

March 2024

GMVCC 50+ Activities

				1 9:00 Walking Group 10:30 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
4 9:00 Walking Group 10:00 Book Club 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	5	6 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	7 Foot Care (by appt)	8 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Afternoon Tea Around the World
11 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 12:45 Craft Time 1:00 Ping Pong 1:00 Mah Jong	12	13 9:00 Walking Group 10:30 Indoor Exercise 10:30 Quilting/Needle 11:00 Bingo 12:30 Cards & Games 1:00 Mah Jong 1:00 Brain Fitness	14 Foot Care (by appt)	15 St. Patrick's Day! 9:00 Walking Group 10:30 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
18 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	19 	20 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch 12:30 Cards & Games 1:00 Mah Jong 1:00 Recology Presentation	21 Senior Trip: Muckleshoot Bingo Leaving GMVCC 9:15 Foot Care (by appt)	22 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie
25 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	26	27 9:00 Walking Group 10:30 Indoor Exercise 10:30 Quilting/Needle 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	28 Foot Care (by appt)	29 9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

March 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, March 4

Book Club: The Demon Copperhead

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. April's book will be: The Rose Code by Kate Quinn.

Friday, March 8

Afternoon Tea Around the World

Introducing Tea Around the World. Join us in the GMVCC library for an afternoon experiencing tea and bites with traditions from far places. This month will be Irish afternoon tea. This is a free event. Space is limited, call or stop by the front desk to reserve your spot.

Monday, March 11

Craft Time

Calling all Crafters! Join Jennifer in this fun craft hour. This month is inspiring rock painting. Jennifer will lead you in 3 different rock painting designs. 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.

Wednesday, March 13

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, March 20

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 March you receive a Bingo Bag and your lunch is free.

Wednesday, March 20

Presentation: Recology, Where Does It Go?

Do you want to become an expert sorter? Do you want to know the in's and outs, tips and tricks, do's and don't about recycling? Be part of this interesting and fun presentation with a representative from Recology and take your trash talk to a new level. This is a free presentation in our GMVCC Library at 1:00-2:00. Drop ins welcome.

Thursday, March 21

Senior Trip: Muckleshoot Bingo

Join us for a fun trip to Muckleshoot Bingo. If you're not already bonkers for Bingo, you will be after this trip. It's all the Bingo at its best. As well as Vegas-style gaming machines. This trip is \$16 plus bring money for lunch. Space is limited, sign up at the front desk. Leaving GMVCC at 9:15 am.

Friday, March 22

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 Fool's Gold.

We celebrate our participants birthdays monthly, on the third or fourth Wednesday. Bingo is at 11:00 and lunch is at 12:00. If your birthday is in March this is free to you!



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The ❤️ of the Community