



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+

## June 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, June 5

### Book Club: Me Before You

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 Me Before You, by Jojo Moyes. Cost is just \$1, and you will be responsible for getting your own copy of the book.

### Wednesdays, June 7, 14, 21, 28

### Divot and Dine

The Greater Maple Valley Community Center is pleased to partner with our next door neighbor, the Lake Wilderness Golf Course, to bring 50+ seniors a very special series of group golf lessons and lunch. Our four-week session of Wednesday classes is offered from 10:30-11:30am. Then we'll cross the street to the Community Center for a delicious lunch. Clubs are available for use at no extra charge. Space is limited, so sign-up at the front desk early to reserve your space! \$45 pays for all 4 sessions and lunches.

### Thursday, June 8

### Vela Cannabis Tour

On this tour of Vela, you will find a comfortable and clean environment with friendly, knowledgeable staff who are eager to answer all your questions about cannabis. A cannabis grower will explain the different parts of the plant as you look through a window into a cannabis grow, and a scientist will talk you through the process of extracting cannabis into fine oils. You will learn the different elements of cannabis that have more relaxing effects, including products like mints and topicals that relax the body and muscles or aid with sleep with little or no psychoactive effects. There is no pressure to purchase anything, Vela just loves to share the beauty of cannabis. We will leave GMVCC at 9:45am. Cost is \$25; bring money for lunch afterwards.

### Tuesday, June 13

### Take a Hike: Middlefork Snoqualmie River

This hike is 4-6 easy miles round trip depending on your ability—we will hike for 3 hours. Bring food, water, and poles. We will leave GMVCC at 9am. Cost is \$12.

### Friday, June 16

### Father's Day Lunch

It's time once again to wish a "Buona Festa del Papà" or Happy Father's Day to all of the dads we know! Beth and Lorrie will be serving up a delicious spaghetti lunch and we will also have some special fun and games—Italian-style!

**PLEASE NOTE: NO MOVE STRONG. BINGO STARTS AT 10:30AM.**

### Tuesday, June 20

### Smith Tower Trip

Pioneer Square's Smith Tower, aka "Seattle's original skyscraper," offers a new take on a classic tour, taking visitors back to when our beloved city was a writhing mass of rum-running cops, basement speakeasies and ne're-do-well industrialists. Your tour includes "The Legends of Smith Tower" exhibits, which take you on a journey through time, providing a glimpse into a time when Seattleites were coming to terms with early Prohibition and technology that would soon transform their city. The experience culminates in the Observatory, more than 300 feet up with an impressive 360-degree view of the city. Cost is \$38, plus bring money for your lunch. We will leave GMVCC at 9:45am.

### Tuesday, June 27

### Take a Hike: Skookum Flats South

This hike will consist of 4-6 easy-to-moderate miles, depending on ability. 3-hour hike time. Bring lunch, poles and water. We will stop at Wapiti Woolies after the hike. Cost is \$15, and we will leave GMVCC at 9:00am.

### Wednesday, June 28

### Happy Birthday!!

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.**



## Coming in July

**Monday, July 3 Independence Day Lunch**

**Monday July 3 Book Club: At Home, by Bill Bryson**

**Thursday, July 6 Muckleshoot Bingo**

**Wednesday, July 12 Senior Picnic**



**Thursday, July 13 Take a Hike: Arboretum to Volunteer Park**

**Tuesday, July 18 Pike Place Market**

**Thursday, July 27 Take a Hike: Talus Loop**



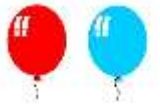
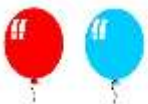


