

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>2</p> <p>Foot Care (by appt)</p>	<p>3</p> <p>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</p>
<p>6</p> <p>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</p>	<p>7</p>	<p>8</p> <p>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</p>	<p>9</p> <p>Senior Hike: Chambers Bay Loop Leaving GMVCC 9:00 Foot Care (by appt)</p>	<p>10</p> <p>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</p>
<p>13</p> <p>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</p>	<p>14</p>	<p>15</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>16</p> <p>HAPPY Father's DAY</p> <p>Foot Care (by appt)</p>	<p>17</p> <p>Father'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</p>
<p>20</p> <p>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</p>		<p>22 Birthday Lunch 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</p>	<p>23</p> <p>Senior Trip: Snoqualmie Casino Leaving GMVCC 9:00 Foot Care (by appt)</p>	<p>24</p> <p>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)</p>
<p>27</p> <p>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</p>	<p>28</p>	<p>29</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:05 Lunch 12:30 Cards & Games 1:00 Mah Jong</p>	<p>30</p> <p>Foot Care (by appt)</p>	

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **June 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, June 6

Book Club: The Kitchen Front

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 *The Kitchen Front* by Jennifer Ryan.

Thursday, June 9

Urban Hike: Chambers Bay Loop

Urban Hiking is a walk through the city or town with a sense of adventure through parks, sidewalks and meandering paths. The Chambers Bay Loop is a 3.25 mile pathed loop with views of Chambers Bay and the green grasses of the golf course. The cost for this trip is \$15 and bring money for lunch. Space is limited sign up at the front desk. Leaving the GMVCC at 9am.

Friday, June 10

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 June. 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.

Friday, June 17

Father's Day Luncheon

Join us for a special day honoring all the fathers we know and love. We will be serving a special treat with lots of smiles of gratitude to all our Fathers.

Wednesday, June 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, June 23

Senior Trip: Snoqualmie Casino

Join us for a fun trip to one of the favorite local casinos. Snoqualmie Casino has 1,700 state of the art slot machines, 54 classic gaming tables all with a great view. This trip is \$12 plus bring money for lunch. Space is limited sign up at the front desk. Leaving GMVCC 9am.



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 June, this is free to you!

