

Stillaguamish Senior Center

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

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Note: New Times and Classes below			1	2 10:45 AM Entertainment Bill Bissonnette	3
4	5	6	7 Wii Bowling Here with Edmonds At 12:45 Canceled	8 No Ice Cream Social Volunteer Luncheon 1:00	9 10:45 AM Entertainment Rick Cooper Advisory Mtg. 1:00	10
11	12	13	14 10:30 Membership Orientation	15 <u>Trip</u> Wings Over Washington	16 10:45 AM Entertainment Monrovia Father's Day	17
18	19	20	21 Movie at 1:00 "Trouble with the Curve"	22 Wii Bowling At Grandview At 1:00	23 10:45 AM Entertainment Don Kellogg 4th of July Celebration	24
25 Chicken Dinner	26	27 <u>Trip</u> Kangaroo Farm	28 Wii Bowling @ Granite Falls 11:30 with lunch No Acupuncture	29	30 No Entertainment Annual Meeting for Members With Voting & Report	31

JOIN US FOR DAILY ACTIVITIES AROUND THE CENTER

MONDAYS

9:00-10:00 Yoga 4 Parkinson's
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 Oil Painting Class
Noon- 1:00 Lunch
12:30 -3:00 Wii Bowl Practice
1:30 - 2:15 Chair Dancercize
3:00 - 4:00 Caregiver Support 1st wk
5:30 - 6:30 Zumba
6:00 - 9:00 Silversmithing
7:00 -8:00 Zumba

THURSDAYS

9:00 - Noon Lapidary
9:00 - 11:00 Artist Studio
9:30- 10:00 Beginning Tai Chi
10:00-10:30 Advanced Tai Chi
10:30 - Noon Food Room
11:00-12:00 Zumba Gold
12:45-1:30 Line Dance Class
1:30 - 2:30 Chair Dancercize
12:00 - 4:00 Bridge
Noon - 1:00 Lunch
12:00 - 2:00 TOPS
6:00 - 10:00 Pinochle
1-4 and 6-9 Lapidary
6:30 - 7:45 ALS (4th week)

TUESDAYS

9:00 - Noon Silversmithing
9:00- Noon Dental 1st Tues.
9:30- 10:30 Gentle Yoga
9:30 -1:00 Bingo Cafe
2:00- 4:00 Cribbage
10:30-2:00 Clogging
11:00- 3:00 Bingo
5:30 -6:30 Zumba
6:30 -7:30 Yoga
6:00 -9:00 Silversmithing
7:00-8:00 Swing Dance

FRIDAYS

9:30-4:30 Advanced Pinochle
10:00 -Noon Blood Pressure
10:30-12:00 Food Room
10:45-12:30 Music & Lunch
12:30 -3:30 Wii Bowl Practice
1:30 - 2:30 Intro Sign Language
7:00 - 10:00 pm Bingo/Pull Tabs
7:00 - 9:30 pm R.I.P

SATURDAY

9:30-10:30 am Zumba

Check with Reception with
any questions

Hearing Aide Service June 15th
11-12 Board Room

WEDNESDAYS

9:00 - Noon Lapidary
8:30 - 1:30 Acupuncture
9:30 -11:30 Clogging
9:30 -11:30 Grocery Shopping
9:45 -10:45 Fun Fit & Function
10:00 -4:00 Bob Ross Painting
11:00-11:45 Stretch & Breathe
9:50 -10:50 Mindfulness 2nd/4th Wed
10:30-Noon Food Room
Noon Amp Alumni Lunch 1st Wed
Noon - 1:00 Lunch
1:00-3:00 Wii Bowling Practice
1:00 - 2:00 Computer Skills (New)
11:30-12:30 Qi Gong
1:00 - 2:00 Book Club 1st Wed.
1-4 & 5-8 Lapidary
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

KNIT & CROCHET GROUPS

Monday/Thursday 9 AM to noon
GIFT SHOP-WED 10-1:00/FRI 10:30-1:30

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

Volunteer Luncheon will be celebrated June 8th so there will be no Ice Cream Social that day!

We are so very grateful for all of you!



POPCORN & A MOVIE-(Trouble with the Curve)

Wednesday, June 21st

FREE - bring or meet a new friend and enjoy a good movie together - 1:00 PM



For decades Gus Lobel (Clint Eastwood) has been one of baseball's best scouts -- but now his age is catching up with him. Still, he refuses to be benched even though his bosses are questioning his judgment. Tasked with checking out the country's hottest batting prospect, Gus is forced to accept help from his daughter, Mickey (Amy Adams). Though they haven't spent time together in years, father and daughter make new discoveries about their shared past, which could change their future.

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

June 15th Thursday WINGS OVER WASHINGTON-SEATTLE



An Aerial Adventure on the state-of-the-art "flying theater" that will transport you on an aerial adventure. Wings over Washington is currently the most state-of-the-art theater in the world using 5K cameras; innovative art laser projection; drones for image capture; MUSHROOM VR™, and a ground-breaking surround sound system. See seaside cliffs through the morning mists of the **Olympic National Forest** and **Mt. Rainier to the San Juan Islands** and on to the spectacular beauty of the Cascades and the **awe-inspiring Snoqualmie Falls** to the wild **whitewater of the Tieton River** and the kaleidoscopic wonder of the **Walla Walla Valley Balloon Stampede** then back to Elliot Bay to bank around the **Seattle Great Wheel** as a sensational fireworks display begins and then slowly landing back to where the journey all began. (This ride give the sensation of flying- must be okay with feeling of height. You will not be, just feels like it.)



Choose one or both rides; Each ride lasting approximately 15 to 20 minutes.

Enjoy time on the pier shopping & lunch. **Leave at 9:30 return at 3:30**

Busing: Member \$15 Non Member \$20

Wings over Washington ticket price \$15 (65+) \$17 (adult under 65)

The Great Wheel ticket price \$11 (65+) \$13 (adult under 65)

June 27th Tuesday KANGAROO, HUBBS LUNCH & PIONEER MUSEUM



**LUNCH IN
ARLINGTON AT
HUBBS**

Visit the Stillaguamish Valley Pioneer Museum in Arlington with three floors of exhibits.

Entrance Fee
\$5 pay there

Take a tour and interact with kangaroos & exotic animals at the Kangaroo Farm in Arlington.. This is a **40 minute tour** that is both educational and recreational. The menagerie of furry and feathered residents includes:

Kangaroos	Llamas	Pygmy Goats	Parrots	Mini Donkeys	Wallabies	Lemurs
Emus		Wallaroos	Alpaca	Ostriches	Peacock	Flying Squirrels

ENTRANCE INTO KANGAROO FARM \$8 - PAY THERE

WATCH FOR UPCOMING TRIPS
July Clipboards for Trips at Front Desk

LEAVE 9:30 AM RETURN 3:00 PM
Bring money for LUNCH in Arlington
BUSING: Member \$10 Non Member \$15