President’s Message
Happy New Year!

2020 is a special year for the Stillaguamish Senior Center—it’s our 50th anniversary. We started as a vision of the Board of Commissioners of Public Hospital District No. 3 (Cascade Valley Hospital) to keep seniors active and out of the hospital. The individual commissioners and the hospital administrator felt so strong about this vision that they personally guaranteed the loans necessary to buy the property where the center is located and to buy materials for volunteers to build the main hall.

Over the years we have seen a lot of changes, all keeping with our current mission:

To provide services to all seniors that enhance the quality of life, limit isolation, and prevent a need for institutionalization.

The biggest challenge that our Board of Directors has faced has been replacing the annual funding we received from United Way when it changed its funding model several years ago. Since then the Board has struggled to balance the budget. We have had a deficit the last three years, and the Board has the fiduciary responsibility to turn it around.

Starting in September, the Board has set out to develop a new strategic plan. Here are a few of the questions that we are working on answering:

- Should we broaden our mission to include all adults and not just those 55 and older?
- Is having the word “senior” in our name a “turn off” in attracting new members?
- Are potential donors/grantors confusing us with the Stillaguamish Tribe with its lucrative gambling activities?
- What changes need to be made to our facilities to attract new members?
- Are there programs that should be changed and/or added to attract new members?
- How do we adequately fund our current operations and any changes we want to make?

We need your help and understanding. Change is not easy. The Board has already had to make some hard decisions which, in addition to adding a membership fee, have included the following: To increase our rental income the chicken dinner has been eliminated so that a Church could rent the main hall on Sundays. The gift shop as you entered the main hall has been eliminated to make the hall more attractive for potential renters and to create an area to recognize our sponsors. Funding of the Advisory Council’s special fund has been drastically reduced to help balance our budget.

Here are some ways you can help:

- Give us your ideas
- Promote paid memberships (membership fees are less than 1% of our total budget)
- Give annually to our general fund
- Include the Center in your will
- Serve on one of our committees
- Volunteer

The Board is looking for volunteers to organize a 50th Anniversary Celebration. We want to celebrate our heritage and prepare for a bright future! We need your help! Feel free to contact me or any of our board members to volunteer or just to share your ideas.

~Dave Duskin, Board President
Email: dave.duskin@comcast.net
The mission of the Stillaguamish Senior Center is to provide services to all seniors that enhance the quality of life, limit isolation and prevent any need for institutionalization. Each of the program areas of the Stillaguamish Senior Center strives to achieve this mission. We invite you to try some of our energizing activities like our exercise classes or join our Book Club. Participate in a wide array of educational and recreational classes. Experience a day trip or a longer tour. Join us! Membership information on Page 3.

General Information
- Homage-Information & Assistance
  (425) 513-1900 or 1-800-422-2024
- Stilly Lunch Program
  Brenda Marie: (360) 653-4551, x 240
- Stilly Medical Equipment Closet
  Marilyn Enright: (360) 653-4551, x 234

Stilly Center Room Rentals
The Stillaguamish Senior Center is now taking reservations. For pricing please check out our website. For rental information, contact Danette at (360) 653-4551, ext. 230.

Board of Directors Meetings
Meets the First Monday of the month, at 12:00pm in the Board Room.
Next meetings:
February 3rd and March 2nd

Advisory Council Meetings
Meets the second Friday of the month, 1:00pm in the Board Room.
Next meetings:
February 14th and March 13th
Valentine Rock Painting Class with Valerie
February 7th, Friday-10 am-12 pm
Cost $5.00 Rose Room

Book Club
Join Dana Carney for a lively discussion at our monthly Book Club meeting.
Wednesday, Feb. 12th & March 11th
1pm to 2pm in the Main Hall

Books To Read:
February 12th– Saints for All Occasions
March 11th– White Houses

Stilly Apparel
Support the Stilly with Apparel
T-shirts $15
Polo shirts $25
Crew Neck Sweatshirts $25
Hooded or Zip-up Sweatshirts $30
All 100% cotton
Sizes: S, M, L, XL, 2XL, and 3XL
Colors: Navy, Royal Blue, Red, Forest Green, Black, Light Gray, Dark Gray and White
You can purchase thru Front Desk
Prepay and it takes approximately 1 week after being ordered.

