

Monday

Tuesday

Wednesday

Thursday

Friday

		1 Foot Care (by appt)	2 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
5 9:00 Walking Group 10:00 Book Club 10:00 Medicare Info 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	6	7 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing	8 Foot Care (by appt)
12 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	13	14 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing	15 Foot Care (by appt)
19 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong	20	21 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch 12:30 Cards & Games 3:00 Line Dancing	22 Senior Trip: Northwest Trek Wildlife Park Leaving GMVCC:9:30 Foot Care (by appt)
	27	28 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing	29 Foot Care (by appt)
			30 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

May 2025

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

Monday, May 5

Book Club: The Year of Living Constitutionally

Get reading and join the conversation! Join our monthly book club for a lively group. Selections for our club include titles from both fiction and non-fiction. We meet on the first Monday of each month at 10:00am in the GMVCC library. June's book will be: Weyward 3 Women by Emilia Hart.

Friday, May 10

Mother's Day Tea

Celebrate Mother's Day with a fabulous afternoon tea. Join us for heartwarming company as we honor and appreciate all the wonderful mothers in our lives. The event is \$8. Space is limited, call or stop by the front desk to reserve your spot.

Friday, May 16

Audiologist Trish Michelson

Audiologist Trish Michelson has helped many patients, navigate the process of being diagnosed with hearing loss and being fit with hearing aids. Her service at the community center is to be able to educate seniors about hearing loss and hearing aids. She will be here to help maintain hearing aids or help start the process of getting fit with hearing aids. Drop in only.

Wednesday, May 21

Happy Birthday

Let's wish Happy Birthday to everyone with a birthday this month! Bingo is at 11:00, and lunch at 12:00, with birthday treats. If your birthday is in May your lunch is free.

Thursday, May 22

Senior Trip: Northwest Trek

Experience the awe and wonder of native Northwest wildlife. Meet Bears, bald eagles, river otters and more as you explore our forested walking paths. This trip is \$40. Bring money for lunch or your own sack lunch. Leaving GMVCC 9:30am.

Friday, May 30

Movie in the Library

Come and join some friends in our Library for a fun movie and popcorn. This is a free event and you do not need to sign up. The movie this month is

Cards Games, Board Games and Puzzles

Sit in for a hand of Pinochle or Hand & Foot on Mon/Wed/Fri after lunch or drop in, starting at 12:30. We also have numerous games available, or feel free to bring your own. We also have a library of puzzles, and tables set up for puzzling.

Walking Group

Join a great group of walkers for your fitness and health. Come at 9:00 am and get your steps in for a 3 to 4 mile walk on the Cedar River Trail right next to the GMVCC. There is no charge, and is happening every Monday, Wednesday and Friday.



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