		<p><b>1</b> 9:00 Walking Group</p>	<p><b>2</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 11:00 Blood Pressure 12:00 <a href="#">French Bread Pizza</a> 12:30 Cards 1:00 Painting 1:00 Ping Pong *Walgreens visit @ noon</p>
<p><b>5</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:00 Book Club 10:30 Move Strong 11:00 Bingo 12:00 <a href="#">Baked Potato</a> 12:30 Cards 1:00 Ping Pong</p>		<p><b>7</b> 9:30 Aging Well Yoga 10:30 Move Strong 10:30 Divot and Dine 11:00 Bingo 12:00 <a href="#">Meatloaf</a> 12:30 Cards 2:30 Line Dancing</p>	<p><b>8</b> 9:00 Walking Group  <b>Vela Cannabis Tour</b> Leave GMVCC at 9:45am</p>
<p><b>12</b> <b>AARP</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <a href="#">Club Sandwich</a> 12:30 Cards 1:00 Ping Pong</p>	<p><b>13</b> <b>Take a Hike: Middlefork Snoqualmie River</b> Leave GMVCC at 9:00am</p>	<p><b>14</b> 9:30 Aging Well Yoga 10:30 Move Strong 10:30 Divot and Dine 10:45 Quilting (Den) 11:00 Bingo 12:00 <a href="#">Pulled Pork Sandwich</a> 12:30 Cards 2:30 Line Dancing</p>	<p><b>15</b> 9:00 Walking Group</p>
<p><b>19</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <a href="#">Mac &amp; Cheese</a> 12:30 Cards 1:00 Ping Pong</p>	<p><b>20</b> <b>Smith Tower Observatory Trip</b> Leave GMVCC at 9:45am</p>	<p><b>21</b> 9:30 Aging Well Yoga 10:30 Move Strong 10:30 Divot and Dine 11:00 Bingo 12:00 <a href="#">Taco Salad</a> 12:30 Cards 2:30 Line Dancing</p>	<p><b>22</b> 9:00 Walking Group</p>
<p><b>26</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <a href="#">Chicken Enchiladas</a> 12:30 Cards 1:00 Ping Pong</p>	<p><b>27</b> <b>Take a Hike: Skookum Flats South</b> Leave GMVCC at 9:00am</p>	<p><b>28 Happy Birthday!</b> 9:30 Aging Well Yoga 10:00 <b>Birthday Bingo</b> 10:30 Divot and Dine 10:45 Quilting (Den) 11:00 <b>Music by Ted Argo</b> 12:00 <a href="#">BBQ Drumsticks</a> 12:30 Cards 2:30 Line Dancing <b>SCHEDULE CHANGE</b> <b>NO MOVE STRONG</b></p>	<p><b>29</b> 9:00 Walking Group</p>
<p><b>30</b> 9:00 Walking Group 9:30 Aging Well Yoga 10:30 Move Strong 11:00 Bingo 12:00 <a href="#">Chef Salad</a> 12:30 Cards 1:00 Painting 1:00 Ping Pong</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 June, this is all free!**



Alan Ahearn  
Marlie Baima  
Gladys Beem  
Avelina Boonparn  
Kathy Catlin  
Jo Combs  
John Crawford  
Dolores Dempsey  
Betty Eliason

John Farler  
Peggy Fisher  
Michael Fletcher  
Joan Gerke  
Loretta Gommi  
Margie Gooden  
Lynn Gresko  
Gayle Hanford  
Patricia Henault

Arlene Heppenstall  
Joan Horton  
Linda Hurst  
June Iverson  
Marilyn Jacobson  
Gleeta Johnston  
Sharon Jones  
Richard Kadyk  
Kappie Kappenman

Aileen Kappenman  
Bonita Keller  
Irma Knapp  
John Krozel  
Barbara Lipton  
Jen Matthews  
John Mcknight  
Carolyn Miller

Andree Mulroy  
Elwood Oberhelman  
Eldon Podratz  
Lonald Protteau  
Barbara Retelle  
Elvira Rivera  
Sheri Runnels  
Lois Rusch

Ken Schrifft  
Patty Thornburgh  
Joan Treat  
Monte Trueblood  
Barry Vantrojen  
Geraldine Wilbur  
Renee Williams  
Alice Wingard

