

And the Youth Survey says...

There is much excitement at GMVCC as we plan for Maple Valley's new **Youth Center** this fall. The 40% (1295 of 3231) of Tahoma secondary students who responded to our survey identified after-school and Friday nights as the most popular times to use the center for the following activities:

- 72% Hang-out with friends
- 67% Watch movies
- 66% Have snacks
- 63% Pool, computers, concerts

Contact Director Lynn Roberts at lynnr@maplevalleycc.org to volunteer your time, talents & ideas!

A New Way to Vote

Do you know someone who has difficulty reading the fine print on a ballot? This fall King County Elections is introducing **Accessible Voting Units (AVU)** as an alternative for voters with physical disabilities to vote a truly secret ballot. See a demonstration of the new touch screen and audio ballots at 11am Sept 1st just before our Labor Day BBQ celebration!



October 28th will find our caring community mobilized to accomplish many and varied projects. The day begins at 8 am with a pancake breakfast at GMVCC prepared by **Maple Valley Rotary** followed by teams of people dispersing in the community to engage in a variety of service projects. In recent years GMVCC has been the grateful recipient of landscaping, painting and clean-up efforts. Individuals, groups, children, and adults are welcome! Visit www.makeadifferenceday.com or call GMVCC for more information. If you know of a project or want to volunteer, contact **Patty Davis** at psdavis@ix.netcom.com.

White Christmas at the 5th Ave Theater

Enjoy a "delightful new stage adaptation of the classic yuletide movie, featuring all your favorite Irving Berlin songs." Join the Senior Program for a matinee performance in Seattle Tues Dec 19th. \$78 includes transportation and main floor seating.

Holiday Craft Fair Vendors Needed!

The 2nd Annual Youth Council Craft Fair will be **Sat Dec 2nd** 10am-5pm at GMVCC. Call to reserve your vendor table for just \$25. Proceeds from table sales benefit **Youth Council** programs.

Flu Shots

VNA will administer flu & pneumonia shots Fri, Nov 3rd 9am-1pm for persons 6 years or older. The legal guardian of anyone under 18 must be present. \$28 for flu shot/ \$40 for pneumonia. Medicare Part B and Secure Horizons accepted.

Hearing Aid Assistance GMVCC Senior Program offers hearing aid assistance with Josh Rigtrup of MV Hearing Aids the 1st Monday of each month from 10am -12pm. No appointment necessary.

Preventing Falls

A third of seniors over 65 and half older than 80 will fall each year. Join us for balance screening & fall prevention tips presented by UW physical therapy students and Staci Lyons of Pinnacle Physical Therapy on Friday, Sep 22nd at 11am.



Supporting Kids

As we head back to school this fall it is important to let young people know you value them and care about their success in life. However, regardless of success in academics, all young people need to be valued and have an important role to play. Students who have left school or who may be otherwise struggling need caring adults to guide and support them. Reaching out to kids who are struggling is perhaps the greatest measure of support we can offer. Because those youths may be at high risk for serious problems, they need a community that values them for who they are.

Computer Classes

Cindi Pombrio and Susanna Barnette offer ongoing computer classes including Basics, Internet, E-Mail, Digital Camera, Mail Merge and Holiday Calendars. Seniors are given first priority. Fees vary depending on class. Call GMVCC at 425-432-1272 for more information.



Celebrating 30 years of Community
1996 - 2006



22010 SE 248th Street
Maple Valley, WA 98038
Phone: 425-432-1272
www.maplevalleycc.org
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Senior Program Fall Tours & Trips

Don't miss the fun! Sign up early for your favorite destinations.

Like a Duck

Join us Tues Sept 5th at 9:30 am for an amphibious adventure! See downtown Seattle, Pike Place Market, Pioneer Square, Funky Fremont and then **SPLASH** into Lake Union for a spectacular view of the city skyline, luxurious yachts, and Sleepless in Seattle houseboats! Transportation and tour \$35. Bring money for lunch.



Senior Northwest Trek

Hop in our van Tues, Sept 19th at 9:30 am as we tour 435 acres of

free roaming wildlife refuge. Cost \$13 transportation. Bring money for lunch and \$5.50 for admission.

Brave enough?

Join us for a **Mystery & Murder Tour** of Queen Anne and Capitol Hill. *Private Eye on Seattle Tours* is back! (Remember our Ghost tour?) Leave Tues Oct 3rd at 9:15 am. Tour and transportation \$26.

Dead Sea Scrolls

The Pacific Science Center is the only place to view the mystery of the scrolls in the Western U.S. and **WE have tickets!** Join us Tues, Oct 17th at 9:30 am. Only 18 spots! Transportation and admission \$30. Bring money for lunch.



