

Monday

Tuesday

Wednesday

Thursday

Friday

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		Foot Care (by appt)	9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards & Games 1:00 Ping Pong		
<b>5</b> 9:00 Walking Group <b>10:00 Book Club</b> 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	6	<b>7</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b>	8	9	9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards & Games 1:00 Ping Pong
<b>12</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	13	<b>14</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Birthday Lunch</b> 12:30 Cards & Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b>	15	16	9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards & Games 1:00 Ping Pong <b>1:00 Bring Your Own Hobbies and Crafts</b>
<b>19</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	20	<b>21</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b>	<b>22</b> <b>Senior Trip: Seattle Lunch Cruise Leaving GMVCC: 9:30</b>  <b>Foot Care (by appt)</b>	23	9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 BBQ Lunch</b> <b>12:00 Tech Help</b> 12:30 Cards & Games 1:00 Ping Pong
<b>26</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	27	<b>28</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong <b>1:00 Craft Time</b> <b>3:00 Free Line Dancing Lessons</b>	29	30	9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards & Games 1:00 Ping Pong <b>1:00 Friday Movie</b>

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **August 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, August 5**

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. September's book will be: The Nightingale by Kristin Hannah.

### **Book Club: The Post Card**

### **Friday, August 16**

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.

### **Bring Your Own Hobbies and Crafts**

### **Thursday, August 22**

Relax and enjoy an afternoon cruise with a delicious lunch on the water. Listen to the captain's narration of Seattle sights, complete with trivia and view—a perfect way to spend time with friends. This trip is \$95 and lunch is included. Leaving GMVCC 9:30 am.

### **Senior Trip: Seattle Lunch Cruise**

### **Friday August 23**

Your invited to a Patio BBQ Bash. We will have a fun afternoon of classic yummy food, and outdoor games from 11am-12pm. Please note no Bingo that day. For those individuals ages 60+, a suggested donation of \$5. For those younger than 60, there is a \$7 fee for lunch.

### **Senior Patio BBQ**

### **Wednesday, August 28**

Join us for an afternoon of creativity and fun!. Whether you're a seasoned crafter or just starting out, everyone is welcome. You will be guided through with an instructor. 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.

### **Craft Time**

### **Friday, August 30**

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.

### **Movie in the Library**

### **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.

### **Cards Games, Board Games and Puzzles**

Sit in for a hand of Pinochle, Hand & Foot or play board games on M/W/F after lunch or drop in, starting at 12:30. If you don't play these games, we have Cribbage, Phase 10, Mexican Train, Left Center Right and regular cards available, or feel free to bring your own games. We also have a library of puzzles, and tables set up for puzzling. Join a table or bring a friend and play a game!



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