



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+

## May 2017

Trip and tour fees include planning, transportation, parking, and driver's expenses. Most trips include a no-host lunch. All schedules are subject to change.

### Monday, May 1

Join our book club for lively conversation and to meet new people too. We will meet on the first Monday of each month from 10:00-10:45am in the GMVCC library. This month we will be discussing *The House Girl*, by Tara Conklin. Cost is just \$1, and you will be responsible for getting your own copy of the book.

### Book Club: *The House Girl*

### Tuesday, May 2

The Vision of Hope is a one-hour presentation, which includes a tour and real stories of how Vine Maple Place is helping single parents and their children break the generational cycle of homelessness, by offering safety, providing stability, and equipping them for self-sufficiency. We will leave the Community Center at 11:40 for a tour at noon. Cost is \$12 due at registration, plus bring money for lunch at The Testy Chef afterwards.

### Vine Maple Place Tour

### Thursday, May 4

Join us for a Canvas Painting Party! You can do it - no experience or talent are necessary to complete your very own acrylic painting! The instructor, KellySue, will walk you through the painting STEP-BY-STEP from start to finish – it is like painting by numbers! The best part is you get to take your completed painting home the very same day. Cost is \$25 and includes all supplies, instructor fees, and light refreshments. Starts at 1:00pm. Register at the front desk!

### Canvas Painting w/ Clayopatra

### Tuesday, May 9

This hike is 4-6 miles round trip depending on your ability—we will hike for 3 hours. Bring food, water, and poles. Trail is considered easy to moderate. We will leave GMVCC at 9am. Cost is \$15.

### Take a Hike: Skookum Flats

### Tuesday, May 16

Back by popular demand, we are headed to BINGO! The session warm-up begins at 11:45am, so we will leave at 10:45 to give you time to get settled in with a snack and your game cards. Cost for this trip is \$21, plus you will need to pay \$7 (or more depending on what you choose to play) for your session when you get there. YOU MUST BRING PHOTO ID TO PLAY. Food and drink will be available for purchase at break time during the game. Sign up at the front desk!

### Muckleshoot Bingo

### Thursday, May 18

Gather your friends and join us for a fun afternoon of laughter, socializing, and PRIZES 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 12:30-3:00pm in the Main Hall. Bring a snack to share if you would like. Just \$5 to play! You must reserve your spot at the front desk.

### Bunco

### Sunday, May 21

Ted Argo and the Maple Valley Big Band will be here to help us welcome spring with a fun afternoon of lunch and dancing. Meal will be catered by EJ's Custom catering, and will feature Lemon Caper Chicken w/ roasted potatoes. Call your friends and get your tickets soon, you don't want to miss this fun event! Tickets are \$10 each, and must be purchased by Thursday, May 18th. Tickets available at the front desk, or by phone 425-432-1272.

### Spring Fling

### Wednesday, May 24

Help us wish Happy Birthday to everyone with a birthday this month! Bingo is at 10:00, music by Ted Argo at 11:00, and lunch at 12:00 featuring birthday cake (generously provided by Covington Place Sr. Apts.). If your birthday is this month, all of this is FREE! **Please note: NO MOVE STRONG. BINGO STARTS AT 10:00AM.**

### Happy Birthday!!

### Thursday, May 25

5.4 miles with elevation gain makes this hike moderate-hard. We will hike for 3 hours then turn around, so distance will be based on the individual. Bring poles, lunch, and water. We will leave GMVCC at 8:30am. Cost is \$20.

