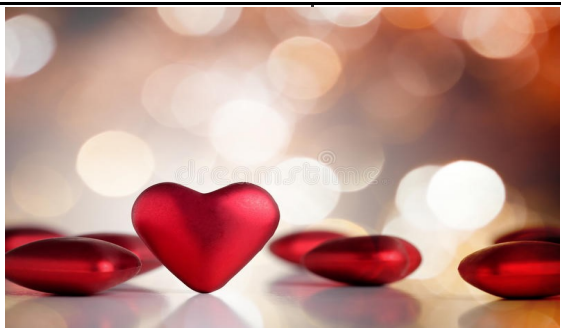



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>2</b>  <b>Foot Care (by appt)</b>	<b>3 National Wear Red Day</b> 9:00 Walking Group 10:30 Blood Pressure 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games
<b>6</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>7</b>	<b>8</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>9</b>  <b>Foot Care (by appt)</b>	<b>10</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>13 Valentine's Lunch</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>15</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong	<b>16 Senior Trip: Northwest Flower and Garden Show Leaving GMVCC 9:00</b> <b>Foot Care (by appt)</b>	<b>17</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>20</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>21</b>	<b>22 Birthday Lunch</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>23</b>  <b>Foot Care (by appt)</b>	<b>24</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong
<b>27</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>28</b>			<b>American Heart Month</b> ❤️ February

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **February 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.

### **Friday, February 3**

### **National Wear Red Day**

The first Friday in February is National Wear Red Day across the country. This day is to bring awareness to the #1 killer of women—heart disease, which is more deadly than all types of cancer combined. We at GMVCC encourage everyone to GO RED: know the symptoms, know your risks, and live a heart-healthy lifestyle. All participants in RED will be entered into a drawing for a gift card!

### **Monday, February 6**

### **Book Club: Snow Falling On Cedars**

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 Snow Falling On Cedars by David Guterson.

### **Friday February 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.

### **Thursday, February 16**

### **Senior Trip: NW Flower and Garden Show**

Join us for a trip downtown to celebrate Gardens of the World, with over 20 fully-landscaped display gardens, 100 free world-class seminars, and thousands of treasures in the garden & vintage marketplaces. The Northwest Flower & Garden Festival is the best annual event to gather ideas and inspiration for beautiful living spaces. Whether you're a seasoned gardener or just starting to dig in the dirt, there's something for everyone! Cost for this trip is \$42, plus bring money for your lunch. We will leave GMVCC at 9am.

### **Friday February 17**

### **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 February. 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 February 22**

### **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 February this is free to you!**