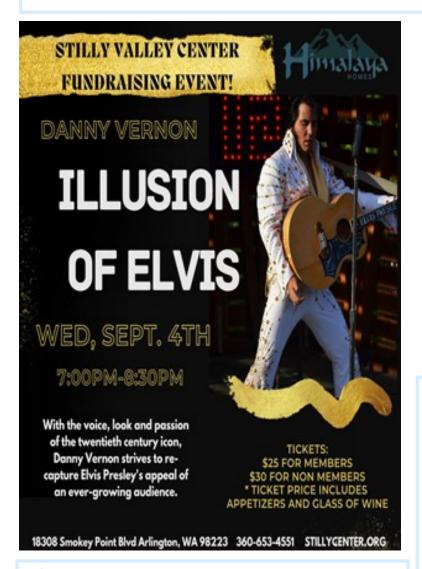
Scheduled Day Trips

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 scheduled 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*.

Monday, July 15th -Bowling & lunch at Angel of the Winds Thursday, July 25th -Lunch at Cristianos





Tapping (EFT) is back! Mondays at 12:30pm

Tapping procedures can differ slightly, but most use these locations: the heel of the hand, three locations around the eye, the area below the nose, the area below the lips, the collarbone, the underarm, and the top of the head. From seven to nine taps are delivered on each spot. Come meet with Sharon to learn easy exercises to show you how to ease slight pain or discomfort you may be experiencing.





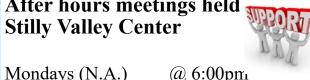
Pickleball

Wednesdays at 12:45pm in the main hall

Please call or sign up at the front desk

Please note that we need at least 4 people signed up to play the game!

After hours meetings held



Mondays (N.A.) Wednesdays (C.A.) Thursdays (A.A.)

Saturdays (A.A.)

@ 5:00pm @ 7:00pm

@ 7:00pm

What's Happening

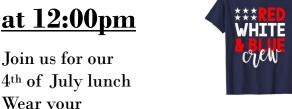


18308 Smokey Point Blvd Arlington, WA 98223 360.653.4551 www.stillycenter.org

Thursday, July 4th



Friday, July 5th at 12:00pm



4th of July lunch Wear your Red White & Blue!

BBQ Rib, Baked Beans, Confetti Coleslaw, Watermelon, Iced Tea

Arlington Street Fair

Friday, July 12th 10am-6pm Saturday, July 13th 10am-6pm Sunday, July 14th 10am-4pm

Come check out Stilly Valley Center & Family Caregiver Support Program at our booth at the Arlington Street Fair. Come say hi to our amazing staff and enter for a chance to win many of our prizes.



Wednesday, July 17th at 1:00pm

My Brilliant Friend



Thursday, July 18th at 12:45pm

Join us for our ice cream social.

Free!





<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>		<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Classes/Activities with an * require an appointment or pre register to attend	9:30a- Gentle Joint & Muscle Relief 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:30p- Tapping (EFT)	10:00a- Gentle 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 12:30p- Chair Dance 1:00p- Cribbage	9:00a-*Sew Daze 10:00a- Canasta/Samba 10:00a- *Foot Clinic 12:45p- *Pickleball	3	CLOSED Happy 4th of July	9:00a- Qi Gong/Tai Chi 10:45a- Live Music- GoldRush 11:00a- Hearing Aid Cleaning 12:00p- Pinochle 1:00p- Wii Bowling	6
7		8	9	10	11	12	13
	9:30a- Gentle Joint & Muscle Relief 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:30p- Tapping (EFT)	10:00a- Gentle Yoga 10:00a- *Foot Clinic 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 12:30p- Chair Dance 1:00p- Cribbage	10:00a- Canasta/Samba 10:00a-*Foot Clinic 12:45p-*Pickleball		9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican train 10:45a- Beginner Line Dance 11:15a- Line Dance 11:30a- *Bridge 12:30p- Chair Dance 1:00p- Bible Study	9:00a- Qi Gong/Tai Chi 10:45a- Live Music- <i>Marcia Kester</i> 12:00p- Pinochle 1:00p- Wii Bowling	
14		15	16	17	18	19	20
	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT)	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 12:30p- Chair Dance 1:00p- Cribbage	9:00a-*Sew Daze 10:00a- Canasta 12:45p-*Pickleball 1:00p-*Book Club		9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 10:45a- Beginner Line Dance 11:15a- Line Dance 11:30a-*Bridge 12:30p- Chair Dance 12:45p- Ice Cream Social 1:00p- Bible Study	9:00a- Qi Gong/Tai Chi 10:45a- Live Music- Rick Cooper 12:00p- Pinochle 1:00p- Wii Bowling	
21		22	23	24	25	26	27
	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT)	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 12:30p- Chair Dance 1:00p- Cribbage	10:00a- Canasta/Samba 12:45p-*Pickleball		9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 10:45a- Beginner Line Dance 11:15a- Line Dance 11:30a- *Bridge 12:30p- Chair Dance 1:00p- Bible Study	9:00a- Qi Gong/Tai Chi 10:45a- Live Music- Larry Repman 12:00p- Pinochle 1:00p- Wii Bowling	
28		29	30	31		Join us for lunch	
	9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT)	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 12:30p- Chair Dance 1:00p- Cribbage	9:00a- *Sew Daze 10:00a- Canasta/Samba 12:45p- Pickleball			Monday-Friday 12:00-12:30PM	