Stillaguamish Senior Center
Membership for a year is $30.00
Benefits of being a member:
• Bi-Monthly Newsletter mailed or emailed
• Discounts on our Day Trips
• Acupuncture appointments discounted
• B12 Shots also discounted
• Discounts on some of our classes listed in the newsletter
  • A volunteer run employment program
  • Free Tax service
Use of our Food Room open Mondays & Wednesdays– Fridays
• Several Wellness Programs
• Caregiver Support Groups
• Health Insurance Benefit Advisors
• Rooms to Rent
• Take classes provided-Teach a class
• Computers for use and Free Wi-Fi
• $3.00 Meals for Seniors 60 & Over
• Opportunities to become a Volunteer

AARP “Drive Safe” Class
For the mature driver 55 and older.
Learn to improve your driving skills and get a discount on car insurance.
To sign up, call or stop by the front desk.
March 10th & 11th
9:00am - 1:00pm Board Room
Fee: $15 AARP members / $20 non-members
Instructor: Robert Miller

BUNCO
February 19th February 26th
March 18th March 25th
EVENINGS 6:00 PM - DAYTIME 1:00 PM
Evening is 3rd Wednesday of the Month
Daytime is 4th Wednesday of the Month
Cost $5.00 Bring a Snack
Seniors and Military 20% off Tuesdays.
Colored tag specials 4 days a week
Please donate your gently used men’s and children’s clothing,
we are expanding our clothing departments.
We welcome small furniture, small round tables, end tables,
TV stands, trunks, curio cabinets, love seats must be approved. Thank you!
Your donation helps to support programs
and services for our senior citizens.

The New Clothing Area has been Launched
Come in and See– Infants, Tweens & Teens
Also expanded The Men’s Clothing Area
Visit us for great savings!

STAFFED BY OUR
THRIFT STORE
MANAGER &
VOLUNTEERS
The revenue from sales
supports the Stillaguamish
Senior Center.

The Stilly Center Food Bank
is in need of the following items:
• Frozen Dinners/Lasagna
• Chicken Pot Pies– Frozen items
• Ensure
• Pickles
• Peanut butter
• Spam
• Canned veggies
• Canned fruits
• Canned soups
• Olives– black or green

Monetary donations would be greatly appreciated!

See Gretchen in the Food Room
Between 10:30-12:00
on Mon, Wed, Thurs or Friday
if you have questions.
The Stilly Food Bank serves low-income
and disabled tenants residing
in the Stilly senior housing complex.
Tuesdays at 9:00am

Thrift Store Cashiers
Wednesdays and Saturdays 1-4 PM
Volunteers are needed on:
Saturdays 10 am-4 pm in Clothing
Help needed for clothing and household pricing,
these position also require being able to lift.
Volunteer shifts are a minimum of 4 hours.
(Any volunteer working at least 3 hours a day is eligible for a free lunch that day. Anyone working 6 hours per week can get a 30% discount on regularly priced items on the floor that week.)

We are owned and operated by the Stillaguamish Senior Center and all proceeds go towards supporting the Center.

If you are interested in volunteering, please contact Wanda at (360) 653-4551 or complete and submit a volunteer application with our front desk or visit our website at: http://www.stillycenter.org/volunteer.shtml

The manager, Linda would like to thank all the volunteers that work for the Thrift Store and helped out with the new clothing change over. The store looks amazing and she is grateful to all her volunteer staff for their hard work and dedication.
HAPPENINGS AROUND THE CENTER

Ongoing Events

**Lunch**
Monday, Wednesday, Thursday & Friday at 12pm in the Main Hall.
Menu varies by the day of the week.
Tuesday is Bingo Café’ Soup, Sandwiches, Donuts, Coffee & Ice Cream for Sale.
Open 9:30-1:30

**Food Room**
Monday, Wednesday, Thursday, Friday 10:30am - 12pm

**Game of Choice**
Thursdays, 1-3 pm
Main Hall

**Bridge**
Thursdays, 12pm - 4pm,
Multi-Purpose Room.

**Pinochle**
Thursdays, 6pm - 9pm, Main Hall.
Fridays, 11:30am - 3:30pm,
Arts & Crafts Room.

**Canasta**
Wednesdays 1st, 3rd, & 5th, 1 pm, Main Hall

**Needle Arts Group**
Mondays, 9:30am - 12pm, Side Room.

**Crochet/ Knitting Groups**
Mondays & Thursdays, 9am - 12pm, Main Hall.

**Bingo**
TUESDAY: Starts @ 11:30am
(warm-up game @ 11:15am)
New games quarterly.
FRIDAY: Starts @ 7:00pm
(warm-up game @ 6:45pm)
New games quarterly.
**Bring a dish to share for the Potluck-2nd Friday of the month.**

**Pulltabs** available at each Bingo session.
**Bingo is operated by trained volunteers.**
For more info, call: Stilly Senior Center (360) 653-4551

**Please bring cash to play.**
$50’$s & $100’$s now excepted
**Checks not accepted.**

Ice Cream Social
Join us for FREE ice cream and assorted toppings.
1pm in the Main Hall

Next date: February 20th & March 19th

*Sponsored by Village Concepts of Marysville*

Entertainment with lunch on Fridays
Come enjoy good food and great company, starting at 10:45am.

