

Here's a friendly reminder to be respectful during our Friday's entertainment hour. We have received some complaints recently about people talking too loud while our guests are performing. While it's ok for you to visit, we ask for you to keep the volume a little lower so others can enjoy the music. Your help is greatly appreciated.

Stilly Valley Center Rentals



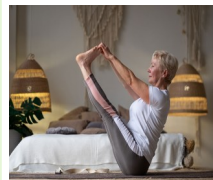
The **Stilly Valley Center** is a great location to host your next special event! Our Main Hall can hold up to 250 people. We have a number of different sized rooms to select from. We offer evening and weekend room rentals for Weddings, Receptions, Anniversaries, Parties and Special Events. For more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

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

Upcoming Day Trips

Day trips encourage 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 worry about parking.

March 5th Marysville School of Cosmetology
March 27th COA (Mexican Food)



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



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



Daylight Saving Time

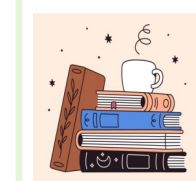
Sunday, March 9th



St. Patrick's Day Lunch

Friday, March 14th at 12:00PM

If you'd like to join us for Corned Beef & Cabbage as we celebrate St. Patrick's Day, please be sure to sign up at the front desk. We'd like to ensure we have enough food for all who attend. **Larry Repman** will be performing prior to lunch.



Book Club

Wednesday, March 19th at 1:00PM

Damnation Spring

By Ash Davidson








Narcan & Opioid Education

Wednesday, April 2nd at 12:45PM

We invite you to join us in learning how to respond in an overdose emergency and how opioids are impacting our communities. Whether you know someone who uses opioids or not, you might be in a position to save someone's life.

- **Learn what opioids are**
- **Understand who is affected by an overdose**
- **Recognize an overdose**
- **Know how to use NARCAN and where to get it**
- **Learn strategies for preventing misuse of opioids**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Enjoy lunch with us</p> <p><i>Monday-Friday</i> 12:00-12:30PM</p>						<p>Classes and Activities with an * require an appointment or pre register to attend.</p>	1
2	3	4	5	6	7	8	
	<p>10:00a- *Foot Clinic</p> <p>10:30a- Comedy Hour</p>	<p>10:00a- 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>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p style="text-align: center;"><i>GoldRush</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p>		
9	10	11	12	13	14	15	
 <p>SPRING FORWARD SET YOUR CLOCKS AHEAD AN HOUR</p>	<p>10:00a- *Foot Clinic</p> <p>10:30a- Comedy Hour</p>	<p>10:00a- 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- 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>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p style="text-align: center;"><i>Larry Repman</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p> <p style="text-align: right;">*St. Patrick's Day lunch*</p> 		
16	17	18	19	20	21	22	
	<p>10:30a- Comedy Hour</p> <p style="text-align: center;">HAPPY <i>St. Patrick's</i> DAY</p>	<p>10:00a- 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>10:00a- *Card Making Class (beginner)</p> <p>1:00p- Book Club</p> <p>1:00p- *Card Making Class (advanced)</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>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p style="text-align: center;"><i>Mark Robison</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p>		
23	24	25	26	27	28	29	
	<p>10:30a- Comedy Hour</p>	<p>10:00a- 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>9:00a- Qi Gong/Tai Chi</p> <p>10:45a- Live Music</p> <p style="text-align: center;"><i>Oyster Bay</i></p> <p>12:00p- Pinochle</p> <p>1:00p- Wii Bowling</p>		
30	31						
	<p>10:30a- Comedy Hour</p>	<p>11:00a- Line Dance</p> <p>12:30p- Diamond Dot</p> <p>12:30p- Chair Dance</p> <p>1:00p- Cribbage</p>					