




Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Closed for the New Year</b>	<b>3</b>	<b>4</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>5</b> <b>BLOOD DRIVE</b>  <b>Foot Care (by appt)</b>	<b>6</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>9</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>10</b>	<b>11</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>12</b>  <b>Foot Care (by appt)</b>	<b>13</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>16</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>17</b>	<b>18</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>19</b> <b>Senior Trip: Seattle Chocolate Factory, Tukwila Leaving GMVCC 9:15</b> <b>Foot Care (by appt)</b>	<b>20</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>1:00 Drop In Craft</b>
<b>23</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>24</b>	<b>25</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>1:00 Bunco</b>	<b>26</b>  <b>Foot Care (by appt)</b>	<b>27</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>Foot Care (by appt)</b>
<b>30</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>31</b>			

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **January 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, January 9

### Book Club: Life Is So Good

Get reading and join the conversation! Reading is fun and good for you. 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. You are responsible for getting your copy of the book. This month, we will be discussing Life Is So Good by Lynda Rutlege

### Wednesday, January 18

### 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, January 19

### Senior Trip: Seattle Chocolate Factory

Experience chocolate at the Seattle Chocolate factory tour and flagship store. Taste our signature, smooth chocolate recipes throughout your journey. Explore our chocolate-making machines and the start-to-finish creation of our truffles and bars from the vantage point of our hot pink walkway, raised nearly 10 feet high. Discover the history of chocolate, the untold stories of Seattle Chocolate Company.

### Friday January 20

### Drop In Craft

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

### Wednesday January 25

### Bunco

Gather your friends and join us for a fun afternoon of laughter and socializing while playing this simple, addictive dice game! You do not need to know how to play, we will re-learn together. Reserve your free spot at the front desk.

Happy New Year  
2023

HAPPY BIRTHDAY

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 January this is free to you!



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The ❤️ of the Community