

Snow Day Closures



We follow the Arlington School District schedule for inclement weather. If the District is closed, we are closed as well. If school is delayed, please call the center to see if we're open. Also, be sure to check out our Facebook page for the most current updates regarding the Center's closures.



Medical Equipment Loan Program

We are pleased to offer our Equipment Loan Program to the members in our community. Please call us between 9AM-3PM to check our inventory as it can change daily. Equipment we accept *and* loan out are items such as...

*Wheelchairs, Transfer Chairs,
Seated Walkers, Metal Walkers,
Knee Scooters,
Portable Commodes, Toilet Seat Risers,
Shower Transfer Bench, Shower Chairs,
Crutches, Canes,
Incontinence Products*

We can only accept items that are in **good working order and clean**. Items will be accepted at our discretion. To support the continuation of our Loan Program, a suggested **\$5 DONATION OR MORE** would be greatly appreciated when accessing the program. You are welcome to use the equipment as long as needed.



Upcoming Field Trips

Wednesday, January 10th
Attic Secrets tea & lunch

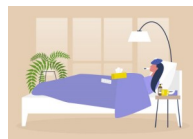
Wednesday, January 31st
Duck In Café for breakfast

Wednesday, February 21st
Quil Ceda Casino



Please stay home if you are experiencing any of the following symptoms...

Fever or chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea. Our goal is to keep everyone safe and well.



Cribbage

Tuesdays at 1:30PM

An important benefit of cribbage for older adults is that **it can enhance short-term memory**. In cribbage, you have to remember the cards that have already been played. This involves recalling colors and patterns. Come check it out!



SAVE THE DATE!

Wednesday, February 14

VALENTINE'S DAY FUNDRAISER



\$20.00 per person

3:30-5:00PM Music by Marsha Kester
5:00-6:00PM Dinner

What's Happening


STILLY VALLEY CENTER
18308 Smokey Point Blvd
Arlington, WA 98223
360.653.4551
www.stillycenter.org



We would like to thank our volunteers for all the hours they have put in to the Thrift Store and the Center!



Closed
January 1st
January 15th



The holidays are the season of giving; giving love and giving thanks. The holidays are also about showing appreciation, and helping those in need. Your gift to our non-profit Stilly Valley Center makes it possible for us to offer engaging classes, programs & activities for our valued members and a place to connect for peers in our community. We appreciate your gifts in any amount! Help us develop the full potential of every older adult in our community.




Happy Well Earned Retirement!



Linda Bowman has been at the Stilly Thrift Store for over 17 years. Starting as a volunteer and moving up to store manager, she was the only paid staff at the store for 13 years. Linda has trained well over 100 volunteers and brought a store that was making very little money, to what it is today - more a boutique than a usual Thrift Store. She has put a lot of hard work and pride into making it appealing to the customers. The Thrift Store provides about a third of the revenue needed for the Stilly Center's daily operation. Sales at the store have increased steadily over the years. Linda and her husband plan on doing some traveling, spending time in their RV and visiting longtime friends. It is hard for her to leave because of the love for the job and the volunteers. She is thankful and grateful to have worked with such wonderful people who are just as passionate about the store and the Stilly Center.

Happy Retirement Linda!

JANUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|--|
| <p><i>Join us for lunch</i> <i>Monday-Friday</i> <i>12:00-12:30PM</i></p> | <p>1</p> <p>CLOSED</p>  | <p>2</p> <p>10:00a– Senior Yoga 10:00a– Mexican Train 10:00a–*Foot Clinic 10:45a– Beginner Line Dance 11:00a– Writing Group 11:15a– Line Dance 12:30p– Diamond Dot 12:45p– Chair Dance 1:00p– Cribbage-New!</p> | <p>3</p> <p>9:00a–*Sew Days 10:00a–*Foot Clinic 10:00a– Canasta/Samba 1:00p–*Family Caregiver Support Group 6:00p–Zumba</p> | <p>4</p> <p>9:00a– Knitting & Crochet 10:00a– Food Room 10:45a– Beginner Line Dance 11:15a– Line Dance 11:30a–*Bridge 12:45p– Chair Dance 1:00p– Bible Study 5:30p– Pinochle</p> | <p>5</p> <p>9:00a– Qi Gong/Tai Chi 10:45a– Live Music Lee Howard <i>11:00a–Hearing Aid Cleaning</i> 12:00p– Pinochle 1:00p– Wii Bowling</p> | <p>6</p> <p>9:00a– Zumba</p> <p>7:00p– AA Meeting</p> |
| <p>7</p> <p>9:30a– K.I.S.S. Group</p> | <p>8</p> <p>10:00a–*Foot Clinic 6:00p– NA Meeting 6:00p– Zumba</p> | <p>9</p> <p>10:00a– Senior Yoga 10:00a– Mexican Train 10:00a–*Foot Clinic 10:45a– Beginner Line Dance 11:00a– Mobile Food Market 11:00a– Writing Group 11:15a– Line Dance 12:30p– Diamond Dot 12:45p– Chair Dance 1:00p– Cribbage-New!</p> | <p>10</p> <p>10:00a– Canasta/Samba 10:00a–*Foot Clinic 6:00p–Zumba 7:00p– CA Meeting</p> | <p>11</p> <p>9:00a– Knitting & Crochet 10:00a– Food Room 10:45a– Beginner Line Dance 11:15a– Line Dance 11:30a–*Bridge 12:45p– Chair Dance 1:00p– Bible Study 5:30p– Pinochle</p> | <p>12</p> <p>9:00a– Qi Gong/Tai Chi 10:45a– Live Music Oyster Bay 12:00p– Pinochle 1:00p–Wii Bowling</p> | <p>13</p> <p>9:00a– Zumba</p> <p>7:00p– AA Meeting</p> |
| <p>14</p> <p>10:30a– K.I.S.S. Group</p> <p>Happy Hoppers</p> | <p>15</p> <p>CLOSED</p>  | <p>16</p> <p>10:00a– Senior Yoga 10:00a– Mexican Train 10:45a– Beginner Line Dance 11:00a– Writing Group 11:15a– Line Dance 12:30p– Diamond Dot 12:45p– Chair Dance 1:00p– Cribbage-New!</p> | <p>17</p> <p>9:00a–*Sew Days 10:00a–Canasta/Samba 1:00p–Book Club 1:00p–*Family Caregiver Support Group 6:00p– Zumba 7:00p– CA Meeting</p> | <p>18</p> <p>9:00a– Knitting & Crochet 10:00a– Food Room 10:45a– Beginner Line Dance 11:15a– Line Dance 11:30a–*Bridge 12:45p– Chair Dance <i>12:45p–Ice Cream Social</i> 1:00p– Bible Study 5:30p– Pinochle</p> | <p>19</p> <p>9:00a–Qi Gong/Tai Chi 10:45a–Live Music Deanos 12:00p–Pinochle 1:00p–Wii Bowling</p> | <p>20</p> <p>9:00a– Zumba</p> <p>7:00p– AA Meeting</p> |
| <p>21</p> <p>10:30a– K.I.S.S. Group</p> | <p>22</p> <p>6:00p–NA Meeting 6:00p–Zumba</p> | <p>23</p> <p>10:00a– Senior Yoga 10:00a– Mexican Train 10:45a– Beginner Line Dance 11:00a– Writing Group 11:00a– Mobile Food Market 11:15a– Line Dance 12:30p– Diamond Dot 12:45p– Chair Dance 1:00p– Cribbage-New!</p> | <p>24</p> <p>10:00a–Canasta/Samba 6:00p–Zumba 7:00p–CA Meeting</p> | <p>25</p> <p>9:00a– Knitting & Crochet 10:00a– Food Room 10:45a– Beginner Line Dance 11:15a– Line Dance 11:30a–*Bridge 12:45p– Chair Dance 1:00p– Bible Study 5:30p– Pinochle</p> | <p>26</p> <p>9:00a–Qi Gong/Tai Chi 10:45a–Live Music Marsha Kester 12:00p–Pinochle 1:00p–Wii Bowling</p> | <p>27</p> <p>9:00a– Zumba</p> <p>7:00p– AA Meeting</p> |
| <p>28</p> <p>10:30a– K.I.S.S. Group</p> <p>Happy Hoppers</p> | <p>29</p> <p>6:00p–NA Meeting 6:00p–Zumba</p> | <p>30</p> <p>10:00a– Senior Yoga 10:00a– Mexican Train 10:45a– Beginner Line Dance 11:00a– Writing Group 11:15a– Line Dance 12:30p– Diamond Dot 12:45p–Chair Dance 1:00p– Cribbage-New!</p> | <p>31</p> <p>9:00a–*Sew Days 10:00a–Canasta/Samba 6:00p– Zumba 7:00p– CA Meeting</p> |  | | <p>Classes/Activities with an * require an Appointment or pre register to attend</p> |