Scheduled Entertainment:

ENTERTAINERs FOR
February and March

February 7th Gerry Albin
February 14th Rick Cooper
“Valentine’ Day Celebration”
February 21st Gary Lee Hood
February 28th Dusty Rose & Her Thorn Chris
March 6th Don Kellogg
March 13th Ukulele Group
“St. Patrick’s Day Celebration”
March 20th Marliss & Harry
March 27th Doug Williams
**Wii BOWLING**

The Wii bowling team would love to get to know you and help you to learn Wii Bowling. Some of the team members never bowled before joining the team. Now you can’t keep them away. No heavy bowling ball to hold and throw, only some simple controls, and the fun begins.

Team practice
12:30 pm on Fridays in the Main Hall.

---

**From left to right - Back row**: Ray, Betty, Gary, Paul, Gloria, Karen, Barb, Suzie
**Front row**: Glenda, Judy, Virginia, Bev, Shawn, John

**Tournament High Scores 200+**

---

**Wii Meetings**
1st Friday of the Month
at 12:30

1/9 vs Carl Gipson

- Gloria 230
- Judy 244
- Gary 226
- Barb 225

**Upcoming Tournaments**

- February 13th – Carl Gipson Here @ 12:30
- February 17th – @ Windsor Sq.-1:00
- March 13th @ Carl Gipson-1:00

---

**WISH LAST**

We are collecting the following items to fill our:
- Friday Raffle Baskets:
  - Adult Coloring Books & Colored Pencils
  - Stuffed Animals
  - Cleaning Wipes
  - Shower Gels
  - Tea Bags or Coffee
  - Push pins, chip clips
  - Cookies
  - Crackers and Cheese,
  - other snack items
  - Pop, Candy
  - Boxes of microwave Popcorn
  - Good DVD’s Movies,
  - Good CD’s
  - Dice packages
  - Magnets for Refrigerators,
  - Note pads w/magnets
  - Decoration Items-
  - Door Wreaths etc.…
  - Dollar Store Items-
  - seasonal items
  - Air fresheners

- Can use nice new or gently used items
- Thank You for all contributions so far.
- Greatly Appreciated

We have fun stuff in our baskets because of people like you!

Please if you have donations for Baskets set your item or items on the book shelf inside the Program Administrator Office door to the left. Thank You!
SENIOR WELLNESS PROGRAM

Foot Clinic
2nd & 3rd
Weds & Thurs of the Month
February 12th & 13th-19th & 20th
March 11th & 12th-18th & 19th
From 10:00am-1:00pm

IN THE ROSE ROOM
$15.00 Appointment is required

Acupuncture
Free Range Health
Wednesdays, 9:00am - 2:30pm
in the Side Room
Last appt. at 1:40 p.m.
$18 Members, $23 Non-Members
By appointment,
sign up at reception desk.
48 hour cancellation policy applies.
**Walk-in B12 shots available on the last clinic of the month.**
Members: $20  Non-member: $25
NO ACUPUNCTURE MARCH 25TH

EFT Emotional Freedom Therapy & Tapping Class
Instructor: Sharon Castiglione-Certified Professional EFT & Tapping Practitioner
Starting February 7th
See Flyer for more info up front.
Every Friday 1-2 PM in the Rose Room.
$3.00 for Class Money goes to Center

The Pharmacist is IN
Thursday, February 6th 9:00-11:00
Personal Consultation–By Appointment Only
If you use over the counter medications or cannabis products, have you discussed how these might interact with your prescription medications. Need dosages reviewed or interested in discussing any side effects.
Call Marilyn for an appointment Ext. 234
Thank you to Arlington Pharmacy for offering this service to the folks at the Senior Center.

Eyeglasses and Hearing Aids
The local Lions Club will assist qualified persons in need with eyeglasses and hearing aids.
Please contact Karen at: 425-231-7096 for more information.

Stanwood Hearing Center
Free hearing aid cleaning
February 21st
March 20th
11 am to noon in the side room.
425-238-6758

SHIBA: Statewide Health Insurance Benefit Advisors
4th Friday of the Month
February 28th & March 27th
Call Marilyn 360-653-4551 Ext. 234 for an appointment between 9-12pm

Free Blood Pressure Checks
Fridays in the Side room
10am to 12pm
Dana-Feb. 7 & 21st, March 13th & 27
Rose– Feb. 14th & 28th, March 6th & 20th
EMPLOYMENT REFERRAL PROGRAM

If you need some help with chores, minor household repairs, yard work, cooking, caregiving, errands, housecleaning, etc., Our employment office is open on Fridays from Noon to 4 pm.

Come by and talk with the volunteer employment specialist, Darlene. She will be happy to assist you.

All of our referral sources have been interviewed and have had a Washington State Patrol background screening completed.

AARP Tax Aide Program
Taxes are being prepared Mondays and Thursdays 11 AM to 3 PM in the Library February 3rd to April 13th. Make appointments with our receptionists. 3 Saturdays are also being offered. Check front desk for the Saturday dates.

