

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Walking Group 10:00 Book Club 10:00 Medicare Info 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	4	5 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 3:00 Line Dancing	6 12:00-1:00 Health and Wellness Class Foot Care (by appt)	7 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Audiologist 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
10 9:00 Walking Group 10:00 Indoor Exercise 10:00 Tahoma Choir 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	11	12 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Mah Jong 3:00 Line Dancing	13 12:00-1:00 Health and Wellness Class Foot Care (by appt)	14 9:00 Walking Group 10:00 Indoor Exercise 10:00 Vaccine Clinic 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong
17 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 St Patrick's Day Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	18	19 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 Line Dancing	20 12:00-1:00 Health and Wellness Class Foot Care (by appt)	21 9:00 Walking Group 10:00 Indoor Exercise 11:00 Blood Pressure 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Bring Your Own Crafts
24 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong	25	26 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 Line Dancing	27 Senior Trip: LeMay Car Museum 12:00-1:00 Health and Wellness Class Foot Care (by appt)	28 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong 1:00 Friday Movie
31 9:00 Walking Group 10:00 Indoor Exercise 10:00 Medicare Info 11:00 Bingo 12:00 Lunch 12:30 Cards & Games 1:00 Ping Pong 1:00 Mah Jong				

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **March 2025**

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, March 3

Get reading and join the conversation! Join our monthly book club for lively conversation. Selections for our club include titles from both fiction and non-fiction. We meet on the first Monday of each month at 10:00am in the GMVCC library. April's book will be: *Between Two Moons* by Aisha Abdel Gawad.

Book Club: The Manicurists Daughter

Friday, March 7

Audiologist Trish Michelson will be here at 12:30. She has helped many patients, navigate the process of being diagnosed with hearing loss and being fit with hearing aids. Her service at the community center is to be able to educate seniors and their family members about hearing loss and hearing aids. Whether you have a hearing aid already and need help maintaining it or don't know where to start the process of getting fit with hearing aids, she will be here to help. Drop in only.

Audiologist Trish Michelson

Wednesday, March 12

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 March your lunch is free.

Happy Birthday

Thursday, March 26

LeMay – America's Car Museum (ACM), located in Tacoma, Washington, is one of the largest automobile museums in the world. ACM is dedicated to preserving and interpreting the history and culture of the automobile in America. A collection of more than 300 vehicles and engaging exhibits this trip is \$35 plus bring money for lunch. Space is limited, sign up at the front desk. Leaving GMVCC at 9:30 am.

Senior Trip: LeMay Car Museum

Friday, March 28

Come and join some friends in our Library for a fun movie and popcorn. This is a free event and you do not need to sign up. The movie this month is *The Good Shepard*.

Movie in the Library

Tech Help

Bring your troublesome phone or pads for help with your technology questions to GMVCC every Friday afternoon in the Main Hall after lunch. You will get expert help from local high school student volunteers.

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.



The ♥ of the Community

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