

September 2022 GMVCC 50+ Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Foot Care (by appt)	2 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
5 	6	7 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	8 Foot Care (by appt)	9 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong
12 BLUE MONDAY 9:00 Walking Group 10:00 Book Club 10:00 Seahawks DVD 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	13 	14 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 1:00 Bunco	15 Foot Care (by appt)	16 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 1:00 Friday Movie
19 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	20 	21 Birthday Lunch 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:05 Lunch 12:30 Cards & Games 1:00 Mah Jong	22 Senior Trip: Bellevue Botanical Gardens Leaving GMVCC 9:00 Foot Care (by appt)	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 Drop In Craft
26 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	27 BLOOD DRIVE 	28 9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:05 Lunch 12:30 Cards & Games 1:00 Mah Jong	29 Foot Care (by appt)	30 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 Foot Care (by appt)

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



Greater Maple Valley Community Center

Established 1976

Activities and Events for Adults Ages 50+ **September 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, September 12

Blue Monday

Get Ready for our Seahawks 1st game of the season. Celebrate with us by wearing your Seahawks gear and be in our annual Seahawks photo. We are playing Denver Broncos who just acquired Russel Wilson. We will kick off Blue Monday with a 10am showing of Super Bowl XLVII. Please note we will not be doing our exercises that day.

Monday, September 12

Book Club: The Lincoln Highway

Get reading and join the conversation! Reading is fun, interesting, and good for your brain. 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 (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 Lincoln Highway by Amor Towles.

Wednesday, September 14

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 teach you. The fun will go from 1:00-2:30pm in Main Hall. Bring a snack to share if you would like. Just \$5 to play! Reserve your spot at the front desk.

Thursday, September 22

Urban Hike: Bellevue Botanical Garden

Come get your steps in at Bellevue Botanical Gardens. The Gardens features cultivated display gardens, natural wetlands and a woodland trail, displaying the best plants and gardening in the Northwest. The cost for this trip is \$12 and bring money for lunch. Space is limited sign up at the front desk. Leaving the GMVCC at 9am.

Friday September 16 and 30

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 selections will be made the week of the movie.

Wednesday, September 21

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!

Friday, September 23

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 September. 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.



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 September, this is free to you!

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