



## New Youth Center

Programs are planned! Colors are chosen! And while visions of sugar plums, cable TV, ping-pong and pool tables, video games, cafés, computers, sound equipment, art rooms, comfy chairs and cozy couches dance in our heads, we can hardly wait for the opening of the new **Teen Center!** The building is already constructed and we're just waiting for the foundation! **ETA is Jan 2007!**

## DateWise

According to statistics it is likely you know someone who has experienced violence in a dating relationship. **Eight Tahoma students were recently trained as Date-Wise peer educators.** Designed to prevent teen dating violence, Date-Wise breaks the silence surrounding dating violence through peer education, active learning and personal empowerment. DateWise is now in its 7<sup>th</sup> year at GMVCC. Look for presentations coming soon to **Tahoma Junior High, Tahoma Senior High, Kentridge, and Kentwood high schools.**

## Benefit Breakfast

Mark your calendars! Our 3<sup>rd</sup> Annual Benefit Breakfast will be held **Thursday March 15<sup>th</sup>** at the Spirit of Washington Event Center!

## Rotary Christmas Dinner

The Rotary Christmas Dinner for **senior adults** in our community will be held at GMVCC Thursday **Dec 14<sup>th</sup> at 5:30pm.** Doors open at 5pm. No charge, however, reservations are required! Join us in thanking Rotary for this and all of their many acts of kindness and generosity during the year.

## Sumptuous Senior Lunches

We're bringing in the take-out! Join us Mondays for lunch as we enjoy the cuisine of local area restaurants. Continental, foreign, casual or fine, you're sure to enjoy the dining experience among friends at your Community Center. **Reservation and \$3 advance payment required the Friday before.** Call (425) 432-1272 for menu.

## Senior Health

GMVCC is pleased to offer the following services for Seniors.

**Blood Pressure Checks** 1<sup>st</sup> & 3<sup>rd</sup> Mondays at 11am and on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays at 9:30am

**Hearing Aid Assistance** from 10am to Noon on the 1<sup>st</sup> Mondays

**Footcare** with Visiting Nurses on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays by appointment only for \$25. Assistance is available for those who qualify.

**E-Yoga** 10-11am on Wed! Regain strength, flexibility, balance, and energy while sitting in chairs (no floor work). Fee is \$5.

**Ping Pong** - Get a great workout! Mon-Wed-Fri 8:30-11am+Wed 12:30-3pm



## Monday Shopping!

Have you been to the new Kohl's Store or to Fred Meyer lately? Need to do some holiday shopping? We offer van rides for seniors every Monday into the Covington area and local shopping Monday, Wednesday or Friday. Call 432-1272 to sign-up.



## Dancing with the Stars!

Glide across the floor to all-time dance favorites like the waltz, fox trot, tango, rumba and cha-cha. Whether you are preparing for a special occasion or just want to have some fun, this class provides you with the skills to become a confident dancer. In partnership with Green River Community College, GMVCC is pleased to offer a series of four Friday afternoon ballroom dance lessons **Jan 19<sup>th</sup>, Jan 26<sup>th</sup>, Feb 2<sup>nd</sup> & Feb 16<sup>th</sup> from 3:00-4:15 pm.** Fee is \$55. Singles and couples age 16+ welcome!

## Safe Sitter®

In response to the rising need for babysitters in the Maple Valley area, GMVCC is pleased to offer monthly Safe Sitter® classes beginning January 2007. Safe Sitter® has been recognized for excellence by the **American Academy of Pediatrics.** Taught in all 50 states and England, over 350,000 young people have completed the course. See [www.safesitter.org](http://www.safesitter.org) for more program information.



Celebrating 30 years of Community 1976 - 2006



22010 SE 248th Street  
Maple Valley, WA 98038  
Phone: 425-432-1272  
[www.maplevalleycc.org](http://www.maplevalleycc.org)

Volume 7 Issue 8 Dec 2006 - Feb 2007

## GMVCC Senior Program Warms up the Winter

### Holiday Extravaganza

Come along Wed Dec 6<sup>th</sup> at 2pm as we visit Kent Senior Center for a fun-filled afternoon of entertainment and holiday goodies. Only \$2! 11 spots available.

