBQ - \$6
- 9/12 AARP Medicare Prescription Drug Plan
- 9/12 Gracie Hansen Toddler Time Resumes! Mondays and Fridays: 9:30-11:30am - \$2/family
- 9/15 Senior Trip: Anthony's Home Port Sunset Dinner - \$6 for transportation
- 9/16 Benefit Golf Tournament - Lake Wilderness
- 9/19 Senior Introduction to Square Dancing with "Kappie" Kappenman
- 9/20 Senior Trip: Smith Tower - \$11 + lunch
- 09/20 Adventure Club Session #1 Tuesdays 4:30-6:00 - \$30/6 weeks
- 09/29 "Ready to Read" FREE workshop during Toddler Time 11-11:30am - Childcare provided!
- 09/29 Play & Learn 8-week Play Group begins
- 10/4 Senior Trip: Glass Blowing - \$20+ lunch
- 10/05 Strengthening Families @ TMS - 7-week Family Communication Class \$50/family
- 10/6 Senior Trip: Tacoma RV Show - \$9 transportation + \$7 admission plus lunch \$
- 10/7 Teen Movie 7-10pm "The Longest Yard"
- 10/10 Medicare Prescription Workshop
- 10/11 Senior Trip: Senior Center Day "Out to the Movies" \$6 transportation + \$3 movie
- 10/14 YO! Trip: Corn Maze - Time: TBA
- 10/14 Family Night 6:30-9:30 - "Robots"
- 10/20 Senior Trip: Tacoma Dome Holiday Food & Gift Festival - \$8 transport + \$7.50 admission
- 10/21 Friday Teen Night: School of Rock Concert
- 10/28 Flu Shots 9am - 1pm
- 11/01 "Ready to Read" FREE Workshop 7-9pm
- 11/4 Teen Movie Night 7-10pm "Star Wars III"
- 11/8 Senior Trip: Seattle Art Museum - 19th Century Painting - \$8 + lunch \$
- 11/8 Adventure Club Session #2 Begins! Tuesdays 4:30-6pm - \$30/6 weeks
- 11/18 Friday Teen Night: Open Mic - FREE!
- 11/19 YO! Trip: Ice Skating Trip - Time: TBA
- 11/29 Senior Trip: Bellevue Square-\$6 + lunch \$



22010 SE 248th Street, Maple Valley, WA 98038
Phone: 425-432-1272 www.maplevalleycc.org

Hours: Mon-Fri 8:30-5pm
See calendar for scheduled evenings and weekend hours.



Don't miss out! Check our calendar of events & activities inside!

GMVCC Board Executive Committee

John Hunter President
Denny Pierre Vice President/Treasurer
Barbara Culler Secretary

GMVCC Directors

Lynn Roberts Executive Director
Antonia Kerney Senior Director
Beth Schilling Youth & Family Director




The Greater Maple Valley Community Center is a non-profit 501(c)(3) organization supported by individual citizens, foundations, corporations, United Way, the City of Maple Valley & King County.

The Greater Maple Valley Community Center enriches the quality of life in our community by providing multi-generational social, recreational and educational activities & support services.





