

Monday	Tuesday	Wednesday	Thursday	Friday
2 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		4 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong		6 Mother's Day Lunch 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
9 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	10	11 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	12 Senior Hike: Coulon Park Trail Leaving GMVCC 9:00 Foot Care (by appt)	13 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong
16 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		18 Birthday Lunch 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	19 Foot Care (by appt)	20 9:00 Walking Group 10:00 Pop Up Book Sale 10:30 Chair Exercise 10:30 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Drop In Craft
23 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	24 Blood Drive 	25 9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 Quilt Drawing 12:05 Lunch 12:30 Cards & Games 1:00 Mah Jong	26 Senior Trip: Museum of History & Industry Leaving GMVCC 9:00 Foot Care (by	27 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)
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Lunch is served every M/W/F promptly at noon.



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **May 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, May 2

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 *Anxious People* by Fredrik Backman.

Book Club: Anxious People

Friday, May 6

Join us for a special day honoring all the mothers we know and love. We will be serving a special treat with lots of smiles of gratitude to all mothers. Dress in your FAVORITE DECADE IN FASHION.

Mother's Day Luncheon

Thursday, May 12

Urban Hiking is a walk through the city or town with a sense of adventure through parks, climbing stairs, sidewalks and meandering paths. The Coulon Park Trail is along Lake Washington and a wonderful place to enjoy the lake and get some miles in. The cost for this trip is \$12 and bring money for lunch. Leaving the GMVCC at 9am.

Urban Hike: Coulon Park Trail

Wednesday, May 18

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!

Happy Birthday

Friday, May 20

Join us for a fun, delightful afternoon of crafting. We have selected by popular choice a fun craft for the month of May. 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.

Drop In Craft

Wednesday, May 25

This highly anticipated Quilt Raffle will be held before lunch on this day. Our favorite quilters will be here and supervising the drawing. This quilt has an amazing unique design by Pauline Taylor and Paul Shirron. Please join us and celebrate the winner with us.

Quilt Raffle

Thursday, May 26

MOHAI is a history museum in South Lake Union. This large heritage organization maintains almost 4 million artifacts, photographs, and archival materials primarily focusing on Puget Sound.. This trip is \$32 and bring money for lunch. Leaving MVCC at 9:00am.

Senior Trip: Museum of History & Industry



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 May, this is free to you!



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