





# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **May 2024**

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 6

#### Book Club: At Home

Get reading and join the conversation! Join our monthly book club for lively conversation. 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: David Copperfield by Charles Dickens.

### Wednesday, May 8

#### Craft Time

Join Jennifer in this fun paint with me hour. This month is a flower painting on canvas in a relaxed social setting. You will be guided through using various painting techniques. All supplies will be provided. Space is limited, please stop at the front desk or call for a reservation. The cost for this craft is \$5.

### 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 \$5. Space is limited, call or stop by the front desk to reserve your spot.

### Wednesday, May 15

#### Brain Fitness

Come and join professional, Deborah Gurney, MultiCare's Seniority Program Manager, for an hour of challenging group and individual puzzles and games that use your short term and long term memory. Stop by the front desk or call to register. Drop ins welcome.

### Wednesday, May 22

#### Presentation: Home Health 101

Come and meet Home Health Specialists from CenterWell. This is an informal and informational session on home health care on the "how to" of Home Health. What is home health? Who can use it? How do I get it? No need to sign up. Drop ins welcome.

### Friday, May 24

#### Bring Your Own Hobbies and Crafts

Activity Alert! Join the table for an afternoon of crafts. Bring your own or we will have a variety of paints and items to start your own project to work on while visiting with friends, sharing ideas and techniques in a creative atmosphere. No need to sign up just come in and join the table. Drop ins welcome.

### Wednesday, May 29

#### Line Dancing Lessons

Join us for free line dancing lessons! No experience necessary. Come groove with us and learn some new moves. No need to sign up and drop ins welcome.

### Thursday, May 30

#### Senior Trip: Mariners Game

Take me out to the Ball Game! Join us for a fun trip to T-Mobile Park to watch the Mariners play Houston Astros. This team is RED HOT! Come on and cheer this team on. Price for this trip is \$65. That includes ticket, transportation, and stadium parking. Space is limited, sign up at the front desk. No refunds. Leaving GMVCC 10:30am.

### Friday, May 31

#### Movie in the Library

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



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