



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

April 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, April 3

Book Club: Following Atticus

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 Following Atticus by Tom Ryan. Cost is just \$1, and you will be responsible for getting your own copy of the book.

Tuesday, April 4

Rhododendron Species Botanical Garden

More than 700 species are on display at this, the granddaddy of all Rhody collections. A stated goal of the garden: "to secure the finest authentic forms of rhododendron species and to develop a comprehensive collection of this plant genus." Along with adding more varieties of plants over the years, the garden has concerned itself with protecting native Rhody habitat around the world.

This will be a self-guided tour through the botanical gardens. We will leave GMVCC at 10:30am. Cost is \$20 due at registration, plus \$5.00 admission at the door. Bring money for lunch at Olive Garden afterwards.

Tuesday, April 11

Take a Hike: O'Grady Park

Hiking time at O'Grady park is approximately 3 hours, and 4-6 miles depending on your ability. Trail is considered moderate for elevations gains/losses and uneven terrain at times. Bring poles, food, and water. Cost is \$12 and we will leave GMVCC at 9:00am. Please register at the front desk.

Friday, April 14

Intergenerational Lunch and Egg Hunt

It's time once again for us to show the toddlers from the Maple Valley Family Circle a "hopping" good time with an Easter Egg Hunt (with bunny) and a special baked ham lunch - with fish sticks for the kids! **Bingo will start at 10:30 am**, and the kids will start arriving at 11:30 for their 11:45 hunt. For seniors 60+, lunch is a suggested donation of \$3.00. Adults 59 and under are \$6.00, Children 10 and under are \$3.00. Please sign up and prepay for your lunch at the main desk to reserve your spot. **Please note: no Fall-Prevention Exercise today.**

Tuesday, April 18

Bill and Melinda Gates Foundation Tour

Guided by the belief that every life has equal value, the Bill & Melinda Gates Foundation works to help all people lead healthy, productive lives. In developing countries, it focuses on improving people's health and giving them the chance to lift themselves out of hunger and extreme poverty. In the United States, it seeks to ensure that all people—especially those with the fewest resources—have access to the opportunities they need to succeed in school and life. The Bill & Melinda Gates Foundation Visitor Center takes visitors of all ages on an interactive journey that brings to life the connections we share with others across the globe. Leave GMVCC at 9:45am. Cost is \$25; bring money for your lunch.

Tuesday, April 25

Take a Hike: Rattlesnake Ledge

This trail is 4 miles round trip, and is considered moderate-hard for elevation gains. Cost is \$12. You will want to bring poles, food, and water for on the trail. We will leave GMVCC at 9:00am. Please register at the front desk.

Wednesday, April 26

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 Fall-Prevention Exercise today. BINGO STARTS AT 10:00AM.**

Friday, April 28

Watercolor Techniques Painting Demo

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. On April 28th, join Renee Williams at 1:30 for a 45-minute watercolor techniques demonstration. After the Demo, 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 May

- Monday, May 1 Book Club: The House Girl, by Tara Conklin
- Tuesday, May 2 Vine Maple Place Tour
- Thursday, May 4 Painting Event with Clayopatra
- Tuesday, May 9 Take A Hike: Skookum Flats
- Friday, May 12 Mother's Day Lunch
- Tuesday, May 16 Tour of Bainbridge Organic Distillers
- Sunday, May 21 Spring Fling Dinner Dance
- Tuesday, May 23 Take A Hike: Wallace Falls



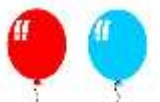
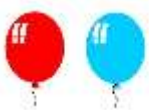


<p>3 9:00 Walking Group 9:30 Aging Well Yoga 10:00 Book Club 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Mac & Cheese</u> 12:30 Cards 1:00 Ping Pong</p>	<p>4 Rhododendron Species Botanical Garden Trip Leave GMVCC at 10:30am</p>	<p>5 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Spaghetti w/ meat sauce</u> 12:30 Cards 2:30 Line Dancing</p>	<p>6 9:00 Walking Group </p>	<p>7 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Blood Pressure 11:00 Bingo <u>12:00 Stuffed Bell Peppers</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>10 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Sloppy Joes</u> 12:30 Cards 1:00 Ping Pong</p>	<p>11 Take a Hike: O'Grady Park Leave GMVCC at 9:00am</p>	<p>12 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 10:45 Quilting (Den) 11:00 Bingo <u>12:00 Chef Salad</u> 12:30 Cards 2:30 Line Dancing</p>	<p>13 9:00 Walking Group Volunteer Luncheon (by invitation only) 11:30am in the GMVCC Main Hall</p>	<p>14 Easter Lunch/Egg Hunt Foot Care (by appt.) 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Bingo 11:45 Toddler Egg Hunt <u>12:00 Baked Ham or Fish Sticks</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong NO FALL-PREVENTION</p>
<p>17 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Mini Meat-loaves</u> 12:30 Cards 1:00 Ping Pong</p>	<p>18 Bill and Melinda Gates Foundation Tour Leave GMVCC at 9:45am</p>	<p>19 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Grilled Hawaiian Sandwich</u> 12:30 Cards 2:30 Line Dancing</p>	<p>20 9:00 Walking Group </p>	<p>21 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Blood Pressure 11:00 Bingo <u>12:00 Beef Stroganoff w/ egg noodles</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>24 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Quiche</u> 12:30 Cards 1:00 Ping Pong</p>	<p>25 Take a Hike: Rattlesnake Ledge Leave GMVCC at 9:00am</p>	<p>19 Happy Birthday! 9:30 Aging Well Yoga 10:00 Birthday Bingo 10:45 Quilting (Den) 11:00 Music by Ted Argo <u>12:00 BBQ Chicken</u> 12:30 Cards 2:30 Line Dancing NO FALL-PREVENTION</p>	<p>27 9:00 Walking Group Foot Care (by appt.)</p>	<p>28 Foot Care (by appt.) 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Fall-prevention exercise 11:00 Bingo <u>12:00 Loaded Baked Potato</u> 12:30 Cards 1:00 Painting 1:30 Oil Pastel Demo NO PING PONG</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 April, this is all free!



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|-------------------|----------------|--------------------|-----------------------|------------------|---------------|
| Marian Averill | Nana Dapaah | Gladys Gilbert | Ellen Keefe | John Nyseth | Sandra Sulser |
| Claudia Barnes | Gary Davenport | Lois Greenside | Edris Kenan | Louise Peters | Nobby Taguchi |
| Diane Berge | Jim Douglas | Joann Harshfield | Kanakavalli Kolagodla | Bill Pond | Sandy Wade |
| Stephanie Bokor | Mary Ehlers | Nolan Hebrank | Lucille Macy | Sandy Redick | Darryl Weide |
| Lee Bossom | Ed Eixenberger | Gladys Hilde | Kathy Matsuzaki | Rozanne Salyer | Janet Willis |
| Linda Carlson | Helen Ewing | George Holden | Meredith Mcmurdo | Gertrude Sargent | Shirley Young |
| Mardelle Cheetham | Cindy Frey | Eleanor Hollenbeck | Yvonne Nicholson | Pat Sipila | |

