

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Walking Group <b>10:00 Book Club</b> 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	<b>2</b>	<b>3</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>4</b>  <b>Foot Care (by appt)</b>	<b>5</b> 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
<b>8</b> 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 <b>1:30 Presentation</b>	<b>9</b>	<b>10</b> 9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>11</b>  <b>Foot Care (by appt)</b>	<b>12</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong <b>1:00 Friday Movie</b>
<b>15</b> 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	<b>16</b>	<b>17</b> <b>Birthday Lunch</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>18</b> <b>Senior Trip: State Capitol Tour, Olympia Leaving GMVCC 8:45</b>  <b>Foot Care (by appt)</b>	<b>19</b> 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 <b>6:00 Senior Art Night</b>
<b>22</b> 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	<b>23</b>	<b>24</b> 9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle 11:00 Bingo 12:05 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>25</b>  <b>Foot Care (by appt)</b>	<b>26</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong
 <p>We will be <b>CLOSED</b> on <b>MEMORIAL DAY</b></p>				

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



# Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

**May 2023**

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 1

### Book Club: The Paris Library

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 10:00 am in the GMVCC library. You are responsible for getting your copy of the book. This month, we will be discussing The Paris Library by Janet Charles. June's book will be: It Ends With Us by Colleen Hoover.

## Monday May 8

### Appoint a Power of Attorney

Please join us in the library from 1:30-3:30 for this free presentation. Our guest speaker is from Washington Bankers Assoc. and will be discussing Appoint a Power of Attorney. This is part of a 5-part senior presentation. Space is limited. Please sign up at the front desk.

## Friday, May 12

### Friday 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.

## Wednesday, May 17

### 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, May 18

### Senior Trip: State Capitol Tour

Join us for a trip to Olympia with a tour of the Legislative Building and the Offices of the Governor, Lieutenant Governor, Secretary of State and State Treasurer. Completed in 1928, the Legislative Building is the tallest freestanding masonry dome in North America. This trip is \$20 plus bring money for lunch. Space is limited. Please sign up at the front desk. We will leave GMVCC 8:45 am.

## Friday May 19

### Senior Art Night

Join us for Senior Art Night. Empowering Arts will be here to teach us Acrylic Pouring for just our senior population. We are excited to host this creative evening event. Space is limited. Please sign up at the front desk. This event is \$8.00 and all supplies will be provided. Drinks and snacks are included. Time will be 6-8 pm.

### Everyone Has A Story, What is yours?

Everyone has a story and our stories all have something in common. We all connect and learn from each other. We would like to hear your stories.



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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