


Monday

Tuesday

Wednesday

Thursday

Friday

				<p><b>1</b> 9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong</p>
		<p><b>4</b> 9:00 Walking Group <b>10:00 Book Club</b> 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p><b>5</b></p>	<p><b>6</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games <b>1:00 Craft Time</b> 1:00 Mah Jong <b>3:00 Free Line Dancing</b></p>
<p><b>11</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Veterans Day Lunch</b> <b>1:00 Veterans Memorial Dedication</b> 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p><b>12</b></p>	<p><b>13</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing</b></p>	<p><b>14</b></p>	<p><b>15</b> 9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Bring Your Own Hobbies and Crafts</b></p>
<p><b>18</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong <b>1:00 Medicare Presentation</b></p>	<p><b>19</b></p> 	<p><b>20</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Birthday Lunch</b> 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing</b></p>	<p><b>21</b> <b>Senior Trip: Ballard Experience Leaving GMVCC: 9:30</b></p>	<p><b>22</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:00 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Movie in Library</b></p>
<p><b>25</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p><b>26</b></p>	<p><b>27</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo <b>12:00 Friendsgiving Lunch</b> 12:30 Cards &amp; Games 1:00 Mah Jong <b>3:00 Free Line Dancing</b></p>	<p><b>OFFICE CLOSED FOR</b> <b>Thanksgiving</b>  <b>HAVE A GREAT HOLIDAY!</b></p>	

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



# Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

**November 2024**

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, November 4

## Book Club: The Secret Life of Sunflowers

Get reading and join the conversation! Join our monthly book club for lively conversation. We meet on the first Monday of each month at 10:00am in the GMVCC library. December's book will be: Remarkably Bright Creatures by Shelby Von Pelt.

## Wednesday, November 6

## Craft Time

Join Jennifer in this fun craft time. This will be a fun easy holiday décor craft. All supplies will be provided. Space is limited, please stop at the front desk or call for a reservation. The cost for this craft is \$5.

## Monday, November 11

## Veterans Day Lunch

Each year Veterans Day pays tribute to all American veterans and gives thanks to all veterans who served their country honorably during war or peacetime. On this day Greater Maple Valley Community Center will be honoring all veterans. Veterans receive a free lunch on this day. Veterans Memorial dedication will follow.

## Friday, November 15

## Bring Your Own Hobbies and Crafts

Join the table for an afternoon of crafts. Bring your own project to work on while visiting with friends, sharing ideas and techniques in a creative atmosphere. No need to sign up and drop ins welcome.

## Monday, November 18

## Medicare Presentation

Medicare Made Clear Presentation from Medicare Optimized. This is a free presentation. No need to sign up and drop ins welcome.

## Wednesday, November 20

## 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 in November you receive a goody bag and your lunch is free.

## Thursday, November 21

## Senior Trip: Ballard Experience

We invite you on a trip to Ballard. We will start at the Fremont Troll then tour one of the most popular tourist attractions, Ballard Locks. We will finish with lunch at Rays Boathouse for waterfront dining and view of the Olympic Mountains and the Puget Sound. This trip is \$25. Bring money for lunch. Leaving GMVCC 9:30 am.

## Wednesday, November 27

## Friendsgiving Luncheon

Thanksgiving is a time for gathering with friends and family and celebrating all that we have to be thankful for. At GMVCC we have much to celebrate! Plan to join us and our wonderful volunteers. We will be serving the nontraditional holiday lunch with traditional pumpkin pie for dessert. Lunch will be served at noon.



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