Youth Opportunity and Enrichment Programs

All Stars returns to Tahoma and Cedar River Middle Schools this fall! Students



may sign-up for the *All Stars Enrichment* class during school or join the *YO! All Stars* after-school program offered 3-4 pm Mon/Wed at TMS and Tues/Thurs at CRMS. After school program includes arts & crafts, games, sports, team building and a monthly field trip. **FREE!** Snacks provided. Parent permission required. Join the FUN!

Why Join All Stars?

All Stars curriculum helps youth make "good" choices instead of reacting when they have made a "bad" choice. All Stars is fun and engaging. It is designed to not only prevent negative behaviors, but also promote idealism, belief in the future and commitment to a positive lifestyle. Call Kristiane at 432-1272 for more information

Junior Youth Council

Have fun creating programs for teens while you gain leadership experience and community service



AARP Oktoberfest

Get in the spirit of Bavaria with grilled bratwurst and OOM-PAH music by *Happy Hans* at AARP's Swing into Fall get together. Everyone is welcome! Enjoy grilled bratwurst at 3:30; music begins at 4pm Sunday September 10th. Tickets are \$5 in advance or \$7 at the door.

Port Townsend or Bust

Stay at the Harborside Inn on the water as we enjoy two days and one night in the quaint town of Port Townsend on Oct 9th-10th. Browse the town and historic Fort Worden at your leisure. Lodging, breakfast and transportation only \$90 double or \$130 single. Bring money for meals and shopping!



Celebrating 30 years of Community
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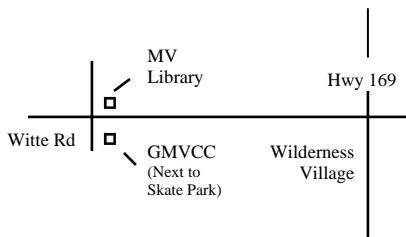


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22010 SE 248th Street, Maple Valley, WA 98038
Phone: 425-432-1272 www.maplevalleycc.org

Office Hours: Mon-Fri 8:30-5pm
See calendar for scheduled evening and weekend activities.

Location:



GMVCC Board of Directors

Denny Pierre	President
John Hunter	Vice President
Sean Stewart	Secretary
George Dinius	Treasurer
Alison Jenkins	Board Member
Barbara Kennedy	Board Member
John Moore	Board Member
Patty Pouliot	Board Member

GMVCC Directors

Lynn Roberts	Executive Director
Antonia Kerney	Senior Program Director
Beth Schilling	Family Program Director

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

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.



Back to School with GMVCC Family Programs

Are you and your child outgrowing **Toddler Time** but not quite ready for traditional preschool? Then **Play & Learn with your Preschooler** is for you! This semi-structured play time for 2½-5 yr olds with a parent/caregiver offers age-appropriate, hands-on activities that promote cognitive, social, emotional and physical development and emphasize early literacy. Art, music, science and story time are offered with facilitated caregiver discussions. See inside for dates and registration.

Mad Science

Find out what silly putty has to do with chemistry and make an oozy batch of SLIME! Grades K-5 Nov 8th 4:15-5:15 pm at GMVCC. \$7.50 pre-registration required.

Backpacks

Last year the Food Bank provided 285 filled backpacks. The need is even greater now. You can help! Purchase supplies from the list at www.skcf.org/maplevalleyfoodbank and drop-off your donation at



GMVCC by **Aug 26th**. Cash donations are also accepted. Make your check to MVFB with the memo "School Supplies". Attach to your donation or mail to MV Food Bank PO Box 322 MV 98038.

Parent Support

Don't feel alone! Parents of IEP/504 and home school students can find answers to their questions at monthly meetings of BRIDGES IEP Parent Support Group and the Home School Support Group at GMVCC. Call 425-432-1272.

Activity & Event Highlights

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

Family Night Fri 9/8
Brother Bear 2:
The Moose are Loose!

