



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

March 2017

Trip and tour fees include planning, transportation, parking, and driver's expenses. Most trips include a no-host lunch. All schedules are subject to change.

Monday, March 6

Book Club: The Outsiders

Join our 50+ monthly book club for lively conversation and to meet new people too. We will meet on the first Monday of each month from 10:00-10:45am in the GMVCC library. This month we will be discussing the classic *The Outsiders*, by S.E. Hinton. Cost is just \$1, and you will be responsible for getting your own copy of the book.

Tuesday, March 7

Hydroplane and Race Boat Museum

Enjoy the nation's only public museum dedicated solely to powerboat racing. The museum features an incredible collection of vintage hydroplanes spanning seven decades, including boats that have won 17 Gold Cups. The museum is also the nation's primary resource for historical & educational information on hydroplane racing. Leave GMVCC at 10am. Cost is \$21 plus \$5 admission at the door. Bring money for lunch afterwards.

Wednesday, March 8

AARP Scam Prevention Discussion

A representative from AARP will be here before lunch, from 11am-12pm to discuss with us how to recognize and deal with scams that target seniors. Plan to join us and be prepared with any questions you may have on the topic. This talk will be free, and you do not need to register to attend.

Thursday, March 16

GMVCC Annual Benefit Breakfast

The Benefit Breakfast is an annual fundraising event that helps support the quality human services and social activities for children, teens, seniors, and families through the Greater Maple Valley Community Center. The breakfast is designed to raise \$20,000 through sponsorships and the donations of invited guests. Event begins at 7:15am. RSVP at the front desk or at markp@maplevalleycc.org.

Friday, March 17

St. Patrick's Day Lunch

Help us celebrate St. Patrick's Day with a delicious and festive lunch of Irish Stew, Irish Soda Bread, strawberries, and chocolate chip mint ice cream! Don't forget to wear GREEN or you just might get a pinch! Lunch cost is the usual \$3 donation, and you do not need to sign up in advance. Lunch served at noon.

Tuesday, March 21

Muckleshoot Bingo

If you're not already bonkers for bingo, you will be when you join in the fun at Muckleshoot Bingo. We will provide you with a bingo dauber before you go! The session warm-up begins at 11:45, so we will leave at 10:45 to give you time to get settled in with a snack and your game cards. Cost for this trip is \$21, plus you will need to pay \$7 (or more depending on what you choose to play) for your session when you get there. Food and drink will be available for purchase at break time during the game. Sign up at the front desk!

Wednesday, March 22

Happy Birthday!!

Help us wish Happy Birthday to everyone with a birthday this month! Bingo is at 10:00, music by Ted Argo at 11:00, and lunch at 12:00 featuring birthday cake (generously provided by Covington Place Sr. Apts.). If your birthday is this month, all of this is FREE! **Please note: NO MOVE STRONG. BINGO STARTS AT 10:00AM.**

Tuesday, March 28

Take a Hike: Flaming Geyser State Park

Enjoy a flat walk of about 4 miles checking out this local state park. Cost is \$12, and bring money for lunch at Krain Corner after the hike. We will leave GMVCC at 9:30am.

Friday, March 31

Painting Demo at our Weekly Painting Time

Calling all painters (all mediums) to come in to our main hall to paint, socialize, and offer artistic "suggestions" each Fri from 1:00-4:00. Absolutely no experience is necessary; all levels of ability are welcome. Suggested donation \$1. NEW! On March 31, join Barbara Benedetti-Newton (www.barbaranewton.net) at 1:30 for a 45-minute pastels demonstration. After the presentation, feel free to participate with your own project. Any medium is welcome and encouraged. Tables and space to spread out is available, however, there are no easels for use. No preregistration required. \$1 to participate.