### Take a Hike: Wallace Falls



## Coming in June

**Monday, June 5** Book Club: *Me Before You* by Jojo Moyes

**Thursday, June 8** Vela Cannabis Tour

**Friday, June 9 & Monday June 12** AARP Safe Driving

**Friday, June 16** Father's Day Lunch

**Tuesday, June 20** Smith Tower Observatory



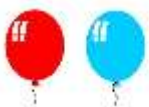


<p>1 9:00 Walking Group 9:30 Aging Well Yoga 10:00 Book Club 10:30 Move Strong 11:00 Bingo 12:00 <u>Chicken Noodle Casserole</u> 12:30 Cards 1:00 Ping Pong</p>	<p>2 <b>Vine Maple Place Tour</b> Leave GMVCC at 11:40am</p>	<p>3 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <u>Sausage &amp; Peppers w/ potatoes</u> 12:30 Cards 2:30 Line Dancing</p>	<p>4 9:00 Walking Group <b>Canvas Painting w/ Clayopatra 1-3 pm</b> </p>	<p>5 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 11:00 Blood Pressure 12:00 <u>Chicken Fajita</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>8 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <u>Pulled Pork Sandwich</u> 12:30 Cards 1:00 Ping Pong</p>	<p>9 <b>Take a Hike: Skookum Flats</b> Leave GMVCC at 9:00am</p>	<p>10 9:30 Aging Well Yoga 10:30 Move Strong 10:45 Quilting (Den) 11:00 Bingo 12:00 <u>Baked Ziti</u> 12:30 Cards 2:30 Line Dancing</p>	<p>11 9:00 Walking Group</p>	<p>12 <b>Mother's Day Lunch Foot Care (by appt.)</b> 9:00 Walking Group 9:30 Aging Well Yoga <b>10:30 Bingo</b> 11:30 Lk Wilderness Choir 12:00 <u>Chicken Salad on Croissants</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong <b>NO MOVE STRONG</b></p>
<p>15 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong <b>10:45 Bingo</b> <b>11:45 Nutrition Presentation</b> 12:00 <u>Cheeseburger</u> 12:30 Cards 1:00 Ping Pong</p>	<p>16 <b>Muckleshoot Bingo Trip</b> Leave GMVCC at 10:45am</p>	<p>17 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <u>Grilled Cheese &amp; Tomato Soup</u> 12:30 Cards 2:30 Line Dancing</p>	<p>18 9:00 Walking Group <b>BUNCO</b> <b>In the main hall 12:30pm-2:30pm</b></p>	<p>19 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Blood Pressure 11:00 Bingo 12:00 <u>Chicken Fettuccini</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong <b>5/21 SPRING FLING 12-3pm</b></p>
<p>22 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <u>Sloppy Joes</u> 12:30 Cards 1:00 Ping Pong</p>		<p>24 <b>Happy Birthday!</b> 9:30 Aging Well Yoga <b>10:00 Birthday Bingo</b> 10:45 Quilting (Den) <b>11:00 Music by Ted Argo</b> 12:00 <u>Orange Chicken</u> 12:30 Cards 2:30 Line Dancing <b>SCHEDULE CHANGE NO MOVE STRONG</b></p>	<p>25 9:00 Walking Group <b>Foot Care (by appt.)</b> <b>Take a Hike: Wallace Falls</b> Leave GMVCC at 8:30am</p>	<p>26 <b>Memorial Day Lunch Foot Care (by appt.)</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <u>Hot Dogs</u> 12:30 Cards 1:00 Painting 1:00 Ping Pong</p>
<p>29 <b>CLOSED FOR MEMORIAL DAY</b></p>	<p>30</p>	<p>31 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <u>Chef Salad</u> 12:30 Cards 2:30 Line Dancing</p>		

Because of a grant, there is a suggested donation of \$3 for our eligible participants' lunches. Fee for those 59 and under is \$6.

### HAPPY BIRTHDAY!

Bingo is at 10:00, music by Ted Argo is at 11:00, and lunch is at 12:00. If your birthday is in May, this is all free!



Jim Long  
Billie Hendrickson  
Aleen Lin  
Beverly Smith  
Gene Taylor  
Diane Twitty  
Mai Case  
Joseph Sauer

Irene Utley  
Patty Booth  
Irene Dunham  
Parker Ashurst  
Roger Jones  
William Meredith  
Laura Warren

Margaret Ongstad  
Joan Skistimas  
Pam Martin  
Daniel Hagedorn  
Barbara Severski  
Gordon Lucht  
Mae Trepanier

Tom Daniels  
Darlene Satterlee  
Gary Dotson  
Melody Mann  
Reese Burnett  
Pete Croppi  
Patricia Manning

Patricia Monger  
Delmer Wilson  
Marilyn Cochran  
Maria Cox  
Mary Williams  
Linda Ittner  
Antonia Kerney

Karene Newton  
Dale Williamson  
Connie Case  
Elmer Engel  
Thomas Thompson  
Tom O'Connell  
Eleanor Tingley

