

Stillaguamish Senior Center

18308 Smokey Point Blvd, Arlington, WA 98223
Phone 360-653-4551 Website: www.stillycenter.com

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CENTER CLOSED	3	4	5 1 PM DESSERT HOUR Trip - Nordic Museum	6 10:45 AM Entertainment Gary Lee Hood	7
8	9 Wii Bowling with Windsor Square@ Stilly	10	11 Trip Out to Lunch Connect Hearing Clinic 11am	12 1 PM ICE CREAM SOCIAL	13 10:45 AM Entertainment Lee Howard "MARTIN LUTHER KING"	14
15	16	17	18 Movie "Family Man" Balance Plate Workshop 1:30	19	20 10:45 AM Entertainment Bert Claudio	21
22	23 Trip Museum of Flight	24	25	26 Trip Craft trip	27 10:45 AM Entertainment Salt Grass Dirt Band	28
29 Chicken Dinner	30	31				

JOIN US FOR DAILY ACTIVITIES AROUND THE CENTER

MONDAYS

9:30 - 10:30 am Zumba Gold
9:45 - 10:45 am Fun Fit & Function
11:00-11:45 am Stretch & Breathe
10:30 -Noon Food Room
11:00 -2:00pm Oil Painting class
Noon- 1:00 pm Lunch
12:30 -3:00 pm Wii Bowl practice
1:00 - 2:00 pm Qi Gong
1:30 - 2:30 pm Chair Dancercize
2:15 -3:00 pm Senior Line Dance
3:00 - 4:00 pm Caregiver Support 1st wk
5:30 - 6:30 pm Zumba
6:00 - 9:00 pm Silversmithing
7:00 -8:00 pm Zumba

THURSDAYS

9:00 - Noon Lapidary
9:00 - 9:35 am Intermediate TaiChi
9:45 - 10:30 am Advanced Tai Chi
10:45-11:30 am Beginning Tai Chi
10:00 - Noon Artist Studio
10:30 - Noon Food Room
1:30 - 2:30 pm Chair Dancercize
12:00 - 4:00 pm Bridge
Noon - 1:00 pm Lunch
1:00 - 2:30 pm TOPS
6:00 - 10:00 pm Pinochle
afternoon/eve. Lapidary
6:00 - 7:30 pm ALS (4th week)

TUESDAYS

9:00 - Noon Silversmithing
9:00- Noon Dental 1st Tues.
9:30- 10:30am Gentle Yoga
9:30 -1:00 pm Bingo Cafe
2:00- 4:00 pm Cribbage
10:30-2:00 pm Clogging
10:30- 2:00 pm Bingo
10:30- 2:30 pm Silversmithing
5:30 -6:30pm Zumba
6:30 -7:30 pm Yoga
6:00 -9:00 pm Silversmithing

FRIDAYS

10:00 -Noon Blood Pressure
10:30 -Noon Food Room
11:00-12:30 pm Music & Lunch
12:30 -3:30 pm Wii Bowl practice
7:00 - 10:00 pm Bingo & kitchen
7:00 - 9:30 pm R.I.P

SATURDAY

9:30 - 10:30 am Zumba

For changes—check with Reception Desk for updates

GIFT SHOP -New hours and days

WEDNESDAYS

9:00 - Noon Lapidary
8:30 - 1:00 pm Acupuncture
9:30-11:30 am Clogging
9:30 -11:30 am Grocery Shopping
9:45 -10:45 am Fun Fit & Function
10:00 -4:00 pm Bob Ross painting
11:00 -11:45am Stretch & Breathe
9:50 - 10:55 am Peer Support (2nd & 4th wk)
10:30 -Noon Food Room
Noon - 1:00 pm Lunch
1:00 - 2:00 pm Book Club 1st Wed.
1:00 - 4:00 pm Lapidary
1:00 - 4:30 pm Painting Bob Ross
2:00 - 3:30 pm Grief Support
5:30 - 6:30 pm Zumba
6:00 - 9:00 pm Lapidary
7:00 - 8:00 pm Zumba

