

Monday

Tuesday

Wednesday

Thursday

Friday

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|  | | <p>1 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p> | <p>2 Foot Care (by appt)</p> | <p>3 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</p> |
| <p>6 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</p> | <p>7</p> | <p>8 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 1:00 Puget Sound Firefighters Presentation</p> | <p>9 Foot Care (by appt)</p> | <p>10 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p> |
| <p>13 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</p> | <p>14 </p> | <p>15 Birthday Lunch 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p> | <p>16 Foot Care (by appt)</p> | <p>17 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 Friday Movie</p> |
| <p>20 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</p> | <p>21</p> | <p>22 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</p> | <p>OFFICE CLOSED FOR Thanksgiving  HAVE A GREAT HOLIDAY!</p> | |
| <p>27 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</p> | <p>28 </p> | <p>29 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p> | <p>30 Foot Care (by appt)</p> | |

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

November 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.

Monday, November 6

Book Club: A Stone is Most Precious Where it Belongs

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. December's book will be: .Personal Liberian by Marie Benedict.

Wednesday November 8

Puget Sound Fire Presentation

We have a representative from Puget Sound Fire coming to tell us about "A Day In the Life of a Firefighter." What is a typical day plus responding to calls at a moments notice. Performing equipment checks to station duties. This is a free presentation for all. Join us in the library at 1:00.

Friday, November 10

Veterans Day Lunch

Each year Veterans Day pays tribute to all American veterans and gives thanks to all veterans who served their country honorably during war or peacetime. On this day Greater Maple Valley Community Center will be honoring all veterans. Veterans receive a free lunch on this day. See you there!

Wednesday, November 15

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 November your lunch is free.

Thursday, November 16

Senior Trip: Bill & Melinda Gates Foundation

Join us for an educational trip to Seattle for this amazing foundation. We will tour Bill & Melinda Gates Foundation Discovery Center. We will be able to explore interactive exhibitions, global health innovations, and powerful stories of our partners communities fighting poverty, disease and inequity around the world. This trip is \$14 plus bring money for lunch. Space is limited sign up at the front desk. Leaving GMVCC 9am.

Friday, November 17

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 will be announced later this month.

Thursday and Friday November 23 and 24

Closed for Thanksgiving Holiday



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 November this is free to you!



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