Calendar of Events

September 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Support GMVCC Programs Dine, Shop, Travel & Save with the Entertainment® Book! The New 2006 Entertainment Books are Now Available! Up to \$10,000 savings for the cost of a \$30 book.</p>			<p>1 Toddler Time 9:30-11:30am Senior Trip: Fort Nisqually Leave @ 9:45am</p>	<p>2 Senior Program 9:30am-2:30pm Senior Labor Day BBQ 11am No Teen Movie Night this month</p>	<p>3</p>
4	 <p>CLOSED FOR HOLIDAY</p>	<p>5 Toddler Time 9:30-11:30am Senior Trip: Miniature Golf & Lunch at Tina's - Leave 9:30am</p>	<p>6 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free</p>	<p>7 Toddler Time 9:30-11:30am</p>	<p>8 Senior Program 9am-2:30pm Family Night 6:30-9pm: Spaghetti Dinner & Movie: "Kim Possible"</p>	<p>9 Senior Health and Housing Fair & BBQ 3-5pm Battle of the Bands Lake Wilderness 12noon-6pm</p>
11	<p>12 Senior Program 9am-2:30pm Seniors Making Art 9:30-11am Medicare Rx Drug Info 12:30pm GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free Youth Council 6-7pm</p>	<p>13 Toddler Time 9:30-11:30am Home School Support 7-9pm</p>	<p>14 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free</p>	<p>15 Toddler Time 9:30-11:30am Senior Trip: Anthony's Leave 4:30pm</p>	<p>16 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am No Teen Activity tonight</p>	<p>17</p>
18	<p>19 Senior Program 9:30am-2:30pm Seniors Making Art 9:30-11am Intro to Square Dancing 1:30pm GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free</p>	<p>20 Toddler Time 9:30-11:30am Senior Trip: Smith Tower Leave 10am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm Foster Parent Support 6:30-8:30pm</p>	<p>21 Senior Program 9:30am-2:30pm Birthday Celebration Teen Drop In 3-6pm Free</p>	<p>22 Toddler Time 9:30-11:30am YO! @ CRMS 3:15-5:15pm</p>	<p>23 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am</p>	<p>24</p>
25	<p>26 Senior Program 9am-30pm Seniors Making Art 9:30-11am GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free Youth Council 6-7pm</p>	<p>27 Toddler Time 9:30-11:30am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm IEP Parent Support 6:30-8:30pm</p>	<p>28 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free</p>	<p>29 Toddler Time 9:30-11:30am w/ Ready to Read workshop @ 11 Preschool Play & Learn 1-2:30 YO! @ CRMS 3:15-5:15pm</p>	<p>30 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am</p>	<p>OCTOBER 1 </p>

Calendar of Events

October 2005

2	<p>3 Senior Program 9am-2:30pm Seniors Making Art 9:30-11am GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free</p>	<p>4 Toddler Time 9:30-11:30am Senior Trip: Glass Blowing Leave 9:30am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm</p>	<p>5 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm.</p>	<p>6 Toddler Time 9:30-11:30am Senior Trip: Tacoma RV Show Leave 10:30am Preschool Play & Learn 1-2:30pm YO! @ CRMS 3:15-5:15pm</p>	<p>7 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Teen Movie Night 7-10pm Movie: "The Longest Yard"</p>	<p>8</p>
9	<p>10 Senior Program 9am-2:30pm Seniors Making Art 9:30-11am GH Toddler Time 9:30-11:30am Medicare Prescription Drug Workshop 12:30pm Teen Drop In 3-6pm Free Youth Council 6-7pm</p>	<p>11 Toddler Time 9:30-11:30am Senior Trip: Senior Center Day at the Movies Leave TBA YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm Home School Support 7-9pm</p>	<p>12 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm.</p>	<p>13 Toddler Time 9:30-11:30am AARP Safe Driving 12:30-4:30pm Preschool Play & Learn 1-2:30pm YO! @ CRMS 3:15-5:15pm</p>	<p>14 Senior Program 9am-2:30pm AARP Safe Driving 9am-2:30pm Toddler Time Closed YO! Trip: Corn Maze - Time TBD Family Night 6:30-9pm: Spaghetti Dinner & Movie "Robots"</p>	<p>15 Safe Sitter Babysitting Class </p>
16	<p>17 Senior Program 9am-2:30pm Seniors Making Art 9:30-11am GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free</p>	<p>18 Toddler Time 9:30-11:30am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm Foster Parent Support 6:30-8:30pm</p>	<p>19 Senior Program 9am-2:30pm Birthday Celebration Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm.</p>	<p>20 Toddler Time 9:30-11:30am Senior Trip: Holiday Food & Gift Festival Leave 10am Preschool Play & Learn 1-2:30pm YO! @ CRMS 3:15-5:15pm</p>	<p>21 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Friday Teen Night Featuring: School of Rock Concert 7-10pm</p>	<p>22 Make a Difference Day </p>
23	<p>24 Senior Program 9am-2:30pm Senior Halloween Party 11am GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free Youth Council 6-7pm</p>	<p>25 Toddler Time 9:30-11:30am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm IEP Parent Support 6:30-8:30pm</p>	<p>26 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm.</p>	<p>27 Toddler Time 9:30-11:30am Preschool Play & Learn 1-2:30pm YO! @ CRMS 3:15-5:15pm</p>	<p>28 Senior Program 9am-2:30pm Flu Shots 9:00-1pm GH Toddler Time 9:30-11:30am</p>	<p>29</p>

