

**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 15<sup>th</sup>** -Bowling & lunch at Angel of the Winds  
**Thursday, July 25<sup>th</sup>** -Lunch at Cristianos



**STILLY VALLEY CENTER**  
**FUNDRAISING EVENT!**

**DANNY VERNON**

**ILLUSION OF ELVIS**

**WED, SEPT. 4TH**

**7:00PM-8:30PM**

With the voice, look and passion of the twentieth century icon, Danny Vernon strives to re-capture Elvis Presley's appeal of an ever-growing audience.

**TICKETS:**  
\$25 FOR MEMBERS  
\$30 FOR NON MEMBERS  
\* TICKET PRICE INCLUDES APPETIZERS AND GLASS OF WINE

18308 Smokey Point Blvd Arlington, WA 98223 360-653-4551 STILLYCENTER.ORG



**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 under-arm, 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.

Hello July

Just be you, because you are  
Unique, worthy and amazing  
Live every day to the fullest as  
You deserve all the good in life

OurMindfullLife.com

**Pickleball**

**I ♥ 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**  
**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](http://www.stillycenter.org)

**Thursday, July 4<sup>th</sup>**

**Friday, July 5<sup>th</sup>**  
**at 12:00pm**

Join us for our 4<sup>th</sup> of July lunch  
Wear your Red White & Blue!

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

**Arlington Street Fair**

Friday, July 12<sup>th</sup> 10am-6pm  
Saturday, July 13<sup>th</sup> 10am-6pm  
Sunday, July 14<sup>th</sup> 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 17<sup>th</sup>**  
**at 1:00pm**  
My Brilliant Friend

**Thursday, July 18<sup>th</sup>**  
**at 12:45pm**  
Join us for our ice cream social.

**Free!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Classes/Activities with an * require an appointment or pre register to attend</b>	<div>1</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:00a- *Foot Clinic</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>2</div> <div>10:00a- Gentle Yoga</div> <div>10:00a- Mexican Train</div> <div>10:00a- *Foot Clinic</div> <div>10:45a- Beginner Line Dance</div> <div>11:00a- Writing Group</div> <div>11:15a- Line Dance</div> <div>12:30p- Diamond Dot</div> <div>12:30p- Chair Dance</div> <div>1:00p- Cribbage</div>	<div>3</div> <div>9:00a- *Sew Daze</div> <div>10:00a- Canasta/Samba</div> <div>10:00a- *Foot Clinic</div> <div>12:45p- *Pickleball</div>	<div>4</div> <div>CLOSED</div> <div>  </div>	<div>5</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music- <i>GoldRush</i></div> <div>11:00a- Hearing Aid Cleaning</div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div> <div>  </div>	<div>6</div>
	<div>7</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:00a- *Foot Clinic</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>8</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:00a- *Foot Clinic</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>9</div> <div> <del>10:00a- Gentle Yoga</del> </div> <div>10:00a- *Foot Clinic</div> <div>10:00a- Mexican Train</div> <div>10:45a- Beginner Line Dance</div> <div>11:00a- Writing Group</div> <div>11:00a- <i>Mobile Food Market</i></div> <div>11:15a- Line Dance</div> <div>12:30p- Diamond Dot</div> <div>12:30p- Chair Dance</div> <div>1:00p- Cribbage</div>	<div>10</div> <div>10:00a- Canasta/Samba</div> <div>10:00a- *Foot Clinic</div> <div>12:45p- *Pickleball</div>	<div>11</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican train</div> <div>10:45a- Beginner Line Dance</div> <div>11:15a- Line Dance</div> <div>11:30a- *Bridge</div> <div>12:30p- Chair Dance</div> <div>1:00p- Bible Study</div>	<div>12</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music- <i>Marcia Kester</i></div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div> <div>  </div>
	<div>14</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>15</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>16</div> <div>10:00a- Gentle Yoga</div> <div>10:00a- Mexican Train</div> <div>10:45a- Beginner Line Dance</div> <div>11:00a- Writing Group</div> <div>11:15a- Line Dance</div> <div>12:30p- Diamond Dot</div> <div>12:30p- Chair Dance</div> <div>1:00p- Cribbage</div>	<div>17</div> <div>9:00a- *Sew Daze</div> <div>10:00a- Canasta</div> <div>12:45p- *Pickleball</div> <div>1:00p- *Book Club</div>	<div>18</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican Train</div> <div>10:45a- Beginner Line Dance</div> <div>11:15a- Line Dance</div> <div>11:30a- *Bridge</div> <div>12:30p- Chair Dance</div> <div>12:45p- Ice Cream Social </div> <div>1:00p- Bible Study</div>	<div>19</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music- <i>Rick Cooper</i></div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div> <div>  </div>
	<div>21</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>22</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>23</div> <div>10:00a- Gentle Yoga</div> <div>10:00a- Mexican Train</div> <div>10:45a- Beginner Line Dance</div> <div>11:00a- Writing Group</div> <div>11:00a- <i>Mobile Food Market</i></div> <div>11:15a- Line Dance</div> <div>12:30p- Diamond Dot</div> <div>12:30p- Chair Dance</div> <div>1:00p- Cribbage</div>	<div>24</div> <div>10:00a- Canasta/Samba</div> <div>12:45p- *Pickleball</div>	<div>25</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican Train</div> <div>10:45a- Beginner Line Dance</div> <div>11:15a- Line Dance</div> <div>11:30a- *Bridge</div> <div>12:30p- Chair Dance</div> <div>1:00p- Bible Study</div>	<div>26</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music- <i>Larry Repman</i></div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div> <div>  </div>
	<div>28</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>29</div> <div>9:30a- Gentle Joint &amp; Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>30</div> <div>10:00a- Gentle Yoga</div> <div>10:00a- Mexican Train</div> <div>10:45a- Beginner Line Dance</div> <div>11:00a- Writing Group</div> <div>11:15a- Line Dance</div> <div>12:30p- Diamond Dot</div> <div>12:30p- Chair Dance</div> <div>1:00p- Cribbage</div>	<div>31</div> <div>9:00a- *Sew Daze</div> <div>10:00a- Canasta/Samba</div> <div>12:45p- Pickleball</div>	<div> <i>Join us for lunch</i>  <i>Monday-Friday</i>  <i>12:00-12:30PM</i> </div> <div>  </div>	