

Monday

Tuesday

Wednesday

Thursday

Friday

				<div>1</div> <div>9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong</div>
<div>4</div> <div>9:00 Walking Group <b>10:00 Book Club</b> <b>10:00 Medicare Info</b> 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong</div>	<div>5</div>	<div>6</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 3:00 Line Dancing</div>	<div>7</div> <div><b>Senior Trip: Mariners Game Leaving GMVCC at 10:30</b>  <b>Foot Care (by appt)</b></div>	<div>8</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 1:00 Cards &amp; Games 1:00 Ping Pong</div>
<div>11</div> <div>9:00 Walking Group 10:00 Indoor Exercise <b>10:00 Medicare Info</b> 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong</div>	<div>12</div>	<div>13</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 3:00 Line Dancing</div>	<div>14</div> <div><b>Foot Care (by appt)</b></div>	<div>15</div> <div>9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong</div>
<div>18</div> <div>9:00 Walking Group 10:00 Indoor Exercise <b>10:00 Medicare Info</b> 11:00 Bingo 12:00 Lunch <b>1:00 Paint Class</b> 12:30 Cards &amp; Games 1:00 Ping Pong</div>	<div>19</div> <div><b>Blood Drive</b> </div>	<div>20</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Birthday Lunch</b> 12:30 Cards &amp; Games 3:00 Line Dancing</div>	<div>21</div> <div><b>Foot Care (by appt)</b></div>	<div>22</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Patio BBQ</b> <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong</div>
<div>25</div> <div>9:00 Walking Group 10:00 Indoor Exercise <b>10:00 Medicare Info</b> 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong</div>	<div>26</div>	<div>27</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 3:00 Line Dancing</div>	<div>28</div> <div><b>Foot Care (by appt)</b></div>	<div>29</div> <div>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Movie in the Library</b></div>

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+

**August 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, August 4

#### Book Club: The Borrowed Life of Frederick Fife

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. September's book: Running with Sherman by Christopher McDougall.

### Thursday, August 7

#### Senior Trip: Mariners Game

Take me out to the Ball Game! Join us for a fun trip to T-Mobile Park to watch the Mariners play Chicago White Sox. This team is RED HOT! Come on and cheer this team on. Price for this trip is \$80. That includes ticket, transportation, lunch and stadium parking. Space is limited, sign up at the front desk. No refunds. Leaving GMVCC 10:30am.

### Wednesday, August 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. If your birthday is in August your lunch is free.

### Friday, August 22

#### Patio BBQ

You're invited to a Patio BBQ Bash. We will have a fun afternoon with great food, from 12-1:00. Please remember the minimum donation of \$5. Don't miss out on this one. We will be serving while supplies last. For those younger than 60, there is a \$7 fee for lunch.

### Friday, August 29

#### 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 The King and I.

### Cards Games, Board Games and Puzzles

Sit in for a hand of Pinochle, Hand & Foot or play board games on M/W/F after lunch or drop in, starting at 12:30. If you don't play these games, we have Cribbage, Phase 10, Mexican Train, Left Center Right and regular cards available, or feel free to bring your own games. We also have a library of puzzles, and tables set up for puzzling. Join a table or bring a friend and play a game!

### Line Dancing Lessons

Join us every Wednesday for free line dancing lessons! No experience necessary. Come groove with us and learn some new moves. Must be registered with us and drop ins welcome.



*The ❤️ of the Community*

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