

Stillaguamish Senior Center

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

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 10:45 AM Entertainment Gerry Albin Cinco de Mayo	6
7	8 Wii Bowling here with Windsor Square 1 pm	9 Trip Friday Harbor	10	11 1 PM ICE CREAM SOCIAL 1PM Opioid Wksh	12 10:45 AM Entertainment Doug Williams Mother's Day	13
14	15	16	17 Wii Bowling @ Vintage Arlington	18	19 10:45 AM Entertainment Salt Grass Dirt Band	20 Trip Whale Watching DORIS DAY EVENT
21 Chicken Dinner	22 Wii Bowling TBA 12:45 pm	23 4-6 pm Opioid Panel Workshop	24	25	26 10:45 AM Entertainment Gary Lee Hood Memorial Day	27
28	29 CENTER CLOSED	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
1:30 - 2:30 pm Chair Dancercise
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
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 Dancercise
12:00 - 4:00 pm Bridge
Noon - 1:00 pm Lunch
1:00 - 2:30 pm TOPS
6:00 - 10:00 pm Pinochle
1-4 and 6-9 pm 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 Café
2:00- 4:00 pm Cribbage
10:30-2:00 pm Clogging
10:30- 2:00 pm Bingo
9:00 -12:00 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 - 10:50am Mindfulness 2nd/4th Wed
9:50 - 10:55am Peer Support (2nd & 4th wk
10:30 -Noon Food Room
Noon Amp Alumi Lunch 1st Wed
Noon - 1:00 pm Lunch
1:00 -2:00 pm Qi Gong
1:00 - 2:00 pm Book Club 1st Wed.
1:00 - 4:00 pm Lapidary
1:00 - 4:30 pm Painting Bob Ross
3:00 - 4:00 pm Grief Support
5:30 - 6:30 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 reception

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



Thursday May 11 ICE CREAM SOCIAL 1:00 PM Free
Served in the Main Hall at the Center Sponsor—Olympic Place

POPCORN & A MOVIE —ST. VINCENT Wednesday, MAY 17

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

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

FREE



Director: Theodore Melfi Stars: Bill Murray, Melissa McCarthy, Naomi Watts Release: 2014 Running Time: 1 hour 42 minutes
Genre: Comedy

Maggie, a single mother, moves into a new home in Brooklyn with her 12 year old son, Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent, a retired

curmudgeon with a penchant for alcohol and gambling. An odd friendship soon blossoms between the improbable pair.

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

MAY 9 Tuesday

FRIDAY HARBOR BY FERRY



Our bus will take you to the Anacortes ferry for a fun-filled adventure across the waters through the San Juan Islands. Arrive in Friday Harbor and enjoy a leisure filled, or action packed adventure. Lots of things to do — unique shops, whale museum visit one of the galleries, yummy bakery lots of lunch spots & ice cream. (5 1/2 hours ashore)

LEAVE: 7:45 AM RETURN 7:00 PM

BUSING TO ANACORTES AND BACK: \$15

**MEMBER \$20 NON MEMBER Ferry cost \$6.60
(senior 65 and older); \$13.25 (for under 65)**



MAY 20

SATURDAY

WHALE WATCHING & FRIDAY HARBOR



Always a favorite, this one fills up fast. Only 23 seats! Eight hour cruise with two hours in Friday Harbor aboard San Juan Cruises' 100 foot tour vessel. Wild salmon & BBQ chicken lunch.

Indoor and outdoor seating. **Cruise and busing:**

Member \$120 Non Member \$125

Leave 7:30 AM Return 7:30 PM

WAITING LIST ONLY



WATCH FOR UPCOMING TRIPS