Social Services Resource List:

DSHS (Department of Social and Health Services)
360-651-6800-Home and Community Services-COPES, Long Term Care and Aging

Homage Senior Services-(formerly Senior Services)

Aging and Disability Services- 425-388-7218

Depression Screening- 425-290-1260

DART-(Dial-a-Ride Transportation) 425-347-5912

Home Repair Services—425-265-2222 Please leave a message at this number.

Meals on Wheels & Senior Dining- 425-347-1229

SHIBA (Statewide Health Insurance Benefits Advisors)—Medicare Information) 425-290-1276 Or you can contact Marilyn here at ext. 234.

**RESPITE CARE: All of Us Need It Once In A While**

Respite is a period of rest or relief. For those who give constant care, whether it is for an aging parent, an ill relative or for babies or small children, respite care can be very welcome indeed. The need to relieve a primary caregiver is becoming more and more apparent, and community agencies are training personnel who serve as respite workers for those in need.

Respite workers go through many hours of instruction in order to understand the needs of both the caregiver and the care receiver. Their primary purpose in the home is to relieve the primary caregiver. They provide companionship and supervision. They can also provide comfort and safety by providing meals and snacks, taking walks around the neighborhood, engaging the person in stimulating activities such as reading, listening to music, making a craft or completing a crossword puzzle. Respite workers are NOT allowed to administer medications or provide housekeeping or chore services.

While most respite work is found in the home, this service may also be performed in other arenas. Some caregivers take their family members to a day facility, where meals are provided and participants can engage in a variety of activities, such as exercise classes, crafts, reading discussion groups and writing classes. Other caregivers may need occasional help from an assisted living facility or a skilled nursing facility. Some facilities will provide respite care for a few days, and some can take care of a person for up to a few weeks.

Respite care is available for family members who try to “do it all” when it comes to caring for their loved one, but need a break once in a while. It is very important for all caregivers to have an occasional rest period, where they can do something just for them. Whether caregivers take a nap, walk around the block, go for a swim or go out to lunch with a friend, the time away gives them a chance to return with more energy.

Caregivers are ultimately better able to face the daily demands of care. Respite is also good medicine for the care receiver as well. Having someone different providing care gives the person a chance to develop a new friendship. Care receivers are then better able to work with their family members who service their daily needs.

Respite care just may be the best family medicine on the market today. Caregiver.com

---

**FAMILY CAREGIVER SUPPORT PROGRAM**

**MONTHLY SUPPORT GROUP SCHEDULE**

*(Meetings are not held on major holidays.)*

**NOTE:** If you are a new attendee, please RSVP facilitator prior to attending

**Angeles Vesely**

avesely@stillycenter.org - 425-248-5156

1st and 3rd MONDAY each month 3:00-4:30pm  
Stillaguamish Senior Center, Conference/Board Room  
18308 Smokey Point Blvd., Arlington WA

1st TUESDAY each month 10:00-12:00pm  
Stanwood Senior Center  
7430 276th St NW, Stanwood WA

3rd TUESDAY each month 10:00-11:30am  
Baxter Senior Community Center  
514 Delta Avenue, Marysville WA

1st THURSDAYS each month 1:00-2:30pm  
*Jeanne Karr*  
Verdant Community Wellness Center  
4710 196th St. SW, Lynnwood WA, Teaching Kitchen

2nd and 4th THURSDAYS  
each month 9:00-10:00am  
Snohomish Senior Center  
506 Fourth Street, Snohomish WA, Library Room

---

**“POWERFUL TOOLS FOR CAREGIVERS”**

**A CLASS FOR FAMILY CAREGIVERS**

*Powerful Tools for Caregivers* is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This 6-week educational series is designed to provide You, the Caregiver, with tools needed to take care of yourself while supporting your loved one. Classes consist of interactive lessons, discussions and brainstorming to increase your self-care and confidence in handling difficult situations, emotions and decisions.

**Class Schedule: YEAR 2020**

<table>
<thead>
<tr>
<th>Class Schedule: YEAR 2020</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday Mornings</strong></td>
<td></td>
</tr>
<tr>
<td>April 21 – May 26</td>
<td></td>
</tr>
<tr>
<td>10:30am - 12:00pm</td>
<td></td>
</tr>
</tbody>
</table>

Classes are free but space is limited & registration is required. There is a $25 book fee (scholarships are available for those in need)

**Please Contact:**  
Angeles Vesely (425-248-5156); avesely@stillycenter.org  
Jeanne Karr (425-248-5276); jkarr@stillycenter.org

Family Caregiver Support Program  
www.snocare.org

LOCATION: STILLAGUAMISH SENIOR CENTER
We are also looking for instructors for new classes. Come down and chat with us about the possibilities! If you have a skill you would like to share and make a little money at it.

