

What's Happening

Upcoming Day Trip

Our day trips encourage our members to venture out of their comfort zone and spend time with others. We make it easier for you so you don't have to drive or park. 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 this month's day trip.



Friday, December 13th - Warm Beach Lights of Christmas

Due to too low attendance, we will be removing pickleball off our schedule. Thank you for understanding.



Please return any water cups or coffee cups you may have in your car or at home.



Snow Closure Protocol



In the event of ice or snow, we follow the **Arlington School District's** inclement weather schedule. If school is closed, we will be as well, if they are running on a late start schedule, we will also. You may call the front desk to confirm our opening time, or check our Facebook page for updates. Another way to stay in touch with closures and upcoming events is to be signed up to our distribution list. Please see Sonny at the front desk for more information.

Please stay home if you are experiencing any of the following symptoms...

Fever or chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea.



Make a Difference

The holidays are the season of giving; giving love and giving thanks. The holidays are also about showing appreciation, and helping those in need. Your gift to the Stilly Valley Center makes it possible for us to offer engaging classes, programs & activities for our valued members and a place to connect for peers in our community. We appreciate your gifts in any amount! Help us develop the full potential of every older adult in our community.



Want to know how to use those square barcodes, QR codes?

1. **Get a QR reader app:** It's often built into your phone's camera.
2. **Open the app and point your camera at the code.**
3. **Wait for the phone to process the code.**

Follow the on-screen instructions.
It's that simple! Let our staff know if you need any help.



"A Christmas Wish"



We are collecting new toys for low income families in the Arlington & Darrington community. You may drop off your unwrapped toy/gift at our center in the toy bin located in our lobby. Toys will be picked up on **December 6th** from the center.

Christmas Lunch

Friday, December 13th at 12:00pm

Christmas lunch will be served by Arlington Rotary from 12:00-12:30pm. Please make sure to RSVP at the front desk. Santa will also be making an appearance. Music performance by Rick Cooper starting at 10:45am.



Christmas Choir and Sing Along

Thursday, December 19th at 12:30pm

Join us in celebrating the Christmas spirit singing carols hosted by **Rooted Community Church**. We will also host our ice cream social at 12:45pm.



Center Closures

**Monday, Tuesday & Wednesday
December 23-25th**



DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>Enjoy lunch with us</div> <div>Monday-Friday 12:00-12:30PM</div>	<div>2</div> <div>9:30a- Gentle Joint & Muscle Relief</div> <div>10:00a- *Foot Clinic</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>3</div> <div>10:00a- Senior Yoga</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>11:15a- Line Dance</div> <div>12:30p- Diamond Dot</div> <div>12:30p- Chair Dance</div> <div>1:00p- Cribbage</div>	<div>4</div> <div>9:00a- *Sew Daze</div> <div>10:00a- Canasta/Samba</div> <div>10:00a- *Foot Clinic</div> <div>6:00p- Zumba</div>	<div>5</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican Train</div> <div>10:00a- *Foot Clinic</div> <div>11:00a- Line Dance</div> <div>11:30a- *Bridge</div> <div>12:30p- Chair Dance</div> <div>1:00p- Bible Study</div> <div>3:00p- TOPS</div> <div>5:00p- Pinochle</div>	<div>6</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music</div> <div>Marcia Kester</div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div>	<div>7</div>
<div>8</div>	<div>9</div> <div>9:30a- Gentle Joint & Muscle Relief</div> <div>10:00a- *Foot Clinic</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>10</div> <div>10:00a- Senior Yoga</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- Mobile Food Market</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>11</div> <div>10:00a- Canasta/Samba</div> <div>10:00a- *Foot Clinic</div> <div>6:00p- Zumba</div>	<div>12</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican Train</div> <div>11:00a- Line Dance</div> <div>11:30a- *Bridge</div> <div>12:30p- Chair Dance</div> <div>1:00p- Bible Study</div> <div>3:00p- TOPS</div> <div>5:00p- Pinochle</div>	<div>13</div> <div>Christmas Lunch (must sign up)</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music</div> <div>Rick Cooper</div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div>	<div>14</div>
<div>15</div>	<div>16</div> <div>9:30a- Gentle Joint & Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>17</div> <div>10:00a- Senior 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>18</div> <div>9:00a- *Sew Daze</div> <div>10:00a- Canasta/Samba</div> <div>1:00p- Book Club</div> <div>6:00p- Zumba</div>	<div>19</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican Train</div> <div>11:00a- 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>3:00p- TOPS</div> <div>5:00p- Pinochle</div>	<div>20</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music</div> <div>GoldRush</div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div>	<div>21</div>
<div>22</div>	<div>23</div> <div>CLOSED</div>	<div>24</div> <div>CLOSED</div>	<div>25</div> <div>CLOSED</div>	<div>26</div> <div>9:00a- Happy Hookers</div> <div>10:00a- Food Room</div> <div>10:00a- Mexican Train</div> <div>11:00a- Line Dance</div> <div>11:30a- *Bridge</div> <div>12:30p- Chair Dance</div> <div>1:00p- Bible Study</div> <div>3:00p- TOPS</div> <div>5:00p- Pinochle</div>	<div>27</div> <div>9:00a- Qi Gong/Tai Chi</div> <div>10:45a- Live Music</div> <div>Lee Howard</div> <div>12:00p- Pinochle</div> <div>1:00p- Wii Bowling</div>	<div>28</div>
<div>29</div> <div>Classes/Activities with an * require an appointment or pre register to attend</div>	<div>30</div> <div>9:30a- Gentle Joint & Muscle Relief</div> <div>10:30a- Comedy Hour</div> <div>12:30p- Tapping (EFT)</div>	<div>31</div> <div>10:00a- Senior 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>**Please note that with the holidays, some class schedules might change. If you're unsure if a class or program is going to be held in the month of December, please call our office or contact the instructor/person in charge of your class.**</div>		<div>December</div>	