Teen Retro
Movie Night Fri 9/15
The Goonies

Senior Trip
Northwest Trek 9/19

Battle of the Bands
Sat 9/30
Lake Wilderness Park

Senior Trip Capitol Hill
Mystery Tour 10/3

Teen Movie Night 10/6
Poseidon Adventure

Babysitting Class 10/7

Senior Trip
Port Townsend 10/9-10

Family 10/13
Curious George

Teen Activity Night
Fri 10/20 Corn Maze

Pumpkin
Patch Trips
10/24

Make a Difference Day
Sat 10/28

Teen
Movie Night 11/3
Nacho Libre

Senior Trip 11/14
Muckleshoot Casino

Teen Open Mic Night
Fri 11/17

Senior Trip Victorian
Country Christmas
11/30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Entertainment® Book Fundraiser 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.				1 Senior Program 9-2:30pm <i>Labor Day Senior BBQ 12:00</i> Painting 1-4pm No Teen Movie Night Have a great Labor Day Weekend!	2
3	4 CLOSED FOR LABOR DAY 	5 Senior Trip <i>Ride the Duck in Seattle 9:30am</i> Toddler Time 9:30-11:30am	6 Senior Program 9-2:30pm	7 Toddler Time 9:30-11:30am	8 Senior Program 9-2:30pm Painting 1-4pm Family Night 6:30-9pm <i>Brother Bear 2 Moose on Loose!</i>	9
10	11 AARP Oktoberfest 3-5pm Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am EBay 102 12:30-2:30pm Youth Council 7-8pm	12 Toddler Time 9:30-11:30am	13 Senior Program 9-2:30pm	14 Toddler Time 9:30-11:30am	15 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am Painting 1-4pm Teen Retro Movie Night 7-10pm <i>The Goonies</i>	16
17	18 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! Starts @ TMS 3-4pm Youth Council 7-8pm	19 Senior Trip <i>Northwest Trek 9:30am</i> Toddler Time 9:30-11:30am YO! Starts @ CRMS 3-4pm	20 Senior Program 9-2:30pm YO! @ TMS 3-4pm	21 Toddler Time 9:30-11:30am YO! @ CRMS 3-4pm	22 Senior Program 9-2:30pm <i>Fall Prevention Presentation</i> GH Toddler Time 9:30-11:30am Painting 1-4pm	23
24	25 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	26 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	27 Senior Program 9-2:30pm YO! @ TMS 3-4pm	28 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	29 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am Painting 1-4pm	30 BATTLE OF THE BANDS <i>Lake Wilderness Park 11:30 am - 6 pm</i>

1	2 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm	3 Senior Trip <i>Capitol Hill Mystery Tour 9:15am</i> Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	4 Senior Program 9-2:30pm YO! @ TMS 3-4pm	5 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	6 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am Painting 1-4pm Teen Movie Night 7-10pm <i>Poseidon Adventure</i>	7 Babysitting Class 9-4pm
8	9 Senior Program 9-2:30pm Senior Trip <i>Port Townsend 8:30am</i> GH Toddler Time 9:30-11:30am Keyboarding 11-3pm AARP Meeting 1-2:30pm YO! @ TMS 3-4pm Youth Council 7-8pm	10 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	11 Senior Program 9-2:30pm YO! @ TMS 3-4pm	12 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	13 Senior Program 9-2:30pm GH Toddler Time Closed Today Painting 1-4pm Family Night 6:30-9pm <i>Curious George</i>	14
15	16 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	17 Toddler Time 9:30-11:30am Senior Trip <i>Dead Sea Scrolls 9:30am</i> Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	18 Senior Program 9-2:30pm <i>Senior Birthday Celebration 12pm</i> YO! @ TMS 3-4pm	19 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	20 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am Painting 1-4pm Teen Activity Night <i>Corn Maze Field Trip (Reservations Req'd)</i>	21
22	23 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	24 Toddler Time <i>Pumpkin Patch Field Trip 10-12am</i> Play & Learn <i>Pumpkin Patch Field Trip 1-2:30pm</i> YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	25 Senior Program 9-2:30pm YO! @ TMS 3-4pm	26 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	27 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am Painting 1-4pm 	28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 29 	October 30 Senior Program 9-2:30pm <i>Halloween Party 11am</i> GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	October 31 Toddler Time Halloween Party 9:30-11:30am Play & Learn Halloween Party 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	November 1 Senior Program 9-2:30pm YO! @ TMS 3-4pm	2 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	3 Senior Program 9-2:30pm Flu Shots 9-1pm GH Toddler Time 9:30-11:30am Painting 1-4pm Teen Movie Night 7-10pm <i>Nacho Libre</i>	4
5	6 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am AARP Meeting 1:00-2:30pm YO! @ TMS 3-4pm Youth Council 7-8pm	7 Toddler Time 9:30-11:30am Senior Trip <i>Lunch and a Movie</i> Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	8 Senior Program 9-2:30pm YO! @ TMS 3-4pm Mad Science K-5th graders 4:15-5:15 pm \$7.50 	9 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	10 CLOSED FOR VETERANS DAY HOLIDAY	11
12	13 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	14 Toddler Time 9:30-11:30am Senior Trip <i>Muckleshoot Casino and Brunch 9:30 am</i> Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	15 Senior Program 9-2:30pm <i>Birthday Celebration 12pm</i> YO! @ TMS 3-4pm	16 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm	17 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am Painting 1-4pm Teen Activity Night <i>Open Mic Night 7-10pm</i>	18
19	20 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	21 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	22 Senior Program 9-2:30pm <i>Thanksgiving Dinner 12 noon</i> YO! @ TMS 3-4pm	23 CENTER CLOSED Happy Thanksgiving!	24 CLOSED FOR THANKSGIVING HOLIDAY	15
26	27 Senior Program 9-2:30pm GH Toddler Time 9:30-11:30am YO! @ TMS 3-4pm Youth Council 7-8pm	28 Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm Junior Youth Council 5-6pm	29 Senior Program 9-2:30pm YO! @ TMS 3-4pm	30 Senior Trip <i>Victorian Country Christmas 9:30am</i> Toddler Time 9:30-11:30am Play & Learn 1-2:30pm YO! @ CRMS 3-4pm		