Get Involved - Have Fun - Make New Friends

Questions?
Call Wanda Schroedl at 360-653-4551 x 228

Legacy Giving
It’s more than an act of generosity; it’s an important investment in the future of our center. To be a part of this fine tradition, please ask your attorney to add this or other suitable language to your Will: “I give, devise, and bequeath to Stillaguamish Senior Center [insert: dollar amount, percentage of estate, description of real estate or other property, nature of gift, or remainder of my estate].” Tax ID #23-7087247, 18308 Smokey Point Blvd., Arlington, WA 98223 Contact Executive Director Danette Klemens at 360-653-4551 ext. 230 or dklemens@stillycenter.org for more information. Consult a qualified estate planner before making a gift in your will.

Paint Night
Tuesday 6:00 PM
March 17th
Main Hall

$10.00 for Class $5.00 for Supplies- Sip Sparkling Cider and Paint with Debbie. Sign up at Front Desk.

Mondays

Yoga for Parkinson’s Disease
CLASSES RESUMING FEBRUARY
9am - 10am in the Multi-Purpose room
Instructor: Kathleen Buchanan
Class Fee: $8 adults, $5 seniors and caregivers.
Yoga has been shown to improve balance and flexibility for those with Parkinson’s disease. Most who attend this class do so seated, but you’re welcome to bring a mat and participate from the floor/standing as well. Caregivers are welcome.
Mondays

Fun, Fit and Functional
Mondays and Wednesdays
NO CLASSES FEBRUARY 17th thru MARCH 13th
9:45am - 10:45am in the Main Hall
A one hour well-rounded fitness class using aerobic, strength, balance, and stretch activities. No getting down on the floor. Wear comfortable clothes for movement and fitness shoes.
$4 per class or $32 for a 10 class punch card. For more information call Jolane Stroh 360-202-0083.

Stretch & Breathe
Mondays and Wednesdays
NO CLASSES FEBRUARY 17th thru MARCH 13th
11:00am - 11:45am in the Multi-Purpose Room
A 45 minute chair-based class using focused breathing, stretching, and modified yoga poses to enhance body awareness, posture, and balance. No getting down on the floor. Appropriate for all fitness levels. Wear comfortable clothing. $4 per class or $32 for a 10 class punch card. For more information call Jolane Stroh 360-202-0083.

Advanced Oil Painting
11am - 2pm in the Arts & Crafts Room
Instructor: Gene Waggoner
$25 per class
Local artist Gene Waggoner has been teaching oil painting classes in the north county area for over 25 years. Now he brings his extensive experience to the Stilly. These painting classes are ‘paint your own subject’ with assistance from Gene.

Driftwood Art
Dates for February 3rd & 24th-Dates for March 2nd & 16th
Come bring your piece of drift wood to clean, sand and polish to a beautiful piece of art.
Or bring in your driftwood to decorate it’s your creativity in this one.
Instructor: Chuck Cruz will guide you in bringing driftwood back to life.
If you already have a cleaning kit bring it with you.
12:30-3PM Main Hall $10.00 per class.
Tools are available for use.

Dot Mandala
2nd & 4th-Mondays
February 10th & 24th-March 9th & 23rd
12:30-2:30 Main Hall- $15.00
Includes some supplies and use of Tools
Instructor: Jill Bhear
Will need to bring some supplies of your own.
List is behind
Sign-up sheet up front.
Please sign up in advance.

Outsmart Your Smart Device
February 11th & March 10th
2nd Tuesday of each month in the Main Hall from 3-4 pm
$5.00 class fee
**CLASSES**

### Wednesdays

**Fun, Fit and Functional**  
Mondays and Wednesdays  
9:45am - 10:45am in the Main Hall  
**Members: $32 for a 10 class punch card** or $4 per class Non Members  
Instructor: Jolane Stroh, (360) 202-0083  
A one hour group fitness class combining cardio, strength, balance and stretch. All ages, all abilities, no getting down on the floor. Wear comfortable clothing you can move in.

**Stretch & Breathe**  
Mondays and Wednesdays  
11:00am - 11:45am in the Multi-Purpose Room  
**Members: $32 for a 10 class punch card** or $4 per class Non Members  
Instructor: Jolane Stroh (360) 202-0083  
This 45 min. class emphasizes relaxation using stretching and lengthening exercises, gentle yoga poses, and focused breathing techniques.  
Appropriate for all ages, all abilities!  
Wear comfortable clothing.  
No equipment required. No getting down on the floor.

**Team Trivia Plus Name that Tune**  
12:30 to 1:30 in the Library.  
Every 1st and 3rd Wednesday  
Form teams or Bring your team of 3.  
Fun for all-Greg Sheehan will be your facilitator.  
Come on in and try it out.  
February 4th & 18th-March 3rd & 17th

**ZUMBA**  
Classes at 5:30 in the Main Hall  
$5.00 per class-Punch cards available  
$30.00 for 10 punch card  
Drop ins welcome  
Your first class is free.  
Instructor: Darlene Ifiorah

**BUNCO**  
1pm in the Main Hall 4th Wednesday of the month.  
6pm-3rd Wednesday Evening  
Multi Purpose Room  
Cost $5.00 Snacks included.

