

## Gentle Joint & Muscle Relief

*Mondays 9:30-10:15AM*

Curious about “Gentle Joint & Muscle Relief?” Sharon will show you how to perform these simple techniques on yourself to help minimize daily pain or discomfort. Helping our joints & muscles is an easy way to help loosen up stiffness and soreness from being inactive at times. Join us here at the center in the side room on Mondays at 9:30AM.

*Suggested \$5 donation*



## Comedy Hour

*Mondays 10:30-11:30AM*



We're excited to bring you the Southern Comedy stylings of Jeanne Robertson (in DVD form). Join us here at the center in the side room on Mondays at 10:30AM.

*Suggested \$5 donation*



## Food Room

*Thursdays 10:00-11:30AM*

Please come visit our food room! We have been receiving an abundant amount of food to offer our older adults. It's a service we offer to anyone 55 and older at no charge. Please give our office a call if you have any questions on how to take advantage of this service we offer.

## Scheduled Day Trips

Our day trips encourage our members to venture out of their comfort zone and spend time with others. We like to try new restaurants, casinos, or enjoy the outdoors. New ideas are always welcome. Here is what we have listed for our next day trips. Please note, these trips are for members only and available for adults of all ages. Please call the center for more information *Prices vary per trip.*

*April 9th -The Alley Bar & Grill*  
*April 24th -Monroe Senior Center*



## Tai Chi/Qi Gong

*Fridays 9:00-10:00AM*



Come check this out for rejuvenation. Tai Chi benefits better sleep, improved mood, increased physical activity, more clarity & focus. It has also been proven to reduce depression, stress & anxiety. All ages & abilities are welcome.

*Members \$3 Non-Members \$5*

## Lunch Reminder!



This is another kind reminder that you **must always have a lunch ticket** prior to getting a lunch, we have had people sneaking in and receiving their lunch without a ticket and have run out of food for the people who have already purchased their lunch ticket. Please help us by following the rules. *Thank you kindly!*

## After hour meetings held here at Stilly Valley Center



Sundays (K.I.S.S.) @ 10:30AM  
Mondays (N.A.) @ 6:00PM  
Wednesdays (C.A.) @ 7:00PM  
Thursdays (A.A.) @ 5:00PM  
Saturdays (A.A.) @ 7:00PM

# What's Happening



18308 Smokey Point Blvd  
Arlington, WA 98223  
360.653.4551  
[www.stillycenter.org](http://www.stillycenter.org)



## Narcan & Opioid Education

*Wednesday, April 10th at 12:30PM*

We invite you to join us in learning how to respond in an overdose emergency and how opioids are impacting our communities. Whether you know someone who uses opioids or not, you might be in a position to save someone's life.

**\*\*Please sign up at the front desk\*\***

- Learn what opioids are
- Understand who is affected by an overdose
- Recognize an overdose
- Know how to use NARCAN and where to get it
- Learn strategies for preventing misuse of opioids

## Karaoke

*April 15th at 12:15PM*

We're going to try something new this month. Join Betty Butterfly for Karaoke on the stage in the Main Hall. Let's get things Rockin' n Rollin' around here!



## Volunteer Week

*April 21-27, 2024*



We want to say a big thank you to our volunteers! The center relies on grants and donations, but perhaps the most important factor in our longevity is the commitment of our helpful community members. Without these selfless folks, we wouldn't be able to provide the crucial services you and your loved ones have come to count on.

## Book Club

*April 17th 1:00PM*



*"In The Unlikely Event"*

## Ice Cream Social & Music

*Thursday, April 18th at 12:45PM*

Please join us for ice cream and music! Performance by **Country Jim**. Chair Dancing will also be held In the main hall during this performance.