### Christmas Brunch

The Senior Program will celebrate Christmas with games, refreshments and a special brunch on Wed Dec 20<sup>th</sup> at 11am. Fancy dress suggested, but not required!

### Step into 2007

Step #1 - Transform the hall.  
Step #2 - Enter an exotic garden filled with birdsong and soft lights.  
Step #3 - Sip some bubbly and let your old worries float away with the old year.

Resolutions??? Who needs those! Join us at 11am Fri Dec 29<sup>th</sup> for fun, food and frolic as we welcome a Year of Self-Indulgence! No reservations necessary. Lunch is at noon. Suggested donation \$3.

### NW Garden Show

Let us worry about the driving! Whether you are a gardening enthusiast or just like to smell the flowers, this trip is for you. Thurs Jan 15<sup>th</sup> 9:30am. \$27 fee for transportation + admission.

### Mount St. Helens

Marvel at the awesome power of nature as you witness the change evoked by the massive volcanic eruption and the renewal process that followed it.

In this Academy Award-nominated film playing at the IMAX, beautiful photography of Mount St. Helens prior to the explosion is contrasted with the apocalyptic post-eruption scenery. Tue Jan 23<sup>rd</sup> - Cost is \$10 plus ticket and lunch on your own.

### Eagle Eye

On Sat Feb 3<sup>rd</sup> witness the largest concentration of bald eagles in the lower 48 states. Each winter hundreds of bald eagles return to the upper Skagit River to feed on salmon. Enjoy a special presentation by the Sarvey Wildlife Center and a tour of the North Cascades Visitor Center followed by a hearty hot lunch. Fee is \$59.

## Activity & Event Highlights

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

Holiday Craft Fair  
Saturday 12/2



Family Movie Night  
Friday 12/8 Cars



Teen Movie Night  
Dead Man's Chest 12/15



Teen Movie Night  
Invincible Friday 1/5



Senior Trip  
Acme Bowl & Billiards  
Tues 1/9



Family Night Friday 1/12  
Barnyard



Middle School Dance  
Fri 1/19



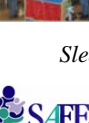
SAFE SITTER Babysitting Class Sat 1/20



IMAX Senior Trip  
Mount St. Helens 1/23



Preschool Fair  
Thurs 1/25



Teen Trip  
Sledding Fri 1/26



SAFE SITTER Babysitting Class Sat 2/3



Family Night  
Finding Nemo Fri 2/9



Senior Trip  
Tues 2/6 Muckleshoot Bingo



Senior Valentine Party  
Wed 2/14



Senior Chinese New Year Celebration  
Fri 2/16



Teen Trip  
Snow Day Tubing  
Friday 2/23



Celebrating 30 years of Community 1976 - 2006

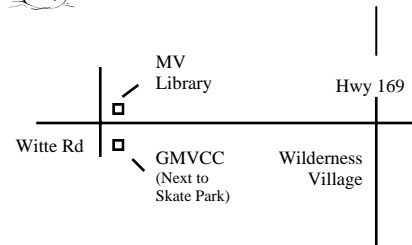


NON PROFIT  
US Postage Paid  
Permit No 95  
Maple Valley, WA

22010 SE 248th Street, Maple Valley, WA 98038  
Phone: 425-432-1272 [www.maplevalleycc.org](http://www.maplevalleycc.org)

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

If Tahoma Schools are closed or delayed due to winter weather, GMVCC will also be closed!



### GMVCC Board of Directors

Denny Pierre President  
John Hunter Vice President  
Sean Stewart Secretary  
George Dinius Treasurer  
Shelley Emmons Board Member  
Noel Gerken Board Member  
Alison Jenkins Board Member  
John Moore Board Member  
Patty Pouliot Board Member

### GMVCC Directors

Lynn Roberts Executive Director  
Antonia Kerney Senior Program Director  
Cindy Baller Children & Family Program

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.