### Thursdays

**Tai Chi**  
Advanced 9:30am-10:15am–On going  
**Beginning 10:15am-11:00am-6 week class**  
$3 per class in the Side Room  
Gentle movements form a moving meditation and an exercise of great efficiency. No special clothing or equipment. Join us as we bring some inner peace into your world. Improves balance.  
Next Beginner Class March 12th-April 16th

**Stamping and Scrapbooking Class**  
1st and 3rd -10am - 3pm in main hall.  
Open to crafters of all kinds!  
Instructor: Susan Fisher  
425-320-6061

**T.O.P.S. (Take Off Pounds Sensibly)**  
12:30pm- 2pm in the Arts & Crafts Room.  
Your 1st visit FREE, $32 to join, $6 monthly.  
A non-profit, weight-loss support and wellness education organization promoting affordable weight management.  
Linda C. 425-359-9308 or Ruth H. 360-474-9980

**Line Dancing**  
12:30pm–1:15 pm in the Side Room  
Instructor: Christine Titus425-232-7237  
Learn how to two step along with many other dances.  
Class price $2.00

**Jam Session**  
2nd and 4th Thursday  
of each month  
1:00-3:00pm in the  
Main Hall  
Bring your instrument and jam with others who play.  
Come in and Listen.
CLASSES

Thursdays

Karaoke
Enjoy singing your favorite songs
From 1-3 pm
1st and 3rd Thursdays.
Also 5th if there is one in the month.

Chair Dancing
Mondays and Thursdays
1:30pm - 2:15 pm in the Side Room
Members: $1
Non-Members: $2 per class
Instructor: Christine Titus
(425) 232-7237
Sit down and tone up with seated aerobics, done to a variety of dance music.

Sundays

Happy Hoppers Square Dances
occur on the 2nd and 4th
There is a detailed schedule of their dances posted in the front lobby.
Anyone is welcome to attend and watch, you do not have to participate, just enjoy!
February 9th 2-4pm & 6-9pm
February 23rd 6-9pm
March 8th 2-4pm & 6-9pm

Continue the Journey! Peer Support Group
Join us as we continue to walk and grow together.
Group will be facilitated by Christine Vervitsiotis, LMHC
2nd and 4th Tuesday of the month
1:00-2:30pm
Stillaguamish Senior Center
*Group starts February 25 and runs through December 8, 2020*
This group is designed for previous Journey to Joy participants; however, we do welcome newcomers!
Registration is required for all.
Please call 425.740.3802 to register

Senior Center 2020 Holiday Closures
New Years Day Wednesday Jan 1st
MLK Day Monday Jan 20th
Presidents Day Monday Feb 17th
Memorial Day Monday May 25th
Independence Day Friday July 3rd
Labor Day Monday Sept 7th
Columbus Day Monday Oct 12th
Thanksgiving Day Thursday Nov 26th
And Day After Friday Nov 27th
Christmas Eve Thursday Dec 24th
Christmas Day Friday Dec 25th

ARE YOU READY TO RE-BOOT RETIREMENT?
JOIN THE AGING MASTERY PROGRAM
• Gratitude & Mindfulness
• Advance Planning
• Health & Well being
• Safety & Fraud Prevention
• Finances
• Wisdom & Insight
• Ingenuity
• Community &
• Purpose & Meaning
• Connectedness

Our next class begins in April 2020
Thursdays 11:00am---2:30pm
$25 for materials
Catered Lunch Included
Registration required.
Scholarships available

To register: Call 360-653-4551 x234
Or
email: menright@stillycenter.org
LOOKING AHEAD—TRIPS FOR APRIL

APRIL 9TH
THURSDAY
Lynden
Downtown
Shopping & Lunch
Take in the Museum if you choose—last stop thrift store

APRIL 15TH
Wednesday
Thrift store hopping!
Lunch at the La Bistro at Sno-Isle Culinary Arts Restaurant.
(Then more hopping) dessert on the way home

APRIL 20TH MONDAY
Debbie Doolittle's Animal Experience/
Petting zoo indoors
Godfathers pizza for lunch
Tacoma

April 9th Thursday
Lynden Downtown Shopping & Lunch
Take in the museum if you choose—last stop thrift store

April 15th Wednesday
Thrift store hopping!
Lunch at the La Bistro at Sno-Isle Culinary Arts Restaurant.
(Then more hopping) dessert on the way home

April 20th Monday
Debbie Doolittle's Animal Experience/
Petting zoo indoors
Godfathers pizza for lunch
Tacoma