Coming in April

- Tuesday, April 4 Rhododendron Species Botanical Garden
- Monday, April 6 Book Club: Following Atticus by Tom Ryan
- Thursday, April 13 Volunteer Luncheon (By invitation)
- Friday, April 14 Easter Lunch and Egg Hunt
- Tuesday, April 18 Bill & Melinda Gates Foundation Tour



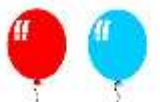
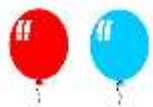


		<p>1 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Ham/Cheese Sandwich & Tomato Soup 12:30 Cards 2:30 Line Dancing</p>	<p>2 9:00 Walking Group</p>	<p>3 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 11:00 Blood Pressure 12:00 Chicken Fajita 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>6 9:00 Walking Group 9:30 Aging Well Yoga 10:00 Book Club 10:30 Move Strong 11:00 Bingo 12:00 Ravioli w/ Meat Sauce 12:30 Cards 1:00 Ping Pong</p>	<p>7 Leave GMVCC at 9:45am for Hydroplane and Race Boat Museum</p>	<p>8 9:30 Aging Well Yoga 10:00 Bingo 10:45 Quilting (Den) 11:00 AARP Scam Prevention Talk 12:00 Meat Loaf 12:30 Cards 2:30 Line Dancing SCHEDULE CHANGE NO MOVE STRONG</p>	<p>9 9:00 Walking Group</p>	<p>10 AARP Foot Care (by appt.) 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Sausage & Peppers, potatoes, onions 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>13 AARP 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Baked Potato 12:30 Cards 1:00 Ping Pong</p>		<p>15 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Sub Sandwich 12:30 Cards 2:30 Line Dancing (in the DEN)</p>	<p>16 7:15 GMVCC Benefit Breakfast 9:00 Walking Group</p> 	<p>17 St. Patrick's Day 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Blood Pressure 11:00 Bingo 12:00 Irish Stew 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>20 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Taco Salad 12:30 Cards 1:00 Ping Pong</p>	<p>21 Leave GMVCC at 10:45am for Muckleshoot Bingo</p>	<p>22 Happy Birthday! 9:30 Aging Well Yoga 10:00 Birthday Bingo 10:45 Quilting (Den) 11:00 Music by Ted Argo 12:00 Beef Stroganoff 12:30 Cards 2:30 Line Dancing SCHEDULE CHANGE NO MOVE STRONG</p>	<p>23 9:00 Walking Group</p> <p>Foot Care (by appt.)</p>	<p>24 Foot Care (by appt.) 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Minestrone Soup 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>27 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Chef Salad 12:30 Cards 1:00 Ping Pong</p>	<p>28 Take a Hike: Flaming Geyser State Park Leave GMVCC at 9:30am</p>	<p>29 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 Shepherd's Pie 12:30 Cards 2:30 Line Dancing</p>	<p>30 9:00 Walking Group</p>	<p>31 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 French Bread Pizza 12:30 Cards 1:00 Painting 1:30 Oil Pastel Demo</p>

Because of a grant, there is a suggested donation of \$3 for our eligible participants' lunches. Fee for those 59 and under is \$6.

HAPPY BIRTHDAY!

Bingo is at 10:00, music by Ted Argo is at 11:00, and lunch is at 12:00. If your birthday is in March, this is all free!



Jessie Ackerson
Mary Ann Adler
Lyle Anderson
Melody Blagg
R.B. Bolin
Norma Burnard
John Case
Jackie Christenson
Lynn Churchill
Jolene Clabby
Charlotte Cormier

Kathlyn Cornwall
Karen Crawford
Robert Daniels
Wesley Davis
Cathy Dussert
Loretta Edinger
Sandy Faul
Joanne Fels
Aidan Fite
Liz Gadwa
Michael Gelotte

Jules Gommi
Fritz Gottfried
Verla Graham
Toni Hansen
Irene Haynie
Virginia Hopper
Jose Hueso
Robert Hunt
Anne Hurd
Linda Johnson
Wilma Jones

Peggy Kay
Louella Kessler
Diane Lancaster
Gayle Lawrence
Addie Malaspina
Olinda Martin
Edward Matthews
Donald McEniry
Winnie McFarland
Eilene Meyer
Sheryl Michler

Dan Miller
Mary Morris
Kathy Myers
Darvee Olsen
Thomas Patterson
Mary Perow
Marvin Perrault
Roberta Plastino
Gladys Rash
Joyce Roberts
Kathy Roberts

Don Schill
Les Scott
Linda Seale
Carol-Ann Spoerer
Jill Thomas
Gene Tufts
Richard Upchurch
Pat Valdez
Janet Whitaker
Gene Willingham
Connie Wills

