

## Upcoming Day Trip



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.

**February 13<sup>th</sup> -The Fountain Drive In**

## Snow Closures

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 aware with closures and upcoming events is to be signed up on our distribution list. Please see Mindy at the front desk for more information.



## Yoga

*Tuesdays at 10:00AM*

Everyone can benefit from yoga, but especially seniors. Health benefits you may experience if you add yoga to your fitness regime include:

- ◆ Improved balance
- ◆ Increased flexibility
- ◆ Reduced joint pain and stiffness
- ◆ Better cardiovascular health
- ◆ Enhanced mental well-being
- ◆ Improved quality of sleep
- ◆ Decreased risk of falls and injuries

**Fee: \$5**

## Stilly Valley Center Rentals



The **Stilly Valley Center** is a great location to host your next special event! Our Main Hall can hold up to 250 people with the side room included. We have a number of different sized rooms to select from. We offer evening and weekend room rentals for Weddings, Receptions, Anniversaries, Parties and Special Events. For more information, visit our website or contact Danette Klemens, Executive at: [dklemens@stillycenter.org](mailto:dklemens@stillycenter.org).

**\*\*All rental revenue helps support the daily operation of the center.\*\***

## TOPS (Take Off Pounds Sensibly)

*Thursdays at 5:30PM*

We are a nonprofit weight-loss support and wellness organization that meets at the Stilly Center on Thursdays. For more information, you may call Linda at 425.359.9308.



## Tai Chi

*Fridays at 9:00AM*

Tai Chi has been shown to help older adults with muscle control, stability, balance & flexibility. Tai Chi can help prevent falls by 50%. Come join in the fun!

**Member fee: \$3**

**Non member fee: \$5**

# What's Happening

**STILLY VALLEY CENTER**  
18308 Smokey Point Blvd  
Arlington, WA 98223  
360.653.4551  
[www.stillycenter.org](http://www.stillycenter.org)

## Valentine's Lunch

*Friday, February 14<sup>th</sup> at Noon*

Join us for a special lunch on Valentine's Day. There will be a special treat handed out from *Valentine's Senior Gift Giving*.



**Salmon Fillet**  
**Wild Rice**  
**Broccoli Slaw**  
**Fresh Roasted Vegetables**  
**Dinner Roll**  
**Sweetheart Dessert**

## Center Closure

*February 17<sup>th</sup>*

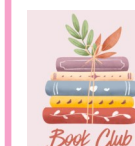
**Presidents' Day**



## February's Book of the Month

*Outlawed*

*By Anna North*



## Crystal Singing Soul Bowls & Ice Cream Social

*Thursday, February 20<sup>th</sup> at 12:45PM*

Join us during our ice cream social with a special guest performance by Dori Williams and her *Soul Bowls*. This unique sound healing experience is designed to calm the mind, relax the body, and nurture the soul.



## AARP Fraud Presentation

*Friday, February 21<sup>st</sup> at 12:45PM*



Join us after lunch to learn more about protecting yourself from fraud and identity theft. Stay tuned, more details to come.

Our Congregate Meal Program is provided by Homage. No eligible person will be denied a meal for inability to donate. Suggested donation of \$4

**You must meet at least one of the following criteria to be eligible for the meal program:**







- ◆ At least 60 years old

**If you reside in Stilly I, II, Gardens or Pointe and are:**

- ◆ The spouse of an eligible person
- ◆ An unpaid family caregiver who resides with an eligible person.