GMVCC Program Descriptions

Senior Adult Programs

MWF 9am to 2:30pm @ GMVCC
 Drop-in for fresh-brewed coffee and conversation! Join in a game, activity or just relax with a good book in our library!

- Cards, Mexican train, cribbage, puzzles 9-11am
- BP Checks - 1st, 3rd Mon 11am
- Hearing Aid Assistance - 1st Monday 10-12am
- Yoga - Wednesday 10am
- Bingo - Wed & Fri 11am & 1st, 3rd, 4th Mondays 1pm
- Needles & Hooks - Wednesday 11am
- Senior Lunch - 12 noon MWF (Suggested donation \$3)
- Birthday Celebration - 3rd Wed of each month. Senior Program buys lunch for registered Seniors w/ birthdays!

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

- AARP Safe Driving - 8-hr class coming in October
- Painting - Friday classes from 1-4pm
- Stained Glass - 6 week courses by *Seniors Making Art*
- Computer Classes - Keyboarding, Digital Camera, Word, E-Bay, Computer Maintenance, Googling & more!

Senior Trips - Prices vary and must be paid upon reservation. Trips include meal stop. Call for cancellation policy.

Foot care - Routine care by Visiting Nurses 2nd and 4th Fri by appt: \$25. Assistance 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.

Youth Programs

YO! - Maple Valley Youth Opportunity Program implementing the *All Stars* Prevention Program and organized recreation. Snacks provided. Parent permission required. **FREE**

- At Tahoma Middle School (TMS) Mon/ Wed 3-4pm
- At Cedar River Middle School (CRMS) Tues/ Thurs 3-4pm

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 grades 10-12 in Tahoma School District. Call for application information.

Junior Youth Council (JYC) - NEW PROGRAM!
 Youth Council for Tahoma 8-9th graders. Be part of a cool social group while planning fun events for other youth.

Teen Activity Nights - 1st and 3rd Fridays of every month - starting in October. Movies on our huge screen, Karaoke/ Open Mic, Concerts, field trips and more! Minimal fee for some events. All Movies **FREE** - Bring \$ for snacks!

Teen Drop In - Will return with the opening of our new Youth Center!

Teen Trips - Fun trips with a minimal fee. Offered to all students who attend youth programs.

Babysitting Class - "Safe Sitter" is developed especially for 11 to 13-year-olds, emphasizing safety for the sitter as well as the children in their care. Saturday 9am-4pm August 26th OR October 7th. \$30 pre-registration required.

Family Programs

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

- Mon & Fri Gracie Hansen next to Ravensdale Park (\$2/family) *Returns September 11*
- Tue & Thurs GMVCC (\$1/family) *Year round!*

Preschool Play & Learn - Tue and/or Thu 1-2:30pm for children 2½ - 5 with an adult. Structured play & facilitated discussion time. \$10 registration fee, \$35/quarter for 1x wk OR \$60/quarter for 2x wk.

Family Night - Every 2nd Friday! 6:30-9:30pm. Dinner, craft and theater-style movie. \$2.50/child and \$5/adult. *No Family Night on Veterans' Day* 9/8 *Brother Bear 2: The Moose are on the Loose* 10/13 *Curious George*

School Age special events - periodic special events for children K-5th grade. See Mad Science on Wednesday, November 8th

Monthly Parent Meetings
"BRIDGES" IEP Parent Support Group - For information contact Sara Lundin at (425) 432-1366.
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.
Holistic Moms' Network - For information contact Julie Redl (425) 413-0996.