

Stillaguamish Senior Center

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

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <i>Closed</i>	5 <i>Grocery Run</i>	6 <i>Trip Lombardi's Evergreen Arboretum</i>	7 <i>Music Sensation's</i>	8
9	10	11	12	13 <i>Ice Cream Social 1:00</i>	14 <i>Music Gary Lee Hood</i>	15
16	17 <i>Trip Kate's and Covenant Glass</i>	18	19 <i>Movie 1:00 Grocery Run</i>	20 <i>1:00 Wii Bowling Vintage/Arlington</i>	21 <i>Music Gold Rush</i>	22
23	24	25	26	27	28 <i>Music Bert Claudio</i>	29
30 <i>Chicken Dinner</i>	31					

JOIN US FOR DAILY ACTIVITIES AROUND THE CENTER

MONDAYS

9:00 -12:00 Knit & Crochet
 9:30-12:00 Needle Arts
 9:45 - 10:45 Fun Fit & Function
 11:00-11:45 Stretch & Breathe
 10:30 -Noon Food Room
 11:00 -2:00 Adv. Oil Painting
 Noon- 1:00 Lunch
 1:30 - 2:15 Chair Dancercise
 12:30 -3:00 Caregiver Support 1st wk
 5:30 - 6:30 Zumba
 7:00 -8:00 Zumba

THURSDAYS

9:00 - 11:00 Artist Studio
 9:15 -10:00 Beginning Tai Chi
 10:00 -10:45 Advanced Tai Chi
 10:30 - Noon Food Room
 12:45-1:30 Line Dance Class
 1:30 - 2:15 Chair Dancercise
 12:00 - 4:00 Bridge
 Noon - 1:00 Lunch
 12:00 - 2:00 TOPS
 6:00 - 10:00 Pinochle

TUESDAYS

10:00 -1:00 Bingo Café
 10:30 -2:00 Clogging
 2:00 -4:00 Cribbage
 11:00 -3:00 Bingo
 5:30 - 6:30 Zumba
 6:30 - 7:30 Yoga

FRIDAYS

9:30-4:30 Advanced Pinochle
 10:00-12:00 Blood Pressure
 10:30-12:00 Food Room
 10:45-12:30 Music & Lunch
 12:30 -3:30 Wii Bowling Practice
 5:00 - 10:00 Bingo/Pull Tabs/Cafe

SATURDAY

9:45-10:45 am Zumba

WEDNESDAYS

8:30 - 1:30 Acupuncture
 9:30 -11:30 Grocery Shopping 12th&26th
 9:45 -10:45 Fun Fit & Function
 11:00-11:45 Stretch & Breathe
 9:50 -10:50 Mindfulness 2nd/4th Wed
 10:30-Noon Food Room
 11:30-12:30 Qi Gong
 Noon Amp Alumni Lunch 1st Wed
 Noon - 1:00 Lunch
 1:00-3:00 Wii Bowling Practice
 1:00 -2:00 Computer Skills
 1:00 - 2:00 Book Club 1st Wed.
 5:30 - 6:30 Zumba
 7:00-8:00 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 reception
 July 11th & July 12th

Check with Reception with
 any questions
 Reception Desk for updates

Come Try Out Our Delicious
Homemade
Chicken Dinner
 with
Entertainment July 30th 12-2 pm

FOOT CLINIC
 2nd & 3rd Wednesday & Thursday
 of each month SIGN UP AT Front

Days and Hours
GIFT SHOP-
WED 10:00-1:00
FRI 10:30-1:30

UPCOMING SENIOR CENTER ACTIVITIES

*Ice Cream Social July 13th Thursday at 1:00
Sponsored by Olympic Place Retirement and
Assisted Living*



POPCORN & A MOVIE- "Must Love Dogs" Wednesday, July 19th
FREE- bring or meet a new friend and enjoy a good movie together – 1:00



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



Sarah (Diane Lane), is 40 and recently divorced. Believing Sarah needs to date more, her sister, Carol (Elizabeth Perkins), creates an online dating profile for her. Simultaneously, Jake (John Cusack) reluctantly decides to try Internet dating. Sarah and Jake meet, and though both agree they are not interested in a serious relationship, their chemistry is undeniable. But, when Bob (Dermot Mulroney) suddenly shows interest in Sarah, her future with Charlie becomes unclear.

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

July 6th Thursday Lombardi's and Evergreen Arboretum & Gardens



If you love walking among beautiful gardens you will not want to miss this one. After a nice lunch at Lombardi's we will head over to the Arboretum and Gardens for a beautiful warm afternoon stroll. Taking in all the beautiful trees and flowers of our incredible state. Bring money for lunch.



Hoping the day will be a beautiful sunny Washington day and 75 Busing \$10.00 members/\$15.00 Non Members
Load at 10:45 AM Return at around 3:30 pm

July 17th Monday Brunch at Kate's and Christmas in July Snowflake making



Join Us for an amazing Breakfast for Lunch and then onto The Covenant Art Glass studio for a tour and a Fused Glass Class. Bring Money for Both.

\$20.00 to make 2 Fused Snowflakes



WATCH FOR UPCOMING TRIPS
August Clipboards for Trips at Front Desk

LEAVE 11:00 AM RETURN 4:00 PM
BUSING: Member \$10
Non Member \$15