

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.*

August 8th- *Cristianos for lunch*
August 26th- *Evergreen State Fair*



Wednesday, August 21st
1:00-2:30pm

Crying in H Mart: A Memoir

Debit & Credit Card fee of 4% will be accrued for each debit/credit transaction. We recommend using cash or writing a check to omit being charged this fee.



Zumba will not be meeting in August. Classes will resume in September.

Bible Study will not be meeting for the month of August.



Friendly reminder:
Please do not leave your purses, bags, or anything of value unattended.



Hawaiian Day!
Friday, August 30th

Join us for Hawaiian Day! Dress in your fanciest Hawaiian dresses, shirts & leis.

Pickleball

Wednesdays at 12:45pm

We are only able to set up for Pickleball if we have **4 or more players scheduled**. If you wish to play, please sign up at the front desk. You may also call the center to be put on the list.



Meal Donations

The donation for the meals is provided to Homage, our partner organization. Homage provides the food for the meals and the donations in the metal box are provided to them.

We are reimbursed \$3 per person who consumes a meal in our congregate meal program, so we financially support the bulk of the meal program operation at the Stilly Valley Center.

Those that wish to donate additional funds to our center, may do so using one of our donation jars located at the front desk, or on the back coffee table.

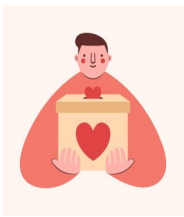
Danette Klemens
Executive Director

Food Room Update

Our food room operation involves significant costs of gasoline for the food truck pick up, electricity, supplies, and other necessary expenses.

We have a **donation collection jar** in the food room and would appreciate if our participants would take this into consideration by making a donation when using the food room to help us offset our costs.

****Our food room has moved next to the Arts & Crafts room, which has the same outer door as the food room waiting area.****



What's Happening

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



Monday, September 2nd

We will be closed for Labor Day

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

SPAGHETTI & WINE DINNER FUNDRAISER











CELEBRATING NATIONAL SENIOR CENTER MONTH

Thursday, September 26th @ 4pm

THIS IS A FUNDRAISER- PLEASE COME PREPARED TO MAKE A DONATION TO SUPPORT THE PROGRAMS OF THE STILLY VALLEY CENTER. THANK YOU!

STILLY VALLEY CENTER
18308 SMOKEY POINT BLVD
ARLINGTON, WA 98223
RSVP TO 360.653.4551



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Join us for lunch</i> <i>Monday-Friday</i> <i>12:00-12:30PM</i></p>				<p>1</p> <p>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 5:30p– Pinochle</p>	<p>2</p> <p>9:00a– Qi Gong/Tai Chi 10:45a– Live Music- <i>GoldRush</i> 11:00a– Hearing Aid Cleaning 12:00p– Pinochle 1:00p– Wii Bowling</p> 	<p>3</p>
<p>4</p>	<p>5</p> <p>9:30a– Gentle Joint & Muscle Relief 10:00a– *Foot Clinic 10:30a– Comedy Hour 12:30p– Tapping (EFT)</p>	<p>6</p> <p>10:00a– Gentle Yoga 10:00a– *Foot Clinic 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</p>	<p>7</p> <p>10:00a– Canasta/Samba 10:00a–*Foot Clinic 12:45p–*Pickleball</p>	<p>8</p> <p>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– *Computer Clinic 5:30p– Pinochle</p>	<p>9</p> <p>9:00a– Qi Gong/Tai Chi 10:45a– Live Music- <i>Country Jim</i> 12:00p– Pinochle 1:00p– Wii Bowling</p> 	<p>10</p>
<p>11</p>	<p>12</p> <p>9:30a– Gentle Joint & Muscle Relief 10:00a–*Foot Clinic 10:30a– Comedy Hour 12:30p– Tapping (EFT)</p>	<p>13</p> <p>10:00a– Gentle Yoga 10:00a– Mexican Train 10:00a–*Foot Clinic 10:45a– Beginner Line Dance 11:00a– Mobile Food Market 11:00a– Writing Group 11:15a– Line Dance 12:30p– Diamond Dot 12:30p– Chair Dance 1:00p– Cribbage</p>	<p>14</p>  <p>9:00a–*Sew Daze 10:00a–*Foot Clinic 10:00a– Canasta 12:45p–*Pickleball</p>	<p>15</p> <p>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 5:30p– Pinochle</p> 	<p>16</p> <p>9:00a– Qi Gong/Tai Chi 10:45a– Live Music- <i>Mark Robison</i> 12:00p– Pinochle 1:00p– Wii Bowling</p> 	<p>17</p>
<p>18</p>	<p>19</p> <p>9:30a– Gentle Joint & Muscle Relief 10:30a– Comedy Hour 12:30p– Tapping (EFT)</p>	<p>20</p> <p>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</p>	<p>21</p> <p>10:00a– Canasta/Samba 12:45p–*Pickleball 1:00p–*Book Club</p>	<p>22</p> <p>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– *Computer Clinic 5:30p– Pinochle</p>	<p>23</p> <p>9:00a– Qi Gong/Tai Chi 10:45a– Live Music- <i>Marcia Kester</i> 12:00p– Pinochle 1:00p– Wii Bowling</p> 	<p>24</p>
<p>25</p> <p>Classes/Activities with an * require an appointment or pre register to attend</p>	<p>26</p> <p>9:30a– Gentle Joint & Muscle Relief 10:30a– Comedy Hour 12:30p– Tapping (EFT)</p>	<p>27</p> <p>10:00a– Gentle Yoga 10:00a– Mexican Train 10:45a– Beginner Line Dance 11:00a– Writing Group 11:15a– Line Dance 11:00a– Mobile Food Market 12:30p– Diamond Dot 12:30p– Chair Dance 1:00p– Cribbage</p>	<p>28</p>  <p>9:00a– *Sew Daze 10:00a– Canasta/Samba 12:45p– *Pickleball</p>	<p>29</p> <p>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 5:30p– Pinochle</p>	<p>30</p> <p>HAWAIIAN DAY! 9:00a– Qi Gong/Tai Chi 10:45a– Live Music- <i>Rick Cooper</i> 12:00p– Pinochle 1:00p– Wii Bowling</p>  	<p>31</p>