

# August 2022

## GMVCC 50+ Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Walking Group <b>10:00 Book Club</b> 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>		<p>3</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>4</p> <p><b>Foot Care (by appt)</b></p>	<p>5</p> <p>9:00 Walking Group 10:30 Blood Pressure 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong</p>
<p>8</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>9</p> <p><b>Urban Hike: Kirkland Waterfront, Leaving GMVCC 9:00</b></p>	<p>10</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>11</p> <p><b>Foot Care (by appt)</b></p>	<p>12</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong</p>
<p>15</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>16</p>	<p>17</p> <p><b>Birthday Lunch</b> 9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>18 Senior Hike: <b>Gold Creek Pond, (Paved Loop 1.5 miles) Snoqualmie Pass Leaving GMVCC 9:00</b> <b>Foot Care (by appt)</b></p>	<p>19</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Drop In Craft</b></p>
<p>22</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>23</p> 	<p>24</p> <p>9:00 Walking Group 10:30 Chair Exercise 10:30 Quilting/Needle Arts 11:00 Bingo 12:05 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>25</p> <p><b>Senior Trip : Mariners Game Leaving GMVCC 10:00</b> <b>Foot Care (by appt)</b></p>	<p>26</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong <b>Foot Care (by appt)</b></p>
<p>29</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>	<p>30</p>	<p>31</p> <p>9:00 Walking Group 10:30 Chair Exercise 11:00 Bingo 12:05 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong</p>		

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **August 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, August 1**

#### **Book Club: Into the Forest**

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 *Into the Forest* by Rebecca Frankel.

### **Tuesday August 9**

#### **Urban Hike: Kirkland Waterfront**

Urban Hiking is a walk through the city or town with a sense of adventure through parks, sidewalks and meandering paths. Kirkland has miles and miles of waterfront with multiple parks and marinas. Restaurants are plentiful with views upon views. The cost for this trip is \$12 and bring money for lunch. Space is limited sign up at the front desk. Leaving GMVCC at 9am Leaving the GMVCC at 9am.

### **Wednesday, August 17**

#### **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 and lunch are FREE!

### **Thursday August 18**

#### **Hike: Snoqualmie Pass, Gold Creek Pond Loop**

Take a hike with us to Snoqualmie Pass to the Gold Creek Pond Loop. This 1.5 mile paved loop is only minutes from the ski mountain. There are multiple view points for some great pictures. 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, August 19**

#### **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 August. 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.

### **Thursday, August 25**

#### **Senior Trip: Mariners Game**

Take me out to the Ball Game! Join us for a fun trip to T-Mobil Park to watch the Mariners play Cleveland. This team is RED HOT! Come on and cheer this team on. Price to be determined. Space is limited, sign up at the front desk. Leaving GMVCC 11am.



**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 August, this is free to you!**

