



GMVCC Senior Program Calendar

MARCH 2020

Lunch is served every M/W/F promptly at noon.

Cost for lunch for those ages 60+ is a \$4 suggested donation. Those 59 and under pay a fee of \$7.

<p>2 9:00 Walking Group 9:00 Aging-Well Yoga 10:00 Book Club 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Quiche w/ Ham</u> 12:30 Cards 1:00 Ping Pong</p>	<p>3 Senior Trip: Round 1 Bowling Leave GMVCC at 9:30am</p>	<p>4 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>French Dip</u> 12:30 Cards 12:30 Mah Jong 3:00 Line Dancing</p>		<p>6 9:00 Walking Group 10:30 Fall-Prev Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 <u>Chicken Cordon Bleu Casserole</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>9 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Stuffed Red Pepper</u> 12:30 Cards 1:00 Ping Pong</p>	<p>10 Take a Hike: Twin Falls Leave GMVCC at 9:00am</p>	<p>11 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 <u>Teriyaki Chicken</u> 12:30 Cards 12:30 Mah Jong 3:00 Line Dancing</p>		<p>13 Foot Care (by appt) 9:00 Walking Group 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Minestrone Soup</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>16 St. Patrick's Day Lunch 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Shepherd's Pie</u> 12:30 Cards 1:00 Ping Pong</p> 	<p>17 SHIBA (Senior Health Insurance Benefits Assistance) appts available today</p>	<p>18 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Chef Salad</u> 12:30 Cards 12:30 Mah Jong 3:00 Line Dancing</p>	<p>19 Senior Trip: Pottery Painting Leave GMVCC at 10:45am</p>	<p>20 AARP Safe Driving 9:00 Walking Group 10:30 Fall-Prev Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 <u>Baked Potato</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>23 AARP Safe Driving 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Chicken Fajitas</u> 12:30 Cards 1:00 Ping Pong</p>		<p>25 Birthday Lunch 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 <u>Baked Ziti</u> 12:30 Cards 12:30 Mah Jong 3:00 Line Dancing</p>	<p>26 Foot Care (by appt) Take a Hike: Skookum Falls Leave GMVCC at 9:00am</p>	<p>27 Foot Care (by appt) 9:00 Walking Group 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Baked Chicken</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>30 9:00 Walking Group 9:00 Aging-Well Yoga 10:30 Fall-Prev Exercise 11:00 Bingo 12:00 <u>Beef Stroganoff</u> 12:30 Cards 1:00 Ping Pong</p>				



Coming in April:

- April 2** Senior Trip: Seattle Asian Art Museum, Pre-registration is required
- April 6** Book Club: The Middleman by Bharati Mukherjee
- April 10** Easter Luncheon and Egg Hunt
- April 14** Take a Hike: Little Mashel Falls
- April 21** Senior Trip: Muckleshoot Bingo, Pre-registration is required
- April 21** SHIBA appointments available



Senior Trip fees include planning, transportation, parking, and driver expenses. Most trips include a no-host lunch. You MUST sign up and pay for all trips/hikes in advance at the front desk. All schedules are subject to change.

Monday, March 2

Book Club

Get reading and join the conversation! Reading is fun, interesting, and good for you. Join our monthly book club for lively conversation and to meet new people, too. Selections include both fiction and non-fiction. We meet on the first Monday of each month (unless otherwise noted) from 10-11am in the GMVCC library. We suggest a \$1 donation, and you are responsible for getting your copy of the book. This month we will be discussing Skid Road, by Murray Morgan.

Tuesday, March 3

Senior Trip: Round 1 Bowling

Bowling lovers unite and join us on a trip to Round 1 Bowling and Amusement in Tukwila for a few strikes and spares. We will leave GMVCC at 9:30, bowl for 90 mins, then lunch at the Cheesecake Factory. Cost for this trip is \$15, plus you will need to pay for your own bowling (\$11), shoe rental (\$4), and lunch separately.

Wednesdays, beginning March 4

Line Dancing

Join instructor Janie, who has been line dancing for over 12 years, to learn the joy of line dancing, maintain fitness and coordination, and have fun. Wear light-weight, comfortable clothes and soft-soled shoes. This class is drop-in, cost is \$5, and punch cards are available. Your first introductory class is free. Class will be held every Wednesday in the Main Hall from 3-4:30.

Tuesday, March 10

Take a Hike: Twin Falls

This trail is a 3.6-mile out-and-back trail located near North Bend that features a waterfall and is rated as moderate. Please bring poles, water and snacks for the trail. Cost for this hike is \$12 and we will leave GMVCC at 9am.

Monday, March 16

St. Patrick's Day Luncheon

Celebrate this fun Irish holiday at our St. Patrick's Day Luncheon! Our fabulous cooks will be serving Shepherd's Pie. Cost for lunch is a \$4 suggested donation for those age 60 and over, and a \$7 fee for anyone 59 and under. You do not need to sign up in advance for this lunch, but we do suggest you wear green or you just might get a pinch!

Thursday, March 19

Senior Trip: Glazed Art Pottery Painting

A fun, creative, do-it-yourself experience! Glazed Art offers a wide selection of ceramics such as plates, bowls, mugs, jars, figurines, boxes, vases, frames, and much more! Each piece of pottery ranges from \$10 - \$60. The price includes everything - the paints, brushes, and of course the glazing & firing. We will leave GMVCC at 10:45, and will have lunch together at The Rock Wood Fired Pizza after painting. Cost for this trip is \$15 plus money for your project and lunch.

Wednesday, March 25

Monthly Birthday Luncheon

"Life should not only be lived, it should be celebrated!" -Osho
Let's gather together to celebrate all of our friends with a birthday this month. We will have Bingo at 11, and lunch with birthday cake (generously provided by Fountain Court Senior Living) served at noon. If your birthday is this month, pickup your birthday goodie bag at the check-in desk. Come celebrate with us!

Thursday, March 26

Take a Hike: Skookum Falls

Join us on this easy-to-moderate 4.2-mile hike in the Mt. Rainier area. Bring boots, snacks, and poles if you would like. We will stop for a treat post-hike. Cost for this hike is \$15 and we will leave GMVCC at 9am.



Martha Adams
Mary Ann Adler
Lyle Anderson
Betty Bowers
Hannelore Brabo
John Case
Charlotte Cormier

Sue Cornwall
Gayle Cyra
Ilene Dobner
Cathy Dussert
Loretta Edinger
Sue Erickson
Michael Gelotte

Jules Gommi
Michael Haws
Irene Haynie
Peggy Hibner
Frank Huber
Linda Johnson
Loella Kessler

Bob Kuro
Dianne Leider
Kirk Luthi
Olinda Martin
Marilyn Nelson
Curtis Patterson
Thomas Patterson

Gladys Rash
Kathy Roberts
Don Schill
Ann Shorb
Arlene Stelzer
Art Stueber
Gene Tuffs

Pat Valdez
Robert VonRuden
Eileen Vreeburg
Camille Walls
Susan Weeks
Kathleen Weiser
Gene Willingham

RIDDLES

1. I am full of holes but can hold water. What am I?
2. What are two things people never eat before breakfast?
3. What gets wet when drying?
4. What becomes larger the more you take away?
5. What has four legs but only one foot?
6. The more there is of this, the less you see. What is it?