

Mondays

9:30-10:15AM

Come join us to learn about “Gentle Joint & Muscle Relief.” Sharon will show you how to perform these 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 sedentary for long periods of time. Join us here at the center in the side room on Mondays at 9:30AM.

Suggested \$5 donation

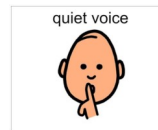


Mondays

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



Just a friendly reminder to be respectful during our Friday’s entertainment hour. We have received a lot of complaints recently about people talking too loud while our guests are performing. While it is ok for you to visit during entertainment, please keep the volume a little lower so others can enjoy the music. Thank you for understanding.



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 free service we offer to anyone 55 and older. Please give our office a call if you have any questions on how to take advantage of this service we offer. Normally we receive a lot of breads, pies, cakes, cookies, herbs, croissants, fruits, vegetables, meat, and dairy products.

The Arlington Food Bank will be here with a Free Mobile Market

2nd & 4th Tuesday of each month from 11:00AM-12:00PM

The Mobile Market is now serving our community - Thanks to **you** and the generosity of Arlington High School Student's Character Strong Campaign for kicking off the fundraising efforts along with SMARTCAP, the City of Arlington, and Penway Media to help us best serve those in need. The vision of the Mobile Market is to increase equitable access to food resources for all. All are welcome to take advantage of this Mobile Market!



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.

March 7th (Thursday)
Omega Pizza & Pasta



March 28th (Thursday)
Skagit Acres



What's Happening



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

St. Patrick's Day Lunch

Friday, March 15th at 12:00PM

If you’d like to join us for Corned Beef & Cabbage as we celebrate St. Patrick’s Day, please be sure to sign up at the kiosk in the lobby. We’d like to ensure we have enough food for all who attend. **GoldRush will be performing!**



Ice Cream Social & Music

Thursday, March 21st at 12:30PM



Please join us for ice cream and music performed by the “Showcase Singers.” Take a musical trip down memory lane. Yesterday’s songs & artists performed by today’s local vocalist. Come check this out!

THANK YOU



We would like to thank everyone who joined us in celebrating our Valentine’s Day Dinner Fundraiser. We had a great turnout and are so thankful for all of you. We look forward to many more special events with our participants and their families.

Easter Lunch

Friday, March 29th at 12:00PM

If you’d like to join us for Easter Ham lunch as we celebrate with our friends & family, please be sure to sign up at the kiosk in the lobby to ensure we have enough food for all wishing to attend. **Oyster Bay will be performing!**



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.



- 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Join us for lunch Monday-Friday 12:00-12:30PM</i></p>			<p>Classes/Activities with an * require an appointment or pre register to attend</p>		<p>¹</p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Deanos</i> <i>11:00a- Hearing Aid Cleaning</i> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p>²</p> <p>9:00a- Zumba</p> <p>7:00p- AA Meeting</p>
<p>³</p> <p>9:30a- K.I.S.S. Group</p>	<p>⁴</p> <p>9:30a- Gentle Joint & Muscle Relief 10:00a-*Foot Clinic 10:30a- Comedy Hour 6:00p- NA Meeting 6:00p- Zumba</p>	<p>⁵</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</p>	<p>⁶</p> <p>10:00a- Canasta/Samba 10:00a-*Foot Clinic <i>1:00p-*Family Caregiver Support Group</i> 6:00p- Zumba 7:00p- CA Meeting</p>	<p>⁷</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>⁸</p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Lee Howard</i> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p>⁹</p> <p>9:00a- Zumba</p> <p>7:00p- AA Meeting</p>
<p>¹⁰</p> <p>10:30a- K.I.S.S. Group</p> <p>Happy Hoppers</p> 	<p>¹¹</p> <p>9:30a- Gentle Joint & Muscle Relief 10:00a-*Foot Clinic 10:30a- Comedy Hour 12:30p- Karaoke 6:00p- NA Meeting 6:00p- Zumba</p>	<p>¹²</p> <p>10:00a- Senior Yoga 10:00a- Mexican Train 10:00a-*Foot Clinic 10:45a- Beginner Line Dance 11:00a- Writing Group <i>11:00a- Mobile Food Market</i> 11:15a- Line Dance 12:30p- Diamond Dot 12:45p- Chair Dance 1:00p- Cribbage <i>1:00p- Computer Help Clinic</i></p>	<p>¹³</p> <p>9:00a-*Sew Days 10:00a- Canasta/Samba 10:00a-*Foot Clinic 6:00p- Zumba 7:00p- CA Meeting</p>	<p>¹⁴</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>¹⁵</p> <p><i>St. Patrick's Day lunch</i> <i>*Must sign up*</i></p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>GoldRush</i> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p>¹⁶</p> <p>9:00a- Zumba</p> <p>7:00p- AA Meeting</p>
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