

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	2 Foot Care (by appt)	3 9:00 Walking Group 10:30 Blood Pressure 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games
6 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		8 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 1:30 Preventing Identity Theft	9 Foot Care (by appt)	10 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie
13 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		15 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	16 Blood Drive  CASCADE REGIONAL BLOOD SERVICES Foot Care (by appt)	17 St Patrick's Day Lunch 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
20 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		22 Birthday Lunch 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	23 Senior Trip: Foss Waterway Seaport Museum Leaving GMVCC 9:15 Foot Care (by appt)	24 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Drop In Craft
27 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	28	29 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 1:00 Bunco	30 Foot Care (by appt)	31 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

March 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, March 6

Book Club: West With Giraffe

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 West With Giraffe by Lynda Rutlege.

Wednesday, March 8

Preventing Identity Theft Presentation

Please join us in the library from 1:30-3:30 for our guest speaker from Washington Bankers Assoc. Our speaker will be discussing safe banking for seniors and preventing identity theft. This is part of a 5 part senior presentation.

Friday March 10

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. Movie selection for the month of February will be a romantic comedy .

Wednesday, March 22

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, March 23

Senior Trip: Foss Waterway Seaport

Join us for a trip to Foss Waterway Seaport Museum. Let's experience the sights, sounds and classic beauty of the historic building, maritime exhibit, heritage boat shop, and education center, plus views of Tacoma's waterfront. The cost of this trip is \$25 plus bring money for your lunch. We will leave GMVCC at 9:15.

Friday March 24

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 March. 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 March 29

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.



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 March this is free to you!