## Maple Valley Youth Council is Wicked Awesome!

On Sept 30<sup>th</sup> the 6<sup>th</sup> annual **Battle of the Bands** rocked an audience of over 200 youth at Lake Wilderness Park. Congratulations to **The Tuxedos** who took first place in the competition! **Maple Valley Youth Council** thanks KTUB, KGRG, CJ's Bakery, Frankie's Pizza, the Explorer Scouts and all the talented participants for making this event a huge success!

### Holiday Craft Fair

Looking for that unique holiday gift or decoration? Sponsored by

MV Youth Council, don't miss the Holiday Craft Fair at GMVCC Saturday, Dec 2<sup>nd</sup> 10am-5pm.

### Scratch Cards

Raise funds for Maple Valley Youth Council and Junior Council programs by scratching! Call 432-1272 to learn how you can help!

### Middle School Dance

Junior Youth Council will host a **Winter Ball** at GMVCC Friday, **Jan 19<sup>th</sup>** from 7-9 pm. Tickets are sold for \$3 in advance during

lunches at both middle schools or \$5 at the door. Don't miss the fun!

### Winter Teen Trips

Join us Fri, **Jan 26<sup>th</sup>** for a day of sledding and fun at **Mt. Rainier** from 8:30am - 5:30pm. Cost is only \$8. Then get your tube on as we head up to the **Summit at Snoqualmie** on Friday, **Feb 23<sup>rd</sup>**. Cost is \$20. Open to all 6<sup>th</sup> - 12<sup>th</sup> graders. Bring your gear and lunch! Space is limited. Register early!

## GMVCC Family Programs Share the Spirit of Giving

### 7th Annual Preschool Fair - Free!

Looking for a preschool in the Maple Valley area? Don't know where to start? Save time at our Annual GMVCC Preschool Fair on **Thursday, January 25<sup>th</sup> 6-8 pm.** Representatives from local preschools will be here to answer questions and a directory of participating programs will be available. Fun, hands-on activities are provided, so bring the kids!



### Our Wish List

Are you tripping over toys your child has outgrown? Donations to our **Toddler Time** and **Play & Learn** programs are welcomed! Our wish list includes

- Children's Books/Magna Doodle
- Legos/Duplos/Wooden Blocks
- Little People/Fisher Price/Leap Frog
- Musical instruments (battery operated)
- Dress-up Clothes, Plastic Hats, Purses
- Matchbox Cars and Tonka Trucks
- Games (Memory/Wooden Puzzles)

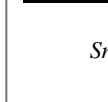
### Kids' Creations

Come together for an evening of family fun to make holiday crafts

you're sure to treasure for years to come! Mon Dec 4<sup>th</sup> 6-8pm for children ages 2½-6. Only \$5/child. Call 425-432-1272 to pre-register!








We are pleased to welcome **Cindy Baller** to our Family Program Staff!

**Cindy** has worked with children and families for 30 years and is an avid scrapbooker and family history buff. She brings a wealth of knowledge to GMVCC and we are fortunate to have her join our team! Welcome Cindy!



