



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. We look forward to serving you soon!



Wednesday, May 15th at 1:00pm
"Small Great Things"

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.*

May 2nd- Olive Garden
May 30th- Price Sculpture Forest



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 receiving your lunch, we have had people sneaking in and receiving a 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 for your cooperation.*

After hours meetings held here at Stilly Valley Center

Mondays (N.A.) @ 6:00pm
Wednesdays (C.A.) @ 7:00pm
Thursdays (A.A.) @ 5:00pm
Saturdays (A.A.) @ 7:00pm



What's Happening

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



Member's Meeting

Friday, June 21st at 11:15am

The Annual Member's Meeting of Stilly Valley Center will be held in the Main Hall. Please join us in the to learn more about our center and ways to make it flourish.

Change of hours for the following days

Tuesday, May 14th closing at 1:00pm
Wednesday, May 15th opening at 11:30am
Wednesday, May 15th closing at 3:00pm
Monday, May 27th closed for Memorial Day



Ice Cream Social & Music

Thursday, May 16th at 12:30pm

Please join us for ice cream and Music by the Warm Beach Boys!



Pickleball

Wednesdays at 12:30pm in the main hall

Here are some of the proven benefits of playing Pickleball:

1. You'll lower your risk of heart disease
2. You'll cut your risk of depression
3. You may stay independent longer
4. You'll get hooked on exercise
5. You'll socialize more






OFFICE HOURS

Monday-Friday
8am-4pm



From all of us at Stilly Valley Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		<i>Join us for lunch Monday-Friday 12:00-12:30PM</i>	10:00a- Canasta/Samba 10:00a- *Foot Clinic 12:30p- Pickleball NEW! 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 <i>Old Time Fiddlers</i> 11:00a- Hearing Aid Cleaning 12:00p- Pinochle 1:00p- Wii Bowling	9:00a- Zumba
5	6	7	8	9	10	11
	9:30a- Gentle Joint & Muscle Relief 10:00a- *Foot Clinic 10:30a- Comedy Hour 6:00p- Zumba	10:00a-*Foot Clinic 10:00a- Gentle 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 1:00p- *Computer Help Clinic	9:00a- *Sew Days 10:00a- Canasta/Samba 10:00a-*Foot Clinic 12:30p- Pickleball NEW! 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 <i>GoldRush</i> 12:00p- Pinochle 1:00p- Wii Bowling	9:00a- Zumba
12	13	14	15	16	17	18
 Happy Hoppers	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 6:00p- Zumba	10:00a- Gentle 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	Lifetime Achievement Breakfast Fundraiser <i>*Center opening at 11am*</i> <i>*Center closing at 3pm*</i> 10:00a- Canasta 12:30p Pickleball NEW! 1:00p- *Book Club 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 12:45p- Ice Cream Social 1:00p- Bible Study 5:30p- Pinochle	9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Oyster Bay</i> 12:00p- Pinochle 1:00p- Wii Bowling	9:00a- Zumba
19	20	21	22	23	24	25
	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Karaoke 6:00p- Zumba	10:00a- Gentle 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 1:00p- *Computer Help Clinic	9:00a- *Sew Days 10:00a- Canasta/Samba 12:30p- Pickleball NEW! 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 <i>Marcia Kester</i> 12:00p- Pinochle 1:00p- Wii Bowling	9:00a- Zumba
26	27	28	29	30	31	
	CLOSED 	10:00a- Gentle 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	9:00a- *Sew Days 10:00a- Canasta/Samba 12:30p- Pickleball NEW! 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 <i>Doug Williams</i> 12:00p- Pinochle 1:00p- Wii Bowling	Classes/Activities with an * require an appointment or pre register to attend