Calendar of Events

November 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 30	<p>OCTOBER 31 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free</p>	<p>1 Toddler Time 9:30-11:30am YO! @ TMS 3:15-5:15pm No Adventure Club Today! Ready to Read Workshop 7-9pm STARS credit available</p>	<p>2 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm</p>	<p>3 Toddler Time 9:30-11:30am Preschool Play & Learn 1:00-2:30pm YO! @ CRMS 3:15-5:15pm</p>	<p>4 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Teen Movie Night 7-10pm Movie: "Star Wars III"</p>	<p>5</p>
6	<p>7 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am AARP Meeting 12:30pm Teen Drop In 3-6pm Free Youth Council 6-7pm</p>	<p>8 Toddler Time 9:30-11:30am Senior Trip: SAM Leave @ 10am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm Home School Support 7-9pm</p>	<p>9 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm.</p>	<p>10 Toddler Time 9:30-11:30am YO! @ CRMS 3:15-5:15pm Preschool Play & Learn 1:00-2:30pm</p>	<p>11  Veterans Day CLOSED FOR HOLIDAY</p>	<p>12</p>
13	<p>14 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free</p>	<p>15 Toddler Time 9:30-11:30am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00pm Foster Parent Support 7-9pm</p>	<p>16 Senior Program 9am-2:30pm Birthday Celebration Teen Drop In 3-6pm Free Strengthening Families @ TMS 7-9pm.</p>	<p>17 Toddler Time 9:30-11:30am Preschool Play & Learn 1:00-2:30pm YO! @ CRMS 3:15-5:15pm</p>	<p>18 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30 Friday Teen Night Featuring Open Mic Performances 7-10pm</p>	<p>19 YO! Trip: Ice Skating - Time TBD</p>
20	<p>21 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free Youth Council 6-7pm</p>	<p>22 Toddler Time 9:30-11:30am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00 pm IEP Parent Support 6:30-8:30pm</p>	<p>23 Senior Program 9am-2:30pm Thanksgiving Lunch Teen Drop In 3-6pm Free</p>	<p>24 Happy Thanksgiving! CLOSED FOR HOLIDAY</p>	<p>25  CLOSED FOR HOLIDAY</p>	<p>26</p>
27	<p>28 Senior Program 9am-2:30pm GH Toddler Time 9:30-11:30am Teen Drop In 3-6pm Free</p>	<p>29 Toddler Time 9:30-11:30am Senior Trip: Bellevue Square Leave 10am YO! @ TMS 3:15-5:15pm Adventure Club 4:30-6:00</p>	<p>30 Senior Program 9am-2:30pm Teen Drop In 3-6pm Free</p>	<p> The Community Center's 3000 square foot hall and full service kitchen are available for rental! Visit www.maplevalleycc.org for fees and information.</p>		

Program Descriptions

Senior Program MWF 9am to 2:30pm @ GMVCC Drop-in for fresh-brewed coffee and conversation! Join in a game or just relax in our new library with a good book. We look forward to seeing you!

