



Welcoming diversity...

# GMVCC Senior Adult Connections

## Activities and Events for Adults Ages 50+

January 2010

### TRIPS AND TOURS

No host meal. Fees include transportation, parking and driver's expenses.

#### Tuesday, January 5th

#### Boeing Everett Plant

This Boeing facility is home to the 747, 767, 777 and 787 Dreamliner production lines. During the tour of the world's largest building by volume, we'll see the actual production of these giant transporters. Leave GMVCC at 9:00. Cost is \$15; take lunch money and \$14 for admission.



#### Tuesday, January 19th

#### Snoqualmie Casino

We're back to Snoqualmie for fun, games and lunch!! Always a fun place and absolutely beautiful scenery! Leave GMVCC at 9:30. Cost is \$8; take money for lunch and games.

### SPECIAL EVENTS

#### Wednesday, January 13th

#### Sonus Hearing

Let the hearing professionals help you with all of your hearing problems and hearing aid needs. Sharon will be here from 11:30-12:30; no appointments are necessary and this is a complimentary service.



#### Friday, January 15th

#### VA Benefits

Joel Estey will be here from 8:30-11:00 to help all veterans and their dependants get any and all benefits that they have earned in the service of their country. No appointments are necessary and this is a complimentary service.

#### Wednesday, January 20th

#### Senior Rights Assistance

Do you have any questions about Medicare and the myriad prescription plans available? Fred Bauer is the man for you and he will be here to answer your questions. This is by appointment only and there is no charge.

#### Wednesday, January 20th

#### Acrylics Classes Begin

Bob Garland will return with his Acrylics Classes. These are for everyone from beginner to advanced and will focus on a blue jay. There will be six 3-hour classes, each on a Wednesday from 1:00-4:00. Cost is \$80 payable to Bob. For more information or for a list of supplies, call Bob at 630 886 2246.



#### Friday, January 22nd and Monday, January 25th

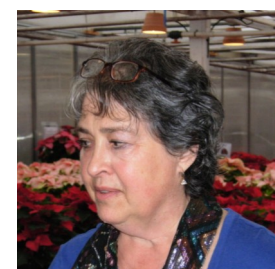
#### AARP Safe Driving

Let Rich help you brush up on your driving skills and save money on your car insurance. This class will be offered both days from 9:30-2:30 and costs \$12 for AARP members and \$14 for non-members payable to Rich in the 1st class. Both days must be completed for credit.

#### Wednesday, January 27th

#### Happy Birthday!!

Help us say Happy Birthday to everyone born in January. Birthday Bingo at 11:00 free for celebrants; AND we buy the birthday babies' lunches.



### Coming in February

#### Panama Hotel

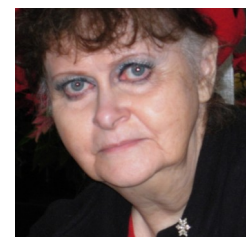
To quote an on-line reviewer: "There are so many old photographs and relics from the past....They even have a spot in the floor which is see-through where you can view the basement which is chock full of old suitcases and trinkets left behind by Japanese Americans just before they were shipped to internment camps." February 2nd. Time TBA.

#### Alchemy Factory Tour

This unusual factory turns useless into useful, making bags and accessories out of recycled bicycle inner tubes, seat belts and billboard banners. February 16th. Time TBA.

#### Annual Janet McKim Valentine Dinner Dance

This year's Dance will be on Valentine's Day, February 14th. Details are still being worked out, but reservations will be required.




Visit our website or call for program details and cancellation policies.





