




Monday

Tuesday

Wednesday

Thursday

Friday

		1		2
		Foot Care (by appt)		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 Nat'l Wear Red Day
5	6	7	8	9
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		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	Foot Care (by appt)	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
12	13	14	15	16
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		Valentine's Lunch 9:00 Walking Group 10:30 Indoor Exercise 10:30 Quilting/Needle 11:00 Bingo 12:30 Cards & Games 1:00 Mah Jong	Senior Trip: Pacific Northwest Seismic Network Leaving GMVCC 9:15 Foot Care (by appt)	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
19	20	21	22	23
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 Presidents Day		9:00 Walking Group 10:30 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch 12:30 Cards & Games 1:00 Mah Jong	Foot Care (by appt)	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
26	27	28	29	
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		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	Foot Care (by appt)	American Heart Month  February 

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

February 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.

Friday, February 3

National Wear Red Day

The first Friday in February is National Wear Red Day across the country. This day is to bring awareness to the #1 killer of women—heart disease, which is more deadly than all types of cancer combined. We at GMVCC encourage everyone to GO RED: know the symptoms, know your risks, and live a heart-healthy lifestyle.

Monday, February 5

Book Club: West With the Night

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. March's book will be: The Demon Copperhead by Barbara Kingsolver.

Thursday, February 15

Senior Trip: Pacific Northwest Seismic Network

Join the tour and learn how they monitor earthquake and volcanic activity across the Pacific Northwest, the Univ. of Washington and the Univ. of Oregon cooperatively operate the Pacific Northwest Seismic Network. Leaving GMVCC 9:15am. Cost of this trip is \$18. Bring money for lunch. Please visit the front desk to register 425-432-1272.

Wednesday, February 21

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 February your lunch is free.

Friday, February 23

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 Just Like Heaven.

Tech Help

Bring your troublesome phone or pads for help with your technology questions to GMVCC every Friday afternoon in the Main Hall after lunch. You will get expert help from local high school student volunteers.

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 11:00 am, depending on their availability.



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 February this is free to you!



22010 SE 248th St, Maple Valley, WA

425-432-1272

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