- **Games** - Cards, Mexican train, cribbage, puzzles 9-11am
- **BP Checks**-1st/3rd Mon 11am, 2nd Wed 10am
- **Yoga** - Wednesday 10am
- **Bingo** - Wed & Fri 11am; 10:30 on party days
- **Needles & Hooks** - Wednesday 11am
- **Bridge** - Fridays 9 am
- **Senior Lunch** - 12 noon MWF. Suggested donation \$3
- **Birthday Party** - 3rd Wed of each month; Senior Program buys lunch for registered Seniors with birthdays

Classes - See *Voice of the Valley* for current offerings.

- **AARP Safe Driving** - 8-hr Class on WA driving laws
- **Painting** - Weekly classes - all mediums
- **Stained Glass** - 6 week courses throughout year

Senior Trips - Prices vary and must be paid in advance. Trips include a meal stop. Call for cancellation policy.

Foot care - Routine care by Visiting Nurses 2nd and 4th Fridays by appt only: \$25 fee. Assistance is available for those who qualify.

AARP Chapter Meeting - 2nd Mon of each month at 1pm

Senior Rights Assistance - Answers to insurance questions; by appointment only 3rd Wed of each month

Meals on Wheels - Frozen meals for those 60+ or with disabilities & home-bound; suggested donation:\$3/meal

YO! - Maple Valley Youth Opportunity Program: Implementing **All Stars Prevention Program** and organized recreation; snacks provided. Come enjoy the FUN! Transportation home provided by GMVCC. Parent permission required. School year only. **FREE**

- At Tahoma Middle School Tues 3:15- 5:15pm
- At Cedar River Middle School Thurs 3:15- 5:15pm

Teen Drop In - MW 3-6pm Play video games, foosball, use our computer lab or just hang-out. Snacks provided. Get a bus pass to come after school to GMVCC. **FREE**

Teen Activity Nights - 1st & 3rd Fridays-Starts in October 7-10pm. Movies on our huge screen, Karaoke/Open Mic, concerts, & more! **FREE** - Bring \$ for snacks!

YO! Trips - Once per month. Time/ Date: TBA. Minimal fee; transportation included. Pre-registration required. Call Megan or Kristiane for more information.

DateWise - Dating violence awareness program now recruiting for teen volunteer peer educators. Contact Megan or Kristiane for application information.

Youth Council - Make a difference in your community! Recruiting now for new members. Open to teens, grades 8-12, residing in the Tahoma School District. Contact Megan or Kristiane for application information.

Babysitting Class - Safe Sitters is a child care course developed especially for 11 to 13-year-olds. Become a great and safe babysitter! Saturday 9am-4pm August 27th or October 15th. Fee: \$30

Adventure Club - Hey, 1st-5th graders! Join us Tuesdays at our new time, 4:30-6:00pm. Art, movies, science projects, cooking and special events!
Session 1: September 20th - October 25th
Session 2: November 8th - December 13th
\$30/6 weeks: Pre-register by calling 425-432-1272.

Toddler Time - 9:30-11:30am. Drop-in play for parents and caregivers with children ages 0-5.

- Mon & Fri Gracie Hansen - Starts 9/12 (\$2/family) 27132 SE Ravensdale next to Ravensdale Park
- Tue & Thurs GMVCC (\$1/family)

Preschool Play & Learn -Thursdays, 1- 2:30pm For parents/caregivers with their preschool children ages 3-5. Structured play time & facilitated parent/caregiver discussion time. Pre-register: \$25 /8 weeks.

Family Night - Every 2nd Friday! 6:30-9:30pm. Dinner, craft, and theater-style movie. \$2.50/child and \$5/adult. 9/9 "Kim Possible Movie: So The Drama" 10/14 Movie: "Robots".

Parent/Caregiver Classes: See *Ready to Read* on page 1 and *Strengthening Families* on page 4.

Home School Support Group - For information contact Cathy Hilde (425) 413-1609.

Foster Parent Support Group - For information contact Elizabeth Rich at (425) 432-6107.

IEP Parent Support Group - For information contact Sara Lundin at (425) 432-1366.