# Calendar of Events

# December 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>Kids' Creations! Mon 12/4 6-8pm Holiday craft making Ages 2½ - 6 \$5/child</p>	<p><b>Entertainment® Book Fundraiser</b></p> <p>Support GMVCC Programs</p> <p><b>Dine, Shop, Travel &amp; Save with the Entertainment® Book!</b></p> <p>The New 2007 Entertainment Books are Now Available!</p> <p>Up to \$10,000 savings for the cost of a \$30 book.</p>			<p>Senior Program 9-2:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>No Teen Activity Night</p>	<p>1</p> <p>Holiday Craft Fair 10am - 5pm</p> 
3	<p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>DateWise 6-7pm</p> <p>Youth Council 7-8pm</p>	<p>4</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>YO@ CRMS 3-4pm</p> <p>"BRIDGES" IEP Parent Support Group 6:30-8:30pm</p>	<p>5</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Senior Trip <i>Senior Holiday Social at Kent Senior Activity Center</i> 2pm</p> <p>YO! @ TMS 3-4pm</p>	<p>6</p> <p>Toddler Time 9:30-11:30am</p> <p>Senior Trip <i>Meeker Mansion</i> 11:15am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>YO@ CRMS 3-4pm</p>	<p>7</p> <p>Senior Program 9-2:30pm</p> <p><i>Organ Concert 11:30am</i></p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Family Night 6:30-9pm</p> <p>Movie: <i>Cars</i></p> 	<p>8</p> <p>Don't forget! You can drop-off your non-perishable food and unwrapped gifts for the MV Food Bank at GMVCC!</p>
10	<p>11</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p><b>AARP</b> Holiday Social 1-2:30pm</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>Youth Council 7-8pm</p>	<p>12</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>YO@ CRMS 3-4pm</p> <p>Home School Support Group 6:30-8:30pm</p>	<p>13</p> <p>Senior Program 9-2:30pm</p> <p><i>11:20am Senior Birthday Celebration &amp; Tahoma High School Treble Choir</i></p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>YO! @ TMS 3-4pm</p>	<p>14</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Last Class of Fall Quarter</p> <p>YO@ CRMS 3-4pm</p> <p>Rotary Senior Christmas Dinner 5:30pm</p>	<p>15</p> <p>Senior Program 9-2:30pm</p> <p><i>Rock Creek Choir 11:00am</i></p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Teen Movie Night 7-10pm</p> <p><i>Pirates of the Caribbean: Dead Man's Chest</i></p> 	<p>16</p> <p>Shop with a Cop</p>
17	<p>18</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>DateWise 6-7pm</p> <p>Youth Council 7-8pm</p>	<p>19</p> <p>Senior Trip <i>White Christmas</i></p> <p>Toddler Time 9:30-11:30am</p> <p>Teen Trip <i>Ice Skating</i> 6-8:30 pm \$10</p> 	<p>20</p> <p>Senior Program 9-2:30pm</p> <p><i>Christmas Brunch &amp; Party 11am</i></p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> 	<p>21</p> <p>Toddler Time Closed</p>	<p>22</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time Closed</p> <p>Painting 1-4pm</p>	<p>23</p>
24	<p>25</p> <p> Closed for Holiday Merry Christmas!</p>	<p>26</p> <p>CENTER CLOSED</p>	<p>27</p> <p>No Senior Program Today!</p>	<p>28</p> <p>Toddler Time Closed</p>	<p>29</p> <p>Senior Program 9-2:30pm</p> <p><i>New Year's Eve Party 11am</i></p> <p>GH Toddler Time Closed</p> <p>Painting 1-4pm</p>	<p>30</p>

# Calendar of Events

# January 2007

31	<p>1</p> <p>Closed for Holiday</p> 	<p>2</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p><i>Winter Quarter Begins!</i></p> <p>"BRIDGES" IEP Parent Support Group 6:30-8:30pm</p>	<p>3</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>YO! @ TMS 3-4pm</p>	<p>4</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>YO! @ CRMS 3-4pm</p>	<p>5</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Teen Movie Night 7-10pm</p> <p>Movie: <i>Invincible</i></p> 	<p>6</p>
7	<p>8</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p><b>AARP</b> Meeting 1-2:30pm</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>Youth Council 7-8pm</p>	<p>9</p> <p>Senior Trip <i>Acme Bowl 11am</i></p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ CRMS 3-4pm</p> <p>Home School Support Group 6:30-8:30pm</p>	<p>10</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ TMS 3-4pm</p>	<p>11</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ CRMS 3-4pm</p>	<p>12</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>Family Night 6:30-9pm</p> <p><i>Barryard</i></p> 	<p>13</p> <p>Teen Drop In 2-11pm</p> <p>(Call to confirm)</p>
14	<p>15</p> <p>CENTER CLOSED</p> <p>Martin Luther King, Jr. Day</p> 	<p>16</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ CRMS 3-4pm</p> <p>Foster Parent Support Group 7-9pm</p>	<p>17</p> <p>Senior Program 9-2:30pm</p> <p><i>Senior Birthday Celebration 12pm</i></p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ TMS 3-4pm</p>	<p>18</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ CRMS 3-4pm</p>	<p>19</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Ballroom Dancing #1 3-4:15pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>Teen Activity Night 7-9pm</p> <p><i>Middle School Dance</i></p>	<p>20</p> <p>Babysitting Class 9-4pm</p>  <p>Teen Drop In 2-11pm</p> <p>(Call to confirm)</p>
21	<p>22</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>Youth Council 7-8pm</p>	<p>23</p> <p>Toddler Time 10-12am</p> <p>Senior Trip <i>IMAX Mount St. Helens 11am</i></p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ CRMS 3-4pm</p> <p>Holistic Moms Network 7-9pm</p>	<p>24</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ TMS 3-4pm</p>	<p>25</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>(Call to confirm)</p> <p>YO! @ CRMS 3-4pm</p> <p>Preschool Fair 6-8pm</p> 	<p>26</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time Closed</p> <p>Painting 1-4pm</p> <p>Ballroom Dancing #2 3-4:15</p> <p>Teen Trip 8:30-5:30pm</p> <p><i>Snow Day Sledding</i></p> 	<p>27</p> <p>Teen Drop In 2-11pm</p> <p>(Call to confirm)</p>

