

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 9:00 Walking Group <b>10:00 Book Club</b> 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>2</p>	<p>3 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b></p>		<p>5 9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong</p>
<p>8 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>9</p>	<p>10 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b></p>	<p>11 <b>Senior Trip: King County Fair Enumclaw Leaving GMVCC: 9:30</b>  <b>Foot Care (by appt)</b></p>	<p>12 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong</p>
<p>15 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>16</p>	<p>17 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Birthday Lunch</b> 12:30 Cards &amp; Games 1:00 Mah Jong <b>1:00 Fall Prevention Presentation/Home Safety</b> <b>3:00 Free Line Dancing</b></p>	<p>18  <b>Foot Care (by appt)</b></p>	<p>19 9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Bring Your Own Hobbies and Crafts</b></p>
<p>22 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>23</p>	<p>24 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b></p>	<p>25  <b>Foot Care (by appt)</b></p>	<p>26 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Friday Movie</b></p>
<p>29 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p>30</p>	<p>31 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing Lessons</b></p>		

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



# Greater Maple Valley Community Center

Established 1976

## Activities and Events for Adults Ages 50+ **July 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.

### Monday, July 1

### Book Club: Heaven and Earth Grocery Store

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. August's book will be: The Post Card by Anne Berest.

### Thursday, July 11

### Senior Trip: King County Fair

Don't miss out on this perfect blend of adventure and nostalgia at the county fair. Live music, unique vendors and delicious food the fair offers it all. Price for this trip is \$16. That includes ticket, transportation and parking. Space is limited, sign up at the front desk. Leaving GMVCC 9:30 am.

### Wednesday, July 17

### Presentation: Fall Prevention and Home Safety for Seniors

Please join Melanie, physical therapist from Signature Home Health, as she presents an in service training about fall prevention. She will go over safety in the home, what makes a person more at risk for falls, and more! We will also open up the discussion for questions at the end and she will stay to assist with walker fitting to ensure your walker is at the correct height for you. No need to sign up. Drop ins welcome.

### Friday, July 19

### Bring Your Own Hobbies and Crafts

Activity Alert! Join the table for an afternoon of crafts. Bring your own or we will have a variety of paints and items to start your own project to work on while visiting with friends, sharing ideas and techniques in a creative atmosphere. No need to sign up just come in and join the table. Drop ins welcome.

### Friday, July 26

### Movie in the Library

Come and join some friends in our Library for a fun movie and snacks. This is a free event and you do not need to sign up.

### Indoor Walking

Join us in the Main Hall for our fitness walking group, "Heart and Sole"! Come between 10-11AM and get your steps in for 5 minutes or 55 minutes. There is no charge, and is happening every Monday, Wednesday and Friday.

### 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!

### 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.



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



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