Page 14 Stillaguamish Senior Center News
## TRIPS

### February 6th, Thursday
Mindport Exhibit Bellingham

<table>
<thead>
<tr>
<th>1st Stop</th>
<th>Leaving the Center at 8:30 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistance League Shopping</td>
<td>Returning before 4 PM</td>
</tr>
<tr>
<td>2nd Stop</td>
<td>Busing $22.00 Members</td>
</tr>
<tr>
<td>The Daisy Café 'For Lunch</td>
<td>$27.00 Non Members</td>
</tr>
<tr>
<td>3rd Stop</td>
<td>Admissions $3 per person</td>
</tr>
<tr>
<td>Afternoon will be touring the exhibit</td>
<td></td>
</tr>
</tbody>
</table>

### February 24th, Monday
– For some Snohomish Fun

<table>
<thead>
<tr>
<th>Hop on Board we are headed to the Snohomish Station Shopping or Just Browsing Fred Meyer, Kohl's, Bridge's Pets Lunch Choices: Outback Steakhouse-Blazing Onion-Kami Teriyaki Dessert? Simply Sweet Cupcakes, Udderly Sweet Frozen Yogurt Other places you may want to stop GNC-Starbucks Go to any of the places you like stay for as long as you like!</th>
<th>Busing:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$16</td>
</tr>
<tr>
<td>Non Member</td>
<td>$20</td>
</tr>
</tbody>
</table>

| Leave 9:30 AM Return 4:00 PM | |

### February 12th, Wednesday
Cosmetology School

<table>
<thead>
<tr>
<th>JOIN US AS WE TRAVEL TO MARYSVILLE FOR THE \ EVERETT COMMUNITY \ COLLEGE OF COSMETOLOGY \ TO GET PAMPERED FOR VALENTINES DAY!</th>
<th>LUNCH AT TOTEM MIDDLE SCHOOL MARYSVILLE PILCHUCK CULINARY ARTS PROGRAM AT 12:00</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREPAY FOR 2 SERVICES AT CENTER THAT YOU WANT Can do a 3rd pay there if time allows</td>
<td>LEAVE THE CENTER: 8:00 am RETURN: 3:30 pm Busing: $10.00 Members $15.00 Non Members</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Leaving the Center at 8:30 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Returning before 4 PM</td>
</tr>
<tr>
<td>Busing $22.00 Members</td>
</tr>
<tr>
<td>$27.00 Non Members</td>
</tr>
</tbody>
</table>
TRIPS

March 11th, Wednesday Moby Dick’s & Canadian Superstore
Will need an enhanced Drivers License or a Passport to get across the border. You can shop for medicine and all kinds of other items. You will shop and then have lunch at Moby Dick’s Famous Fish and Chips Restaurant. Nice scenic drive on the way up there and back. Come Join us, Eh

LEAVE: 9:00 AM
RETURN: By 5:00 PM
BUSING:
$30 MEMBER
$40 NON MEMBER

March 16th, Monday Silver Reef Casino
Offering more than 50,000 square feet of exhilarating gaming, exceptional dining and enjoyable entertainment all in a bright and spacious setting. Smoke free area has 40 machines.

RESTAURANTS AT THE CASINO:
The Steak House, The Buffet, Red River Café, Panasia, Pizzanini, The Barista, The Cantina (Mexican), Asian Food, and a variety of bars with bar food.

LEAVE: 9:30 AM
RETURN: 3:30 PM
BUSING: Member $25
Non Member $35
BRING MONEY FOR LUNCH & GAMBLING
55+ MONDAYS SPECIALS;
5X SLOT POINTS;
55 % OFF lunch at the buffet, lunch specials at Red River Café, Panasia, and Cantina.
$5 Match play at the table games

March 26th, Thursday Historic Downtown Snohomish
We will be leaving the Center at 10:00 and Heading to downtown Snohomish to the antique street with many other shops to browse in. We will meet at TODO Mexican Restaurant for Lunch at 11:45 or you can choose to eat on your own somewhere else downtown. There are many options along that street. After lunch, more shopping then head back at 3:00 to be back to the center by 4:00.

Antique Malls and fun other shops to shop in all over 1st Street
Busing
$16.00 Members
$26.00 Non-Members
Bring Money for Lunch and Shopping

Trip Rules & Regulations:
• Eff. 1-1-2020***Trips purchased are non refundable unless you find someone to take your seat. The Senior Center will no longer be doing any kind of refunds for missed trips—the transaction will be between you and the person who fills your spot—the money is between the two of you only.***
• ** We need a minimum of 5 signed up for trips.**
• Please be on time, the bus needs to depart on schedule.

For more information please call: Wanda (360) 653-4551 x228
Special Events

FRIDAY, February 14th
Valentine’s Day Celebration

Wear your Red for Hearts Day...
I’m sure our cook Brenda will come up with a great Valentine Menu
Music Provided by Rick Cooper
Rick will play us some love songs that day too.