# Calendar of Events

# February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Jan 28</p>	<p>Jan 29</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>Youth Council 7-8pm</p>	<p>Jan 30</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p>	<p>Jan 31</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ TMS 3-4pm</p>	<p>Feb 1</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p>	<p>2</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Ballroom Dancing #3 3-4:15pm</p> <p>Teen Drop In 2:30-6pm</p> <p>Teen Movie Night 7-10pm</p> <p>TBA</p> 	<p>3</p> <p>Babysitting Class 9-4</p>  <p>Senior Trip <i>Bald Eagles</i></p> <p>Teen Drop In 2-11pm</p>
4	<p>5</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>DateWise 6-7pm</p> <p>Youth Council 7-8pm</p>	<p>6</p> <p>Toddler Time 9:30-11:30am</p> <p>Senior Trip <i>Muckleshoot 11am</i></p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p> <p>"BRIDGES" IEP Parent Support Group 6:30-8:30pm</p>	<p>7</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ TMS 3-4pm</p>	<p>8</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>YO Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p>	<p>9</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Teen Drop In 2:30-6pm</p> <p>Family Night 6:30-9pm</p> <p><i>Finding Nemo</i></p> 	<p>10</p> <p>Teen Drop In 2-11pm</p>
<p>11</p> <p><b>AARP</b> Valentine Dinner Dance 5-8 pm</p> 	<p>12</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p><b>AARP</b> Meeting 1-2:30pm</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>Youth Council 7-8pm</p>	<p>13</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p> <p>Home School Support Group 6:30-8:30pm</p>	<p>14</p> <p>Senior Program 9-2:30pm</p> <p><i>Valentine's Day Party 11:30am</i></p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ TMS 3-4pm</p> 	<p>15</p> <p>Toddler Time 9:30-11:30am</p> <p>Senior Trip <i>NW Flower &amp; Garden Show 9:30am</i></p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p>	<p>16</p> <p>Senior Program 9-2:30pm</p> <p><i>Chinese New Year Party 11am</i></p> <p>GH Toddler Time 9:30-11:30am</p> <p>Painting 1-4pm</p> <p>Ballroom Dancing #4 3-4:15</p> <p>Teen Drop In 2:30-6pm</p> <p>No Teen Activity Night</p>	<p>17</p> <p>Teen Drop In 2-11pm</p>
<p>18</p> <p>Chinese New Year</p> 	<p>19</p> <p>CENTER CLOSED</p> <p>Presidents Day</p> 	<p>20</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p> <p>Foster Parent Support Group 7-9pm</p>	<p>21</p> <p>Senior Program 9-2:30pm</p> <p><i>Senior Birthday Party 12 noon</i></p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ TMS 3-4pm</p>	<p>22</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p>	<p>23</p> <p>Senior Program 9-2:30pm</p> <p>GH Toddler Time Closed</p> <p>Painting 1-4pm</p> <p>Senior Trip <i>Snow Day</i></p> <p>Tubing Time TBD</p> 	<p>24</p> <p>Teen Drop In 2-11pm</p>
25	<p>26</p> <p>Senior Program 9-2:30pm</p> <p>Computer Classes 9am / 12:30pm</p> <p>GH Toddler Time 9:30-11:30am</p> <p>YO! @ TMS 3-4pm</p> <p>Junior Youth Council 5-6pm</p> <p>Youth Council 7-8pm</p>	<p>27</p> <p>Toddler Time 9:30-11:30am</p> <p>Play &amp; Learn 1-2:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ CRMS 3-4pm</p> <p>Holistic Moms' Network 7-9pm</p>	<p>28</p> <p>Senior Program 9-2:30pm</p> <p>E-Yoga for Seniors 10-11am</p> <p>Computer Class 12:30pm</p> <p>Teen Drop In 2:30-6pm</p> <p>YO! @ TMS 3-4pm</p>	<p> <b>Weddings, Receptions, Birthday Parties!</b></p> <p>Ask about our rental plans!</p> <p>Visit <a href="http://www.maplevalleycc.org">www.maplevalleycc.org</a></p>		