# GMVCC Activities & Events for Adults Ages 50 +

## January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>CLOSED FOR THE HOLIDAY</b>
<b>4</b> 10:30 Move Strong 11:00 Bingo 12:00 <b>Tomato Soup/ Ham Sandwich</b> 1:00 Ping Pong & Wii	<b>5</b> <b>9:00 Leave for a tour of the Boeing Plant in Everett</b>	<b>6</b> 9:30 Spirit & Strength Yoga 10:30 Move Strong 11:00 Bingo 12:00 <b>French Bread Pizza</b>	<b>7</b>	<b>8</b> Foot Care (by appt. only) 10:30 Move Strong 11:00 Bingo 12:00 <b>Chicken Fettuccini</b> 1:00 Painting
<b>11</b> 10:30 Move Strong 11:00 Bingo 12:00 <b>Eggs Benedict</b> 1:00 Ping Pong & Wii	<b>12</b>	<b>13</b> 9:30 Spirit & Strength Yoga 10:30 Move Strong 11:00 Bingo 11:30-12:30 Sonus Hearing 12:00 <b>Salisbury Steak</b>	<b>14</b>	<b>15</b> 8:30-11:00 VA Benefits 10:30 Move Strong 11:00 Bingo 11:00 Blood Pressure 12:00 <b>Stuffed Baked Potatoes</b>
<b>18</b> <b>CLOSED FOR MARTIN LUTHER KING DAY</b>	<b>19</b> <b>9:30 Leave GMVCC for the Snoqualmie Casino</b>	<b>20</b> Sr. Rights Asst. (by appt.) 9:00 Mexican Train 9:30 Spirit & Strength Yoga 10:30 Move Strong 11:00 Bingo 12:00 <b>Chicken Pot Pie</b>	<b>21</b>	<b>22</b> Foot Care (by appt. only) 9:30 AARP Safe Driving 10:30 Move Strong 11:00 Bingo 12:00 <b>Hamburgers</b> 1:00 Painting
<b>25</b> 9:30 AARP Safe Driving 10:30 Move Strong 11:00-12:00 Computer Assisstance 11:00 Bingo 12:00 <b>Baked Ham</b> 1:00 Ping Pong & Wii	<b>26</b>	<b>27</b> <b>Happy Birthday!</b> 9:30 Spirit & Strength Yoga 10:30 Move Strong 11:00 Bingo 12:00 <b>Spaghetti w/Meat Sauce</b> 1:00 Acrylics #2	<b>28</b>  <b>HAPPY BIRTHDAY!</b>	<b>29</b> 10:30 Move Strong 11:00 Bingo 12:00 <b>Baked Chicken</b> 1:00 Painting  <b>MAKE RESERVATIONS FOR THE VALENTINE DINNER DANCE!!!</b>

### Happy Birthday!!

Wednesday, December 16th

Birthday people get to play **Birthday Bingo at 11:00 for FREE!!** And **WE BUY YOUR LUNCH!!**

Joan Moore  
Ruth Casey  
Marylyn Hanscom  
Myrtle Pries  
Frances Hood  
John Heryla  
Floris Cooke  
Kaathy Fadden  
Jim Osbourn  
Ben Noble  
Claudia Petty  
Helen Vale

Eunice Van Gorkom  
Jack Krank  
Susan Oas  
Joyce Turner  
Wanda Franceschina  
Gwen Larson  
Deanna Adams  
Geri Killip  
Betty Ratsch  
Robert Elder  
Ida Antonio  
Norma Buckner

Ruth Lee  
Mike Stefanick  
Jim Bettinger  
Oldrich Fryc  
Janet Lincoln  
Robert Yeaman  
Jerry Hall  
Sharon Horan  
Lynn Inonye  
Patti Jenson  
Roger King  
Sue McIntosh

Richard Onstine  
Cathy Pond  
Mary Howland  
Eileen Menzies  
Stefan Miller  
Giovanna O'Callaghan  
Martha Chinn  
Mary Kasprzyk  
Evva Bennett  
Jack Chissus  
Hildy Dorsten  
Bertha Jacobson

Rula Beavin  
Joy Block  
Ken Geist  
Marilyn Rice  
Sandy Hayes  
Kathleen Lange  
Roger Steyaert

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