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**



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

Saturdays (A.A.) @ 7:00PM





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

STATE OF EMERGENCY **OPIOID CRISIS**

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



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.

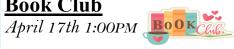
Karaoke

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!



Book Club



"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.







<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Join us for lunch Monday-Friday 12:00-12:30PM	9:30a- Gentle Joint & Muscle Relief 10:00a-*Foot Clinic 10:30a- Comedy Hour 6:00p- Zumba	11:00a— Writing Group 11:15a— Line Dance 12:30p- Diamond Dot	10:00a- Canasta/Samba 10:00a-*Foot Clinic 1:00p-*Family Caregiver Support Group 6:00p- Zumba	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	9:00a- Qi Gong/Tai Chi 10:45a- Live Music Gerry Albin 11:00a- Hearing Aid Cleaning 12:00p- Pinochle 1:00p- Wii Bowling	7:00p- AA Meeting
9:30a- K.I.S.S. Group	9:30a- Gentle Joint & Muscle Relief 10:00a-*Foot Clinic 10:30a- Comedy Hour	11:15a- Line Dance 12:30p- Diamond Dot	-	9:00a – Knitting & Crochet 10:00a – Food Room 10:45a – Beginner Line Dance 11:15a – Line Dance 11:30a – *Bridge 12:45p – Chair Dance	9:00a- Qi Gong/Tai Chi 10:45a- Live Music Esquires 12:00p- Pinochle	2 9:00a- Zumba 7:00p- AA Meeting
10:30a- K.I.S.S. Group Happy Hoppers	9:30a- Comedy Hour 6:00p- Zumba 9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour	1:00p-*Cribbage 1:00p-*Computer Help Clinic 15 10:00a- Gentle Yoga 10:00a- Mexican Train 10:45a- Beginner Line Dance 11:00a- Writing Group 11:15a- Line Dance	6:00p- Zumba 10:00a- Canasta/Samba 1:00p-*Family Caregives Support Group	1:00p- Bible Study 5:30p- Pinochle 17 9:00a- Knitting & Crochet 10:00a- Food Room 10:45a- Beginner Line Dance 11:15a- Line Dance 11:30a-*Bridge 12:45p- Chair Dance 12:45p-Ice Cream Social	1:00p- Wii Bowling 9:00a- Qi Gong/Tai Chi 10:45a- Live Music The Shed Players	9 9:00a- Zumba
10:30a-	12:30p- Karaoke (on st 6:00p- Zumba	<u> </u>	1:00p- *Book Club 6:00p- Zumba	1:00p – Bible Study 5:30p – Pinochle 24 9:00a – Knitting & Crochet	12:00p- Pinochle 1:00p- Wii Bowling	7:00p- AA Meeting 26 9:00a- Zumba
K.I.S.S. Group	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 6:00p- Zumba	11:00a- Writing Group 11:00a- Mobile Food Market 11:15a- Line Dance 12:30p- Diamond Dot	9:00a-*Sew Days 10:00a- Canasta/Samba 6:00p- Zumba	 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 	9:00a- Qi Gong/Tai Chi 10:45a- Live Music GoldRush 12:00p- Pinochle 1:00p- Wii Bowling	7:00p- AA Meeting
10:30a- K.I.S.S. Group Happy Hoppers	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 6:00p- Zumba	11:15a- Line Dance	30	Classes/Activities with an * require an appointment or pre register to attend	HELI	