# Program Descriptions

## Senior Adult Programs

MWF 9am-2:30pm Drop-in for coffee & conversation! Join in an activity or just relax with a book in our library!

- Cards, Mexican train, cribbage, puzzles 9-11am
- BP Checks - 1st, 3rd Mon 11am, 2nd, 4th Mon 9:30am
- Hearing Aid Assistance - 1st Monday 10-12am
- E-Yoga - Everybody-Easy-Energy! Wednesdays 10am
- Bingo - Wed & Fri 11am & 1st, 3rd, 4th Mondays 1pm
- Needles & Hooks - Wednesday 11am
- Senior Lunch - Noon MWF (\$3 donation W/F; Monday lunch requires reservation + \$3 prepaid by previous Fri)
- Birthday Celebration - 3rd Wed of each month. Senior Program buys lunch for registered Seniors w/ birthdays!
- Van Transportation - MWF local rides for shopping & appointments. Call 24 hrs in advance for reservations.

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

- AARP Safe Driving - 2 8-hr classes
- Painting - Friday classes from 1-4pm
- Stained Glass - 6 week courses by *Seniors Making Art*
- Computer Classes - Mon 9am & 12:30; Wed 12:30
- Ballroom Dancing - 1/19, 1/26, 2/2, 2/16 3-4:15 (\$55)

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. Call Kristiane or Megan for application information at 425-432-1272.

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, dances 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! Scheduled to begin in January, please call to confirm availability. Tues-Fri 2:30-6pm Saturdays 2-11pm

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

Babysitting Class - Safe Sitter® for 11 to 13-year-olds. Become a safe & responsible babysitter! Saturday 9am-4pm Jan 20th OR Feb 3rd - \$40 pre-registration (425) 432-1272

## Family Programs

Toddler Time - Supporting parents as children's first teachers. Drop-in play for parents/caregivers with children ages 0-5. Snack provided. Beginning Jan 2, 2007 Toddler Time at both sites will be \$2.

- Gracie Hansen (Ravensdale) Mon & Fri 9:30-11:30 am (*Follows school district calendar*)
- Tue & Thurs GMVCC 9:30-11:30 am *Year round!*

Preschool Play & Learn - Supporting parents as children's first teachers. Tue and/or Thu 1-2:30 pm for children 2½ - 5 with an adult. Winter Quarter starts Jan 2 - Mar 22. \$10 registration fee + \$35/qtr for 1x/wk OR \$60/qtr for 2x/wk. For information call Cindy (425) 432-1272.

Family Night - 2nd Friday! 6:30-9pm Dinner, craft and theater-style movie. \$2.50/child and \$5/adult

School Age Special Events

Kids' Creations - Make & Take Holiday Crafts! Mon Dec 4th 6-8pm Ages 2½-6 Pre-register \$5/child

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.