



Upcoming 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. Please email Lisa at lhundley@stillycenter.org with new trip ideas. Here is what we have scheduled for September's day trips. Please note, these trips are for members only. Please call the center for more information. *Prices vary per trip.*

Thursday, September 19th -Contos is Lake Stevens for lunch



Book Club

Wednesday, September 18th
1:00-2:30pm

The Many Daughters of Afong May



Friendly reminder about having lunch at the Stilly Center. It is best to show up **before 11:30am** to purchase your lunch ticket. We're only given a specific amount of food to prepare each day.

Pickleball

Wednesdays at 12:45pm



We are only able to set up for Pickleball if we have **3 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.

Food Room Updates

***9:00-10:00am:** Tickets are given out in the Reception/Main area during this time only.

***10:00am:** Make sure you are in the Arts & Crafts room so your ticket number doesn't get skipped.

***10:00-10:30am:** Ticket numbers will be called and food given out during this time only.



Fall Bazaar

Saturday, October 12th
9:00am-3:00pm

Meal Donations

Donations collected are provided to Homage, our partner organization. Homage provides the food for daily lunches.

We are reimbursed \$3 per person who consume a meal in our congregate meal program. Stilly Valley Center financially supports the bulk of operating the meal program.

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

Danette Klemens
Executive Director

A Processing fee of 4% will be added for each debit or credit card transaction. We encourage using cash or writing a check to omit being charged this fee.

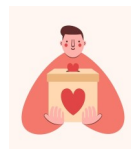
Food Room

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.

Our Food Room is open on Thursdays from 10:00-10:30am, or until all prepackaged bags have been given out.



What's Happening


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



Center Closure

Monday, September 2nd

Danny Vernon as Elvis

Wednesday, September 4th
7:00-8:30pm
(doors open at 6:30pm)



Upcoming change of hours



Wednesday, September 4th
8:00am-2:00pm

Thursday, September 5th
10:00am-4:00pm

Thursday, September 26th
8:00am-2:00pm

Food Room change

Thursday, September 5th Only
10:30-11:00am

Opioid Training Seminar

Wednesday, September 11th
12:45-1:45pm



Please join us for this informative seminar which will be located in our side room. This is open to the public, so all are welcome!



Spaghetti & Wine Fundraising Event

Thursday, September 26th
4:00-6:00pm

Join us for a night of delicious pasta, wine & live music. Admission is free, but all donations are greatly appreciated. Your support will help fund essential programs of the Stilly Valley Center. **Signing up is required.** Please visit our center office or give us a call to sign up. We look forward to seeing you!



Raffle Tickets

We will be selling raffle tickets from ***September 13th-October 12th***

\$1.00 for 1 ticket

\$5.00 for 6 tickets

All prizes provided by our community members, including:





Five Guys
Red Robin
Hops n Drops
The Stilly Diner
Coconut Kenny's
Bluewater Distillery
Hubb's Pizza & Pasta

and more to come!

"September's changing colors remind us to embrace the beauty of transformation."

— Donna Henes, *The Queen of My Self: Stepping into Sovereignty in Midlife* (2005)



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| 1 | 2 CLOSED  | 3 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 | 4 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- *Pickleball **Closing at 2:00pm | 5 **Opening at 10:00am 10:00a- Happy Hookers 10:30a- 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 5:30p- Pinochle | 6 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 | 7 |
| 8  | 9 9:30a- Gentle Joint & Muscle Relief 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:30p- Tapping (EFT) | 10 10:00a- Gentle Yoga 10:00a- *Foot Clinic 10:00a- Mexican Train 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 | 11  9:00a- *Sew Daze 10:00a- Canasta/Samba 10:00a- *Foot Clinic 12:45p- *Pickleball | 12 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 1:00p- Bible Study 5:30p- Pinochle | 13 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Larry Repman</i> 12:00p- Pinochle 1:00p- Wii Bowling 6:00p- Zumba | 14 |
| 15 | 16 9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT) | 17 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 | 18 10:00a- Canasta/Samba 12:45p- *Pickleball 1:00p- *Book Club | 19 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 5:30p- Pinochle | 20 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Warm Beach Boys</i> 12:00p- Pinochle 1:00p- Wii Bowling | 21 9:00a- Zumba |
| 22  | 23 9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT) | 24 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 6:00p- Zumba | 25 9:00a- *Sew Daze 10:00a- Canasta/Samba 12:45p- *Pickleball | 26 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 **CLOSING at 2:00pm 4:30p- *Spaghetti Fundraiser | 27 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Rick Cooper</i> 12:00p- Pinochle 1:00p- Wii Bowling | 28 9:00a-Zumba |
| 29 Classes/Activities with an * require an appointment or pre register to attend | 30 9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT) | |  | | | Join us for lunch Monday-Friday 12:00-12:30PM |