

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1</p>	<p>2</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 4th of July BBQ 12:30 Cards & Games 3:00 Line Dancing</p>	<p>3</p> <p>Foot Care (by appt)</p>	
<p>7</p> <p>9:00 Walking Group 10:00 Book Club 10:00 Medicare Info 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p>	<p>8</p>	<p>9</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>10</p> <p>Foot Care (by appt)</p>	<p>11</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 1:00 Cards & Games 1:00 Ping Pong</p>
<p>14</p> <p>9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p>	<p>15</p>	<p>16</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>17</p> <p>Foot Care (by appt)</p>	<p>18</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong</p>
<p>21</p> <p>9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p>	<p>22</p>	<p>23</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>24</p> <p>Senior Trip: Bainbridge Bound Leaving GMVCC at 9:00</p> <p>Foot Care (by appt)</p>	<p>25</p> <p>9:00 Walking Group 10:00 Indoor Exercise 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Movie in the Library</p>
<p>28</p> <p>9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p>	<p>29</p>	<p>30</p> <p>9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 3:00 Line Dancing</p>	<p>31</p> <p>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+

July 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.

Wednesday, July 2

4th of July BBQ

Happy 4th of July! We will be serving a great BBQ lunch. Please remember the minimum donation of \$5. Don't miss out on this one. We will serving while supplies last.

Monday, July 7

Book Club: On Gold Mountain

Get reading and join the conversation! Join our monthly book club for a lively 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.

Wednesday, July 16

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 July your lunch is free.

Friday, July 25

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 TBD.

Thursday, July 24

Senior Trip: Bainbridge Bound

Getting to Bainbridge Island by ferry is half the fun. We will visit Friends of the Bainbridge Troll then off to Winslow Way the main street of this quaint island lined with galleries, shops, restaurants and bakeries. This trip is a self-guided exploration day trip with many shops and restaurants to explore. This trip is \$42. Bring money for lunch or your own sack lunch. Leaving GMVCC 9:00am.

Outdoor Walking

Join a fabulous group and walk the Lake Wilderness Trail every Mon, Wed, and Fri. This group walks rain or shine and promptly leaving at 9am. This walk is 3 to 4 miles depending on the day.

Indoor Walking

Join us in the Main Hall for our fitness walking group, "Heart and Sole"! Come between 10:00-11:00am and get your steps in for 5 minutes or 55 minutes. This is great for walkers and canes. There is no charge, and is happening every Mon, Wed, and Fri.

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.



The ❤️ of the Community

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