FRIDAY, March 13th
St. Patrick’s Day Celebration

Make sure you wear your Green
Or you know what happens!
Wonderful St. Patrick’s Day Meal
Entertainment by the Ukulele Group out of Stanwood. They will have some fun St. Patty’s Day Music for us to join in and sing along with.
Come join in on the Fun.

Trips with Travel Time
(360) 474-9192
info@travelttimeinc.com
Flyers posted at Reception

MARINER SPRING TRAINING March 7-14, 2020

CHERRY BLOSSOM TIME IN OUR NATION’S CAPITAL April 3-10, 2020

MEXICAN RIVIERA CRUISE April 18-25, 2020

VIKING RIVER CRUISE May 22-June 3, 2020

COLORADO HISTORIC TRAINS July 24-August 1, 2020

ALASKA CRUISE August 29-September 5, 2020

ALBUQUERQUE BALLOON FIESTA October 2-8, 2020
POPCORN & MOVIE
Bring a friend or meet a friend while you watch a movie.
$3.00 for POPCORN, SODA, OR WATER
ALL MOVIES SHOWN AT 12:45 PM ON WEDNESDAYS
AS LISTED BELOW.
IN THE MULTI-PURPOSE ROOM
Make a request or pick from our selection below.

February 5th-Wonder
February 12th-The Only Way
February 19th-Overboard
February 26th-City Island

March 4th-Movie of Choice
March 11th-Cousins
March 18th-Instant Family
March 25th-The Music Never Stopped

Happy Valentine’s Day
Happy St. Patrick’s Day

The following sponsors are supporters of the Stillaguamish Senior Center organization. We are grateful for the difference they make in our daily operation through their sponsorships!
COMMUNITY CONNECTIONS

A HEARTFELT Thanks goes to:

♥ Ken, Lynn, and the City on The Hill Church Volunteers for providing our seniors with a wonderful pasta dinner on January 18th.
♥ Deana, Rachael and Joyce for folding and distributing calendars and menus each month.
♥ Susan and Kathy for helping with our ice cream social and ornament making.
♥ To PUD for donating the new power strips to our senior center.
♥ To Rotary Club for our Christmas lunch and gifts.
♥ To Lem Pratt and his violinist for playing music for our pasta dinner on January 18th.
♥ All of our volunteers, we appreciate your commitment and dedication!!

We couldn't do it without you

Amazon Smile Donation
Are you an Amazon shopper? You can help the Stillaguamish Senior Center with every purchase you make on Amazon by using Amazon Smile. Here's how:

1. You do need to be registered with Amazon.com in order to utilize Amazon Smile.
2. If you are not registered, it's very easy to sign up!
3. Use this link smile.amazon.com/ch/23-7087247 login to your amazon account then it will automatically change your charity of choice to the Stillaguamish Senior Center. Or login to smile.amazon.com and select a charitable organization before you begin shopping, search for Stillaguamish Senior Center.
Amazon Smile remembers your selection, and every eligible purchase you make thereafter designating the Senior Center will result in a donation.
4. Use www.Smile.amazon.com every time you shop and a small donation will be sent to the Senior Center at no additional cost to you.

BUSINESS MEMBERSHIPS

HIMALAYA PROPERTY MANAGEMENT
(425) 422-2396
www.himalayapropertymanagement.com

GRANDVIEW VILLAGE
(360) 653-2223
www.villageconcepts.com

Increase your Community Connections with a Stilly Business Membership!
For $125 per year you’ll receive a one-year (6 issues) listing in our newsletter and on our website.
To join call: 360-653-4551 x 230 or Email: Danette Klemens, Executive Director @ dklemens@stillycenter.org

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to The Stillaguamish Senior Center at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number FL552.
- Then, every time you shop and use your Rewards Card, you are helping The Stillaguamish Senior Center earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk at any Fred Meyer store.
- If you do not have a computer, you can sign up at the customer service desk at the store.

You can help the Stillaguamish Senior Center earn donations just by shopping with your Fred Meyer Rewards Card!
Medical Equipment Loan Program

We are able to offer a “loaner” program for various types of durable medical equipment.

We Typically Have:
Wheelchairs, Walkers, Bedside Commodes, Shower Seats, Canes, Shower and Toilet Safety Bars.

We are able to distribute equipment only on Tuesdays, Wednesdays and Thursdays.

Please call the Center at 360-653-4551 and ask for Marilyn.
You can also make an appointment request by emailing us at equipment@stillycenter.org

We will determine if we have the equipment in our inventory and arrange a time for pick-up with you.

We gladly take donations for the use of our equipment. You can keep it if needed or return the item when you are done with it.

Health and Wellness Resource Fair
10 AM to 1 PM
Wednesday, March 25th, 2020
Over 40 Vendor Booths
Free Health Screenings, Social Service Resources. Visit with Wellness and Healthcare Professionals. Meet with Our Own Family Caregiver Support Team.

Enroll in our Aging Mastery Program