ICE CREAM SOCIAL 1:00 pm
2nd THURSDAY OF EACH MONTH

"55 ALIVE" DEFENSIVE DRIVING CLASS 2nd Tuesday & Wednesday every other month 9:00 -1:00pm Sign up at desk

KNIT & CROCHET GROUPS

Monday 9 AM to noon
Thursday 9 AM to noon

HAPPY HOPPERS

7:30pm - 10:30pm; 1st & 3rd Saturdays -Experienced Square Dancers welcome

FOOT CLINIC

2nd & 3rd Wednesday & Thursday of each month SIGN UP AT FRONT DESK

MORE ON BACK OF THIS SHEET

OTHER ACTIVITIES LISTED IN NEWSLETTER

UPCOMING SENIOR CENTER ACTIVITIES

NEW



Thursday January 5 DESSERT HOUR 1:00 PM Free
(different dessert each month) Grab some coffee or tea and join us for a game. Served in the Main Hall at the Center Sponsor—Grandview Village



Thursday January 12 ICE CREAM SOCIAL 1:00 PM Free
Served in the Main Hall at the Center Sponsor—Olympic Place

POPCORN & A MOVIE Wednesday, **JANUARY 18** “The Family Man”

FREE - bring or meet a new friend and enjoy a good movie together - FREE

Movies are shown in our Multi-Purpose Room. Root Beer, Water and Popcorn will be provided.



Running Time: 126 minutes

Release Date: 2000

Director: Brett Ratner

Genre: Romantic Comedy

Stars: Nicolas Cage, Te'a Leoni, and Jeremy Piven

A cutthroat investment banker who avoids emotional ties is transported into the life he might have had if he wed his college sweetheart. Jack wakes up in a suburban New Jersey bedroom with Kate and two children. A great movie to count our blessings as we celebrate the new year.

UPCOMING TRIP SIGNUP GOING ON NOW

TRIPS — PLEASE SIGN UP AND PAY AT THE RECEPTION AREA

For complete descriptions see the clipboards at the front desk

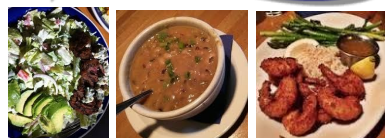
January 5 THURSDAY NORDIC MUSEUM



This museum represents the cultural heritage of all five Nordic countries: Denmark, Finland, Iceland, Norway & Sweden. A guided tour will help you imagine their every step from the old country to their new country where they developed fishing and lumber industries in Seattle. Separate gallery for each of the five Nordic countries. Free time to go back and visit those special spots or the gift shop. (Lunch at Old Country Buffet in Lynwood -Seniors over 60—\$8) (Entrance fee for museum is by donation).

Busing \$14 Member \$19 Non Member Leave 8:30 AM Return 2:30 PM

January 11 WEDNESDAY OUT TO LUNCH @ Indigo Kitchen & Alehouse



EXPLORE the local cuisine together with other seniors. Every other month for the new year we will check out a different restaurant, alehouse or ? Bring money for lunch and added stops. We will make a couple stops to snoop, shop, and enjoy the day together. (you choose as a group). Dress in layers for Western Washington weather. Busing: Member \$12 Non Member \$17 Leave 10:15 AM Return 4:00 PM

January 23 MONDAY MUSEUM OF FLIGHT SEATTLE



Join us for a tour of the museum of flight. You will also have time to walk around after the tour. The museum showcases its collection of more than 150 historic air and spacecraft and related artifacts. See the one-of-a-kind NASA Space Shuttle Trainer used to train every space shuttle astronaut since the inception of the program. On display is the Blackbird spy plane; presidential 707 jet, fastest retired jetliner Concorde. Visit the café at your leisure for a snack or lunch. Entrance fee: \$15 paid that day (bring cash). Busing paid at time of reservation. BUSING paid at center: Member \$15 Non Member \$20