

Monday	Tuesday	Wednesday	Thursday	Friday
				1 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
4 		6 9:00 Walking Group 10:30 Chair 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 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie
11 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	12	13 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	14 Foot Care (by appt)	15 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
18 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		20 Birthday Lunch 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:00 Presentation 12:30 Cards & Games 1:00 Mah Jong	21 Senior Trip: Urban Hike Ruston WAY GMVCC 9:00 am Foot Care (by appt)	22 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong
25 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	26 September Presentations: MV Food Bank Nutritionist	27 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	28 Foot Care (by appt)	29 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 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+

September 2023

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, September 8

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: Sweet Home Alabama.

Monday, September 11

Book Club: Eunice-The Kennedy Who Changed the World

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. October's book will be: Horse by Geraldine Brooks.

Friday September 15

Drop In Craft

Join us for a fun, delightful afternoon of crafting. We have selected a fun craft for the month of September. 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.

Wednesday, September 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.

Wednesday, September 20

Presentation: MV Food Bank

A representative from Maple Valley Food Bank & Emergency Services will be here to discuss all the programs and events that this local nonprofit offers Maple Valley and surrounding residents.

Thursday, September 21

Urban Hike: Ruston Way

Urban Hiking is a walk through the city or town with a sense of adventure through parks, sidewalks and meandering paths. Minutes away from Tacoma's museum district is Ruston Way. This is a 2 mile long scenic waterfront with panoramic views of Commencement Bay. The cost for this trip is \$15 and bring money for lunch. Space is limited, sign up at the front desk. Leaving GMVCC at 9am



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 September this is free to you!



22010 SE 248th St, Maple Valley, WA

425-432-1272

The ❤️ of the Community