

Monday

Tuesday

Wednesday

Thursday

Friday

	<p><b>1</b> CLOSED FOR NEW YEAR'S DAY</p> 	<p><b>2</b></p>	<p><b>3</b> 9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games</p>	
<p><b>6</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>7</b></p>	<p><b>8</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong 3:00 Line Dancing</p>	<p><b>9</b></p> 	<p><b>10</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Fountain Court Presentation</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 Ping Pong 1:00 Mah Jong</p>	<p><b>14</b></p>	<p><b>15</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 3:00 Line Dancing</p>	<p><b>16</b></p>	<p><b>17</b> 9:00 Walking Group 10:00 Indoor Exercise <b>11:00 Blood Pressure</b> 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games</p>
<p><b>20</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>21</b></p> 	<p><b>22</b> 9:00 Walking Group <b>10:00 Maple Trails Garden Club</b> 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch 12:30 Cards &amp; Games 1:00 Mah Jong 3:00 Line Dancing</p>	<p><b>23</b></p>	<p><b>24</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Bring Your Own Crafts</b></p>
<p><b>27</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>Amada Senior Care Presentation</b> 12:30 Cards &amp; Games 1:00 Ping Pong 1:00 Mah Jong</p>	<p><b>28</b></p>	<p><b>29</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>1:00 Painting Class</b> 3:00 Line Dancing</p>	<p><b>30</b> <b>Senior Trip: Tacoma Home &amp; Garden Show Leaving GMVCC at 10:00</b></p>	<p><b>31</b> 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Lunch <b>12:30 Tech Help</b> 12:30 Cards &amp; Games 1:00 Ping Pong <b>1:00 Friday Movie</b></p>

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **January 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, January 6

### Book Club: Keep Moving

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. February's book will be: West With the Night: Tea Girl of Hummingbird Lane by Lisa See.

### Wednesday, January 15

### 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 January your lunch is free.

### Friday, January 26

### Movie in the Library

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 Anger Management.

### Thursday January 30

### Tacoma Home and Garden Show

You don't want to miss the state's largest combined home and garden event! This is a one-stop opportunity for show-goers to discover a wide range of products and services for the home and garden. With plenty of experts on hand at the show, your home and garden dreams can become a reality. Cost: \$25; PLUS money for your lunch. We will leave GMVCC at 10:00.

### Outdoor Walking

Join a fabulous group and walk the Lake Wilderness Trail every Mon, Wed, and Fri. This group walks rain or shine and promptly leaving at 9am. This walk is 3 to 4 miles depending on the day.

### Indoor Walking

Join us in the Main Hall for our fitness walking group, "Heart and Sole"! Come between 10:00-11:00am and get your steps in for 5 minutes or 55 minutes. There is no charge, and is happening every Mon, Wed, and Fri.

### 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.

### 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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