**All ineligible persons are required to pay \$8 for their meal.**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Enjoy lunch with us</p> <p><i>Monday-Friday</i> 12:00-12:30PM</p>						
2	3	4	5	6	7	1
	<p>9:30a- Gentle Joint &amp; Muscle Relief</p> <p>10:00a- *Foot Clinic</p> <p>10:30a- Comedy Hour</p> <p>12:30p- Tapping (EFT)</p>	<p>10:00a- Senior Yoga</p> <p>10:00a- Mexican Train</p> <p>10:00a- *Foot Clinic</p> <p>11:00a- Writing Group</p> <p>11:00a- Line Dance</p> <p>12:30p- Diamond Dot</p> <p>12:30p- Chair Dance</p> <p>1:00p- Cribbage</p>	<p>10:00a- Canasta/Samba</p> <p>10:00a- *Foot Clinic</p> <p>6:00p- Zumba</p>	<p>9:00a- Happy Hookers</p> <p>10:00a- Food Room</p> <p>10:00a- Mexican Train</p> <p>11:00a- Line Dance</p> <p>11:30a- *Bridge</p> <p>12:30p- Chair Dance</p> <p>1:00p- Bible Study</p> <p>5:00p- Pinochle</p> <p>5:30p- TOPS</p>	<p>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p><i>The Warm Beach Boys</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p> 	
9	10	11	12	13	14	15
	<p>9:30a- Gentle Joint &amp; Muscle Relief</p> <p>10:00a- *Foot Clinic</p> <p>10:30a- Comedy Hour</p> <p>12:30p- Tapping (EFT)</p>	<p>10:00a- Senior Yoga</p> <p>10:00a- Mexican Train</p> <p>10:00a- *Foot Clinic</p> <p>11:00a- Writing Group</p> <p>11:00a- Mobile Food Market</p> <p>11:00a- Line Dance</p> <p>12:30p- Diamond Dot</p> <p>12:30p- Chair Dance</p> <p>1:00p- Cribbage</p>	<p>9:00a- *Sew Daze</p> <p>10:00a- *Foot Clinic</p> <p>10:00a- *Card Making Class</p> <p>10:00a- Canasta/Samba</p> <p>6:00p- Zumba</p>	<p>9:00a- Happy Hookers</p> <p>10:00a- Food Room</p> <p>10:00a- Mexican Train</p> <p>11:00a- Line Dance</p> <p>11:30a- *Bridge</p> <p>12:30p- Chair Dance</p> <p>1:00p- Bible Study</p> <p>5:00p- Pinochle</p> <p>5:30p- TOPS</p>	<p>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p><i>Rick Haugen</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p> 	
16	17	18	19	20	21	22
	<p><b>CLOSED</b></p> 	<p>10:00a- Senior Yoga</p> <p>10:00a- Mexican Train</p> <p>11:00a- Writing Group</p> <p>11:00a- Line Dance</p> <p>12:30p- Diamond Dot</p> <p>12:30p- Chair Dance</p> <p>1:00p- Cribbage</p>	<p>10:00a- Canasta/Samba</p> <p>1:00p- Book Club</p> <p>6:00p- Zumba</p>	<p>9:00a- Happy Hookers</p> <p>10:00a- Food Room</p> <p>10:00a- Mexican Train</p> <p>11:00a- Line Dance</p> <p>11:30a- *Bridge</p> <p>12:30p- Chair Dance</p> <p>12:45p- Ice Cream Social</p> <p>1:00p- Bible Study</p> <p>5:00p- Pinochle</p> <p>5:30p- TOPS</p> 	<p>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p><i>Rick Cooper</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p> 	
23	24	25	26	27	28	
	<p>9:30a- Gentle Joint &amp; Muscle Relief</p> <p>10:30a- Comedy Hour</p> <p>12:30p- Tapping (EFT)</p>	<p>10:00a- Senior Yoga</p> <p>10:00a- Mexican Train</p> <p>11:00a- Writing Group</p> <p>11:00a- Mobile Food Market</p> <p>11:00a- Line Dance</p> <p>12:30p- Diamond Dot</p> <p>12:30p- Chair Dance</p> <p>1:00p- Cribbage</p>	<p>9:00a- *Sew Daze</p> <p>10:00a- Canasta/Samba</p> <p>6:00p- Zumba</p>	<p>9:00a- Happy Hookers</p> <p>10:00a- Food Room</p> <p>10:00a- Mexican Train</p> <p>11:00a- Line Dance</p> <p>11:30a- *Bridge</p> <p>12:30p- Chair Dance</p> <p>1:00p- Bible Study</p> <p>5:00p- Pinochle</p> <p>5:30p- TOPS</p>	<p>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p><i>Marcia Kester</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p> 