

# September 2024 GMVCC 50+ Activities

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <p>2</p> <p><b>WE WILL BE CLOSED ON LABOR DAY</b></p> <p>***</p>   | 3  | <p>4</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/>1:00 Mah Jong<br/><b>3:00 Free Line Dancing</b></p>                                       | <p>5</p> <p><b>Foot Care (by appt)</b></p>   | <p>6</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/><b>11:00 Blood Pressure</b><br/>11:00 Bingo<br/>12:00 Lunch<br/><b>12:00 Tech Help</b><br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong</p>  |
| <p>9</p> <p>9:00 Walking Group<br/><b>10:00 Book Club</b><br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong<br/>1:00 Mah Jong</p>     | 10   | <p>11</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/><b>1:00 Craft Time</b><br/>1:00 Mah Jong<br/><b>3:00 Free Line Dancing</b></p>           | <p>12</p> <p><b>Foot Care (by appt)</b></p>  | <p>13</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/><b>12:00 Tech Help</b><br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong</p>   |
| <p>16</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong<br/>1:00 Mah Jong</p>                               | 17   | <p>18</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/><b>12:00 Birthday Lunch</b><br/>12:30 Cards &amp; Games<br/>1:00 Mah Jong<br/><b>3:00 Free Line Dancing</b></p>                      | <p>19</p> <p><b>Blood Drive</b></p> <p><b>Senior Trip: Puyallup Fair Leaving GMVCC: 9:30</b></p> <p><b>Foot Care (by appt)</b></p> | <p>20</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/><b>11:00 Blood Pressure</b><br/>11:00 Bingo<br/>12:00 Lunch<br/><b>12:00 Tech Help</b><br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong<br/><b>1:00 Bring Your Own Hobbies and Crafts</b></p> |
| <p>23</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong<br/>1:00 Mah Jong</p>                               | 24   | <p>25</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/>1:00 Mah Jong<br/><b>1:00 Hospice Presentation</b><br/><b>3:00 Free Line Dancing</b></p> | <p>26</p> <p><b>Foot Care (by appt)</b></p>  | <p>27</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/><b>12:00 Tech Help</b><br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong<br/><b>1:00 Movie in Library</b></p>  |
| <p>30</p> <p>9:00 Walking Group<br/>10:00 Indoor Exercise<br/>11:00 Bingo<br/>12:00 Lunch<br/>12:30 Cards &amp; Games<br/>1:00 Ping Pong<br/>1:00 Mah Jong<br/><b>1:00 Afternoon Tea</b></p> |  |  |  |   |

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



# Greater Maple Valley Community Center

## Activities and Events for Adults Ages 50+ **September 2024**

### National Senior Center Month

September is National Senior Center Month. The 2024 theme is Powering Connections. There is 11,000 senior centers in communities across the country. Senior centers work with community partners to connect people to health, economic security, social engagement, purpose, creativity, mobility, nutrition-all in a social and fun environment. Thank you for being a part of GMVCC Senior Program.



#### Monday, September 9

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

#### Book Club: The Nightingale

#### Wednesday, September 11

Come along for an afternoon of creativity and fun!. Whether you're a seasoned crafter or just starting out, everyone is welcome. You will be guided through with an instructor. 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.

#### Craft Time

#### Thursday, September 19

Let's spend the day at the Fair! A perfect way to spend time with friends and see the sights and munchies. Lunch will be on your own. This trip is \$35. Price includes ticket and parking. Leaving GMVCC 9:30 am.

#### Senior Trip: Puyallup Fair

#### Friday, September 20

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.

#### Bring Your Own Hobbies and Crafts

#### Wednesday, September 25

Come and join professional Karyn Forsythe, Providence Hospice Community Liaison, for an hour discussion in our GMVCC Library about hospice information. Stop by the front desk or call to register. Drop ins welcome.

#### Hospice 101

#### Monday September 30

Enjoy an afternoon for Tea Tasting from the Far East. We have a local expert to teach us. The event is \$5. Space is limited, call or stop by the front desk to reserve your spot.

#### Tea From the Far East



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# SEPTEMBER