

September 2025 GMVCC 50+ Activities

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>WE WILL BE CLOSED ON <i>Labor Day</i></p> 	<p>2</p>	<p>3</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>4</p> <p>Foot Care (by appt)</p>	<p>5</p> <p>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</p>
<p>8</p> <p>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</p>	<p>9</p>	<p>10</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>11</p> <p>Foot Care (by appt)</p>	<p>12</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 1:00 Presentation 12:30 Cards & Games 1:00 Ping Pong</p>
<p>15</p> <p>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</p>	<p>16</p>	<p>17</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch 12:30 Cards & Games 1:00 Presentation 3:00 Line Dancing</p>	<p>18</p> <p>Foot Care (by appt)</p>	<p>19</p> <p>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</p>
<p>22</p> <p>9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 1:00 Paint Class 12:30 Cards & Games 1:00 Ping Pong</p>	<p>23</p>	<p>24</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>25</p> <p>Senior Trip: Savor Woodinville GMVCC at 9:45</p> <p>Foot Care (by appt)</p>	<p>26</p> <p>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 Movie in the Library</p>
<p>29</p> <p>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</p>	<p>30</p> 			

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **September 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, September 8

Book Club: Running With Sherman

Get reading and join the conversation! Join our monthly book club for a lively discussion 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. October's book: Yello Face by Rebecca Kuang.

Friday, September 12

Presentation: Medicare Presentation 101

Medicare 101 is educational and provides a basic overview of the Medicare program. This seminar is designed to help individuals understand the fundamentals of Medicare, including its different parts, enrollment periods, and coverage options. We will aim to clarify the complexities of Medicare and empower individuals to make informed decisions about their healthcare coverage. No need to sign up. Promptly starts at 1pm.

Wednesday, September 17

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 September your lunch is free.

Wednesday, September 17

Presentation: Where Do I Begin To Move

Where do I begin when looking to move? Join us for a guided series to help you make confident choices in senior living. This presentation begins 1:00pm. Walk-ins welcome.

Thursday, September 25

Senior Trip: Savor Woodinville

We'll start the day with a delicious lunch at Hollywood Tavern in Woodinville, a cozy spot with rustic charm and hearty NW flavors. After, we will ride over to nearby tasting rooms in the heart of Woodinville Wine Country. This trip is \$25. Bring money for lunch and additional money for tasting rooms. Leaving GMVCC 9:45am.

Friday, September 26

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 TBD.

Outdoor Walking

Join a fabulous group and walk the Lake Wilderness Trail every Mon, Wed, and Fri. This group walks rain or shine and promptly leaving at 9am. This walk is 3 to 4 miles depending on the day.

Blood Pressure Checks

Firefighters from Puget Sound Fire & Safety perform blood pressure checks in our lending library on the 1st and 3rd Fridays of each month around 11:00am, depending on their availability.



The ❤️ of the Community

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

