

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 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</p>	<p>4</p>	<p>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</p>	<p>6 12:00-1:00 Health and Wellness Class 2:00-3:00 Dance Fitness</p>	<p>7 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</p>
<p>10 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</p>	<p>11 Blood Drive </p>	<p>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</p>	<p>13 12:00-1:00 Health and Wellness Class 2:00-3:00 Dance Fitness</p>	<p>14 9:00 Walking Group 10:00 Indoor Exercise 11:00 Bingo 12:00 Valentines Day Lunch 12:30 Tech Help 12:30 Cards & Games 1:00 Ping Pong</p>
<p>17 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</p>	<p>18</p>	<p>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</p>	<p>20 12:00-1:00 Health and Wellness Class 2:00-3:00 Dance Fitness Foot Care (by appt)</p>	<p>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</p>
<p>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</p>	<p>25</p>	<p>26 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</p>	<p>27 Senior Trip: Muckleshoot 12:00-1:00 Health and Wellness Class 2:00-3:00 Dance Fitness Foot Care (by appt)</p>	<p>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</p>
				

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



Greater Maple Valley Community Center

Activities and Events for Adults Ages 50+ **February 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, February 3

Book Club: Tea Girl of Hummingbird Lane

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. March's book will be: The Manicurists Daughter by Susan Lieu.

Wednesday, February 19

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 February your lunch is free.

Thursday, February 27

Senior Trip: Muckleshoot Bingo

Join us for a fun trip to Muckleshoot Bingo. If you're not already bonkers for Bingo, you will be after this trip. It's all the Bingo at its best. As well as Vegas-style gaming machines. This trip is \$22 plus bring money for bingo and lunch. Space is limited, sign up at the front desk. Leaving GMVCC at 9:30 am.

Friday, February 28

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 Gray Matters.

Cards Games, Board Games and Puzzles

Sit in for a hand of Pinochle or Hand & Foot on Mon/Wed/Fri after lunch or drop in, starting at 12:30. We also have numerous games available, or feel free to bring your own. We also have a library of puzzles, and tables set up for puzzling.

Line Dancing Lessons

Join us every Wednesday for free line dancing lessons! No experience necessary. Come groove with us and learn some new moves. Must be registered with us and drop ins welcome.

Do you have questions about Medicare?

We have a representative that will be available to answer any questions you may have about how Medicare works or about the plan that you currently have. Navigating the complex world of insurance can be frustrating. The 2nd, 3rd and 4th Monday at 10 am in the library.



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The ♥ of the Community