

Monday	Tuesday	Wednesday	Thursday	Friday
		2 9:00 Walking Group 10:00 Coffee w/ a Cop 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 3:00 Free Line Dancing	3 Foot Care (by appt)	4 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:00 Tech Help 12:30 Cards & Games 1:00 Ping Pong
7 9:00 Walking Group 10:00 Book Club 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	8	9 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Craft Time 1:00 Mah Jong 3:00 Free Line Dancing	10 Foot Care (by appt)	11 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:00 Tech Help 12:30 Cards & Games 1:00 Ping Pong
14 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	15	16 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Birthday Lunch 12:30 Cards & Games 1:00 Mah Jong 3:00 Free Line Dancing	17 Foot Care (by appt)	18 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:00 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Bring Your Own Hobbies and Crafts
21 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	22	23 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 3:00 Free Line Dancing	24 Senior Trip: Recology Tour Seattle Leaving GMVCC: 9:15	25 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:00 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Movie in Library
28 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	29	30 Halloween Lunch & Costume Contest 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 3:00 Free Line Dancing	31 	

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+

October 2024

Wednesday, October 2

Coffee with a Cop

Help us celebrate "National Coffee with a Cop Day" starting at 10am in the Main Hall. Coffee with a Cop provides a unique opportunity for community members to sit down with local police officers, to ask questions and learn more about MVPD's work in the community, and to improve trust and build relationships – one cuppa joe at a time. There is no cost for this event, and you do not need to sign up in advance. See you there!

Monday, October 7

Book Club: The Secret Life of Dorothy Soames: A Memoir

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. November's book will be: The Secret Life of Sunflowers by Marta Molnar.

Wednesday, October 16

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 October you receive a goody bag and your lunch is free.

Friday, October 18

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.

Thursday, October 24

Senior Trip: Recology Tour

We invite you to Recology MRF Tour (Materials Recover Facilities). Here we will have our own tour guide exploring where recyclables are sorted and baled by commodity and then shipped to paper mills, glass plants and other manufacturers to be made into new products. From there we will stop at Gilman Village to the Recology Store and lunch on your own. This trip is \$25. Leaving GMVCC 9:15 am.

Walking Group

Join a great group of walkers for your fitness and health. Come at 9:00 am and get your steps in for a 3 to 4 mile walk on the Cedar River Trail right next to the GMVCC. There is no charge, and is happening every Monday, Wednesday and Friday.

Blood Pressure Checks

Firefighters from Puget Sound Fire & Safety perform blood pressure checks in our lending library on the 1st and 3rd Fridays of each month around 11:00 am, depending on their availability.



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