<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
</tr>
</tbody>
</table>
| 9:00 Walking Group  
10:00 Book Club  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Mah Jong | 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Mah Jong | 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Mah Jong | 9:00 Walking Group  
10:30 Blood Pressure  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Friday Movie |
| 12           | 13           | 14               | 17             |
| 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Mah Jong | 9:00 Walking Group  
10:30 Chair Exercise  
10:30 Quilting/Needle  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Mah Jong | Urban Hike: Snoqualmie Valley Trail  
Leaving GMVCC  
9:00 am  
Foot Care (by appt) | 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Friday Movie |
| 18           | 19           | 20               | 21             |
| 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Mah Jong | Birthday Lunch  
9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Mah Jong | Senior Trip: Kent Valley Mini Golf  
Leaving GMVCC  
9:30 am  
Foot Care (by appt) | 9:00 Walking Group  
10:30 Chair Exercise  
10:30 Blood Pressure  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Drop In Craft |
| 24           | 26           | 27               | 28             |
| 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong  
1:00 Mah Jong | 9:00 Walking Group  
10:30 Chair Exercise  
10:30 Quilting/Needle  
11:00 Bingo  
12:05 Lunch  
12:30 Cards & Games  
1:00 Mah Jong | Foot Care (by appt) | 9:00 Walking Group  
10:30 Chair Exercise  
11:00 Bingo  
12:00 Lunch  
12:30 Cards & Games  
1:00 Ping Pong |
| 31           |              | July Presentations:  
King County Senior Safety  
Aegis Living |              |              |

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

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, July 3**
**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 10:00 am in the GMVCC library. You are responsible for getting your copy of the book. This month, we will be discussing *The Fire and the Ore* by Olivia Hawker. August’s book will be: *The Woman in the Window*.

**Monday, July 3**
**Book Club: The Fire and the Ore**

**Thursday, July 13**
**Urban Hike: Snoqualmie Valley Trail**
The Snoqualmie Valley Trail offers miles of trails. We will begin at Mt. Si Golf Course and walk along the Snoqualmie River passing wetlands, meadows and a fun dog park. We will hike for up to 3 miles. The trip is $14 and bring money for lunch. Space is limited. Please sign up at the front desk. Leaving GMVCC 9:00am.

We celebrate our participants birthdays monthly, on the third or fourth Wednesday. Bingo is at 11:00, and lunch at 12:00, with birthday treats.

**Wednesday, July 19**
**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.

**Thursday, July 20**
**Senior Trip: Kent Valley Mini Golf**
Test your short game at miniature golf. This course is exhilarating with 18 holes of pure adventure. It features dangerous water hazards, challenging jumps that will test your aim and a 10 foot waterfall. Bring money for brunch/lunch which will begin this fun trip. This trip is $24. Space is limited. Please sign up at the front desk. Leaving GMVCC 9:30 am.

**Friday, July 21**
**Drop In Craft**
Join us for a fun, delightful afternoon of crafting. We have selected a fun craft for the month of July. No skills are necessary. It is just good conversation and a relaxing time. All supplies will be provided. Space is limited. Please sign up at the front desk.

**Friday, July 3**
**4th of July Celebration**
Join us as we celebrate our Independence with a fun day of Bingo, and outdoor games. Sub sandwiches will be served with potato salad and apple pie. Cost is a suggested donation of $4. Lunch served at noon and outdoor games to follow.

**Monday, July 3**
**4th of July Celebration**

**Monday July 3**
**3rd of July Celebration**

**Friday, July 14**
**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: *Because of Winn-Dixie*.

**Thursday, July 13**
**Urban Hike: Snoqualmie Valley Trail**

**Happy Birthday**

**Friday July 21**
**Drop In Craft**

**22010 SE 248th St, Maple Valley, WA**
425-432-1272