



### Upcoming Day Trips

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. Please call the front desk for more information.

*\*On hold until June\**



### Health & Resource Fair

Wednesday, June 11<sup>th</sup>  
10:00AM-1:00PM

More vendors soon to be scheduled!



### Monthly Birthday Recognitions

Last Friday of the month 11:45AM (Main Hall)

Join us on the last Friday of each month to wish all our friends a Happy Birthday during their birthday month. We will have our band ask you to stand up to be recognized if you choose at 11:45AM. We'll all sing happy birthday! You may invite your friends & family to celebrate as well.

### Group Otago

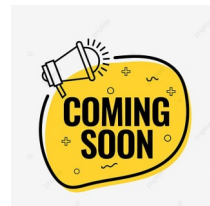
Monday & Thursday 2:00PM (Main Hall)

Group Otago is a CDC-Backed Evidence Based Fall Prevention group. This course meets **2x a week for 8 weeks**. Please sign up at the front desk to reserve your spot for your initial screening appointment on May 22<sup>nd</sup>.

**Monday, June 2<sup>nd</sup> from 2:00-3:00PM**

First class starts!

***Free!***



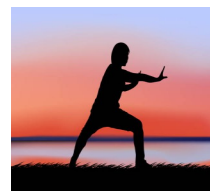
### Tai Chi

Friday at 9:00AM (Multipurpose room)

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 on the fun!

***\$3 Members***

***\$5 Non members***



# What's Happening

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



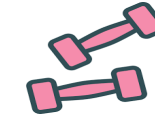
It is extremely important that everyone that comes through our doors **MUST** sign in as the statistics are critical for our grants and funding.



**Monday,  
May 26<sup>th</sup>**

### Muscle & Bone Strength

Monday & Wednesday at 12:45PM  
(Side room)



Join Carleah as she teaches you a simple but effective way to build bone density through load bearing and grounding. This low impact programming is great for posture & rehab care.

***\$3 Members***

***\$5 Non members***



*From all of us at  
Stilly Valley Center*







### Annual Membership Meeting

Friday, June 20<sup>th</sup> 11:15-12:00 (Main Hall)

Please join us for our annual membership meeting with the Board of Directors. During this meeting, we will elect the officers of the board for the coming year and the board members. We will also share our annual report with the members at this meeting.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Enjoy lunch with us!</p> <p><i>Monday-Friday</i> <i>12:00-12:30PM</i></p>				<p><b>1</b></p> <p>9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 11:00a- *Bridge 12:30p- Chair Dance <del>1:00p- Bible Study</del> 5:00p- Pinochle</p>	<p><b>2</b></p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <b>Oyster Bay</b> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p><b>3</b></p> <p>9:00a- Zumba</p>
<p><b>4</b></p>	<p><b>5</b></p> <p>10:00a- *Foot Clinic 10:30a- Comedy Hour 10:30a- Tarot Card Reading 12:45p- Muscle &amp; Bone Strength <i>New!</i></p>	<p><b>6</b></p> <p>10:00a- *Foot Clinic 10:00a- Yoga 10:00a- Mexican Train 11:00a- Line Dance 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage</p>	<p><b>7</b></p> <p>10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- Muscle &amp; Bone Strength <i>New!</i> 6:00p- Zumba</p>	<p><b>8</b></p> <p>9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 11:00a- *Bridge 12:30p- Chair Dance <del>1:00p- Bible Study</del> 5:00p- Pinochle</p>	<p><b>9</b></p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <b>Rick Haugen</b> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p><b>10</b></p>
<p><b>11</b></p> 	<p><b>12</b></p> <p>10:00a- *Foot Clinic 10:30a- Comedy Hour 10:30a- Tarot Card Reading 12:45p- Muscle &amp; Bone Strength <i>New!</i></p>	<p><b>13</b></p> <p>10:00a- *Foot Clinic 10:00a- Yoga 10:00a- Mexican Train 11:00a- Mobile Food Market 11:00a- Line Dance 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage</p>	<p><b>14</b></p> <p>9:00a- *Sew Daze 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- Muscle &amp; Bone Strength <i>New!</i> 6:00p- Zumba</p>	<p><b>15</b></p> <p>9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 11:00a- *Bridge 12:30p- Chair Dance 12:45p- Ice Cream Social 1:00p- Bible Study 5:00p- Pinochle</p> 	<p><b>16</b></p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <b>Mark Robison</b> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p><b>17</b></p>
<p><b>18</b></p>	<p><b>19</b></p> <p>10:30a- Comedy Hour 10:30a- Tarot Card Reading 12:45p- Muscle &amp; Bone Strength <i>New!</i> 6:00p-Zumba</p>	<p><b>20</b></p> <p>10:00a- Yoga 10:00a- Mexican Train 11:00a- Line Dance 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage</p>	<p><b>21</b></p> <p>10:00a- *Card Making Class (<i>Beginner</i>) 12:45p- Muscle &amp; Bone Strength <i>New!</i> 1:00p- Book Club 1:00p- *Card Making Class (<i>Advanced</i>) 6:00p- Zumba</p>	<p><b>22</b></p> <p>9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 11:00a- *Bridge 12:30p- Chair Dance 1:00p- Bible Study 5:00p- Pinochle</p>	<p><b>23</b></p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <b>GoldRush</b> 12:00p- Pinochle 1:00p- Wii Bowling</p>	<p><b>24</b></p>
<p><b>25</b></p> <p>Classes &amp; Activities with an * require an appointment or pre register to attend.</p>	<p><b>26</b></p> <p>CLOSED</p> 	<p><b>27</b></p> <p>10:00a- Yoga 10:00a- Mexican Train 11:00a- Line Dance 11:00a- Mobile Food Market 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage</p>	<p><b>28</b></p> <p>9:00a- *Sew Daze 10:00a- Canasta/Samba 12:45p- Muscle &amp; Bone Strength <i>New!</i> 6:00p- Zumba</p>	<p><b>29</b></p> <p>9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 11:00a- *Bridge 12:30p- Chair Dance 1:00p- Bible Study 5:00p- Pinochle</p>	<p><b>30</b></p> <p>9:00a- Qi Gong/Tai Chi 10:45a- Live Music <b>Marcia Kester</b> 12:00p- Pinochle 1:00p- Wii Bowling Happy May Birthdays!</p> 	<p><b>31</b></p>