



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 October's day trips. Please note, these trips are for members only. Please call the center for more information. *Prices vary per trip.*

October 10th - Ellie's at the Airport

October 28th - Skagit Casino



**LET'S KICK OFF**

SOCKTOBERFEST

WITH LINC NW



SEPTEMBER 17 - OCTOBER 26

WE ARE COLLECTING NEW PACKS OF SOCKS AND UNDERWEAR! ALL SIZES, MALE AND FEMALE CUTS!

DONATIONS CAN BE DROPPED OFF AT LINC NW -1424 172ND ST NE, MARYSVILLE 98271- OR WITH A PARTICIPATING COMMUNITY PARTNER

SCAN HERE TO DONATE ONLINE



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.



On the night of September 1st, a grease fire broke out in one of the units within the Stillaguamish Apartment Housing development. **Kevin Doyle**, the maintenance man on duty, rushed to help the tenant who lives in the unit where the fire originated from. Kevin's efforts proved to be instrumental & lifesaving, making a significant difference in the outcome of the incident. In recognition of his actions, the North County Regional Fire Authority presented Kevin with the Phoenix Award during their annual 9/11 Remembrance Ceremony.

What's Happening


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

Flu & Covid Vaccine Clinic

Friday, October 11th
10:00am-1:00pm

Albertson will be here to give out **FREE** Flu & Covid-19 shots*
(with most insurances)



Please be sure to have your consent form filled out prior to the appointment day. Forms are available at the front desk near the sign up sheet. Please remember to bring your insurance card.



Fall Craft Bazaar
Saturday, October 12th
9am-3pm

Come shop local and check out over 30 vendors that offer fabulous handcrafted items, holiday gifts and much more!

Miller Meats will be here with their food truck.



Book Club
Wednesday, October 16th
1:00-2:30pm

When Two Feathers Fell from the Sky



Center Closure
Monday, October 14th
Indigenous Peoples' Day & Columbus Day

SHIBA Medicare Open Enrollment Help

Thursday, November 21st

SHIBA can help you review Medicare plans and compare your options for coverage. Please call 425.290.1276 to get signed up.



Medicare Open Enrollment occurs Oct. 15 - Dec. 7
Help with Medicare is available in-person, by Zoom or phone

SHIBA can help you review Medicare Advantage plans and Part D plans, and compare your options for 2025 coverage.



Starting Oct. 1, you can schedule your free, unbiased consultation.

To request an appointment, here are your options:

1. Call our message line: 425-290-1276 (Snohomish) or 360-826-8828 (Skagit)
2. Email: shiba.OE@edmondswaterfrontcenter.org
3. Go to www.edmondswaterfrontcenter.org/ewc-programs/shiba
4. Use our QR code for an online appointment request form

We're your Statewide Health Insurance Benefits Advisors (SHIBA) program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- *Pickleball	3 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 5:30p- Pinochle	4 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Marcia Kester</i> 11:00a- Hearing Aid Cleaning 12:00p- Pinochle 1:00p- Wii Bowling	5
6	7 9:30a- Gentle Joint & Muscle Relief 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:30p- Tapping (EFT)	8 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	9 9:00a- *Sew Daze 10:00a- Canasta/Samba 10:00a- *Foot Clinic 12:45p- *Pickleball	10 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	11 9:00a- Qi Gong/Tai Chi 10:00a- Flu & Covid Vaccine Clinic 10:45a- Live Music <i>Mark Robison</i> 12:00p- Pinochle 1:00p- Wii Bowling	12 9:00am-3:00pm Bazaar & Craft Fair 
13	14 Closed 	15 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	16 10:00a- Canasta/Samba 12:45p- *Pickleball 1:00p- *Book Club 6:00p- Zumba	17 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 	18 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Lee Howard</i> 12:00p- Pinochle 1:00p- Wii Bowling	19 9:00a- Zumba
20	21 9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT)	22 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	23 9:00a- *Sew Daze 10:00a- Canasta/Samba 12:45p- Pickleball 6:00p- Zumba	24 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	25 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>GoldRush</i> 12:00p- Pinochle 1:00p- Wii Bowling	26 9:00a- Zumba
27 Classes/Activities with an * require an appointment or pre register to attend	28 9:30a- Gentle Joint & Muscle Relief 10:30a- Comedy Hour 12:30p- Tapping (EFT)	29 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	30 10:00a- Canasta/Samba 12:45p- *Pickleball 6:00p- Zumba	31 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 	Enjoy lunch with us Monday-Friday 12:00-12:30PM	