



TRIPS AND TOURS

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

Thursday, July 9th

Emerald Downs

Enjoy special rates and amenities at Emerald Downs' Senior Night. For just \$5 you'll receive a reserved seat, Parker's Tip Sheet and 10% off in the gift shop. Leave GMVCC at 4:30. Cost is \$6; take money for dinner and \$5 admission.



Tuesday, July 21st

Renton Farmer's Market

Fruits, vegetables, flowers, salad dressings, breads—these are just a few of the items available. Live entertainment and Renton restaurants showcasing "tastes" of their menus from 4:30-5:00. Leave GMVCC at 3:00. Cost is \$6. Take money for dinner and shopping.



SPECIAL EVENTS

Wednesday, July 2nd

Independence Day Picnic in the Park

The Annual Picnic in the Park will take place on Thursday, July 2nd. Coffee & donuts will begin at 9:00, baseball at 10:00, Bingo at 11:00, and BBQ at 12:00. All of this comes free from the partnership of Covington Place Affordable Living, Greater Maple Valley Community Center Senior Program, Fountain Court Assisted Living, Java Java Coffee, & CJ's Bakery. Call 425 432 1272 to reserve your place by June 25th.



Wednesday, July 8th

Sonus

Sonus will be here from 11:30-12:30 to help you with any hearing problems you might be experiencing. No appointments are necessary. This is a complimentary service.

Friday, July 17th

VA Benefits

Let the VA pros help figure out what benefits are available to you (& dependents) and how to get those benefits. You'll be seen on a first come first served basis from 9:00-11:00.



Wednesday, July 22nd

Happy Birthday!

Help us say "Happy Birthday" to everyone who was born in June. Free Birthday Bingo at 11:00 (for the celebrants) and June Birthday Babies' lunches are on us!

Coming in August

Tuesday, August 4th

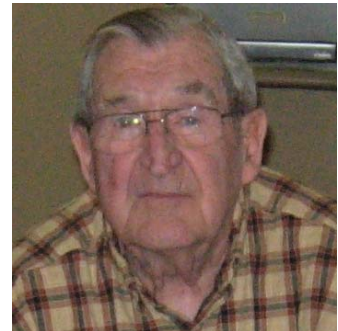
West Seattle Water Taxi

The 12-minute passenger-only transportation between West Seattle and downtown lets the passengers enjoy the water and fabulous views of the Seattle skyline.

Saturday, August 22nd

Snoqualmie Falls Forest Theater

"Oklahoma" performed in an amphitheater in Snoqualmie Forest Theater followed by a wood smoked BBQ dinner (chicken, salmon or steak) on Saturday, August 22nd. Time TBA (performance is at 3:00). Cost is \$41 all inclusive.





GMVCC Activities & Events for Adults Ages 50 +

July 2009

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Mexican Train and Wii 9:30 Spirit & Strength Yoga 11:00 Bingo 12:00 French Bread Pizza	2 9:00 START Independence Day BBQ Picnic in the Park	3 CLOSED FOR THE HOLIDAY
6 9:00 Games 10:30 Divot & Dine 11:00 Bingo 11:00 Blood Pressure 12:00 Club Sandwich 1:00 Ping Pong & Wii	7	8 9:00 Mexican Train and Wii 9:30 Spirit & Strength Yoga 11:00 Bingo 11:30-12:30 Sonus Hearing 12:00 Chicken Strawberry Salad	9 4:30 Leave GMVCC for Emerald Downs	10 Foot Care (by appt. only) 9:00 Games 11:00 Bingo 12:00 Swedish Meatballs 1:00 Painting
13 9:00 Games 10:30 Divot & Dine 11:00 Bingo 12:00 Ham au Gratin 1:00 Ping Pong & Wii	14	15 Sr. Rights Asst. (by appt.) 9:00 Mexican Train and Wii 9:30 Spirit & Strength Yoga 11:00 Bingo 12:00 Cod Cakes	16	17 9:00-11:00 VA Benefits\ 9:30 AARP Safe Driving 9:00 Games 9:30 11:00 Bingo 12:00 Baked Chicken 1:00 Painting
20 9:00 Games 9:30 AARP Safe Driving 11:00 Bingo 11:00 Blood Pressure 12:00 Turkey Roll 1:00 Ping Pong & Wii	21 3:00 Leave GMVCC for Renton Farmers' Market	22 Happy Birthday! 9:00 Mexican Train and Wii 9:30 Spirit & Strength Yoga 11:00 Bingo 12:00 Spaghetti/Meat Sauce	23 HAPPY BIRTHDAY!	24 Foot Care (by appt. only) 9:00 Games 11:00 Bingo 12:00 Baked Ham 1:00 Painting
27 9:00 Games 10:30 Golf 11:00 Bingo 12:00 Chicken Salad 1:00 Ping Pong & Wii	28	29 9:00 Mexican Train and Wii 9:30 Spirit & Strength Yoga 11:00 Bingo 12:00 Broccoli Quiche	30	31 9:00 Games 11:00 Bingo 12:00 Pigs in Blankets 1:00 Painting

Happy Birthday!!

Wednesday, July 22

Birthday people get to play **Birthday Bingo at 11:00 for FREE!!** And to make it even better — **WE BUY YOUR LUNCH!!** So come on in and celebrate with us!

- | | | | | | |
|-----------------|------------------|------------------|-----------------|---------------------|-----------------|
| Fred Rice | Dllen Bilow | Adrienne Frey | Janine Malone | Ron Steiner | Suzanne Mose |
| Pat Anderson | Paula Briscoe | Leona Moore | Fred Engelhardt | Geary Vaden | Lydia Sutton |
| Beverly Hart | Linda Lewis | Mary Aske | Johnie Graham | Roy Van Gorkom | Joseph Kosmider |
| Lee Johnson | Keith Deaver | Gerald Jolk | Susan Tuffs | Diana Boxx | Eleanor Logan |
| Dennis Gill | Gene Swedberg | Linda Rice | Louis Damey | Mary Lou Stowell | Dolores Sollami |
| Margaret Nelson | Don Peterson | Toni Seal | Wayne Drexler | Judy LeBlanc | Ingrid Maurer |
| Shirley Nelson | Michael Muller | Ethel Carter | Art Anderson | Julia Navratil | |
| Mary Anderson | Howard Plyler | Patricia Jhanson | D'Ann Tedford | Patricia Ann Horner | |
| Cheryl Ayres | Jean Chen | Adele Ostler | Donna Boyle | Larry Wildermuth | |
| Paula Sauer | Jen Chen | Geraldine Roth | Mary Cross | Robert Chucka | |
| Judy schriff | Lorraine Richter | Larry Thornton | Al Killip | Marcella Hansen | |



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

