

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>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>4 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>	5	<p>6</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 1:00 Drop In Craft</p>	<p>7</p> <p>Foot Care (by appt)</p>	<p>8</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</p>
<p>11</p> <p>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>13</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>14</p> <p>Foot Care (by appt)</p> 	<p>15</p> <p>EASTER Luncheon 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</p>
<p>18</p> <p>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>	19	<p>20</p> <p>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>21</p> <p>Senior Trip: Emerald Queen Casino Leaving GMVCC 9:00</p> <p>Foot Care (by appt)</p>	<p>22</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong Foot Care (by appt)</p>
<p>25</p> <p>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>27</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>28</p> <p>Foot Care (by appt)</p> 	<p>29</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong</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+ **April 2022**

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, April 4

Book Club: The Second

Get reading and join the conversation! Reading is fun, interesting, and good for your brain. Join our monthly book club for lively conversation and to meet new people, too. Selections for our club include titles from both fiction and non-fiction. We meet on the first Monday of each month (unless otherwise noted) at 10:00am in the GMVCC library. You are responsible for getting your own copy of the book. This month, we will be discussing *The Second* by Carol Anderson.

Wednesday, April 6

Drop In Craft

Join us Wednesday the 6th for a fun, delightful afternoon of crafting. We have selected by popular choice a fun craft for the month of April. No skills are necessary. Just good conversation and a relaxing time. All supplies will be provided. Space is limited please sign up at the front desk.

Friday, April 15

Easter Luncheon

Join us for our Eastern Luncheon. We will have a special dessert after lunch. If we are lucky we may see the Easter Bunny.

Wednesday, April 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 this month, Bingo is FREE!

Thursday, April 21

Senior Trip: Emerald Queen Casino

Join us for a trip to the newly expanded Emerald Queen Casino and Hotel. Great place for table games, video slots and many restaurants to choose from. This trip is \$15 and bring money for gambling and lunch. Leaving MVCC at 9:00am.

Foot Care

Routine pedicure/foot care for seniors is provided by Karen's Foot Care on the Thursdays. Cost is \$35 the day of your appointment. This popular service fills up well in advance, so call 425-432-1272 to schedule your appointment today.

Blood Pressure Checks

Firefighters from Maple Valley Fire & Life Safety perform blood pressure checks in our lending library on the 1st and 3rd Friday of each month around 10:30 am, depending on their availability.



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 April, this is free to you!



The  of the Community

22010 SE 248th St, Maple Valley, WA

425-432-1272