

Bone & Muscle Strength

Monday & Wednesday at 12:45PM

This new class meets in the side room. It is formulated to build bone density through load bearing grounding. We'll focus on posture, balance, bone density, light cardio for heart health and preserving muscle mass.



Fee: \$5

Card Making Class

August 20th at 10:00AM & 1:00PM



Debbie is now offering 2 classes in the main hall once a month. The instructor will provide all of the supplies needed for your card making. Please sign up at the front desk.

Beginner class is at 10:00AM
(3 for \$10)

Advanced class is at 1:00PM
(\$25 for the box kit) Please bring your adhesive

Yoga

Tuesday 10:00-11:00AM

Come try out gentle yoga. Bring a yoga mat or thick towel. Chairs are also available for those who wish to use one. All ages and abilities are welcome!



Fee: \$5

Book of the Month

Wednesday, August 20th at 1:00PM
(Multipurpose room)



"Life in a Jar: The Irena Sandler Project"

STILLY VALLEY CENTER'S

HOLIDAY & CRAFT BAZAAR

18 OCTOBER 9A-3P

TABLES NOW AVAILABLE FOR PURCHASE FOR \$50

18308 SMOKEY POINT BLVD
ARLINGTON, WA 98223
360.653.4551

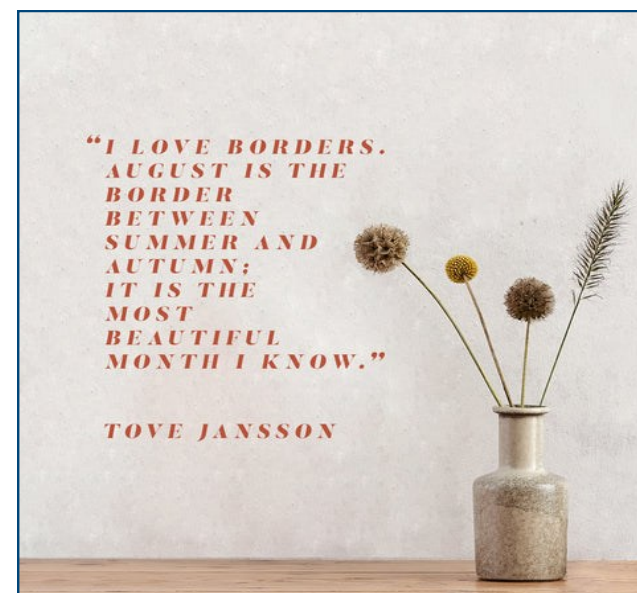
Tarot Tuesday

Tuesday 10:00AM-2:00PM



People seek tarot readings for a variety of reasons, often seeking guidance, insight, and understanding their current situations and potential future paths. Some are looking for answers to specific questions, while others use readings for self-reflection and personal growth. Some do it just for fun!

Fee: Center Donation



What's Happening

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

We'd like to introduce our new Executive Director, **Roula Roe**. If you see Roula walking around, please introduce yourself and share with her your thoughts & ideas.



Monday, September 1st

Closed



Sit N Stretch

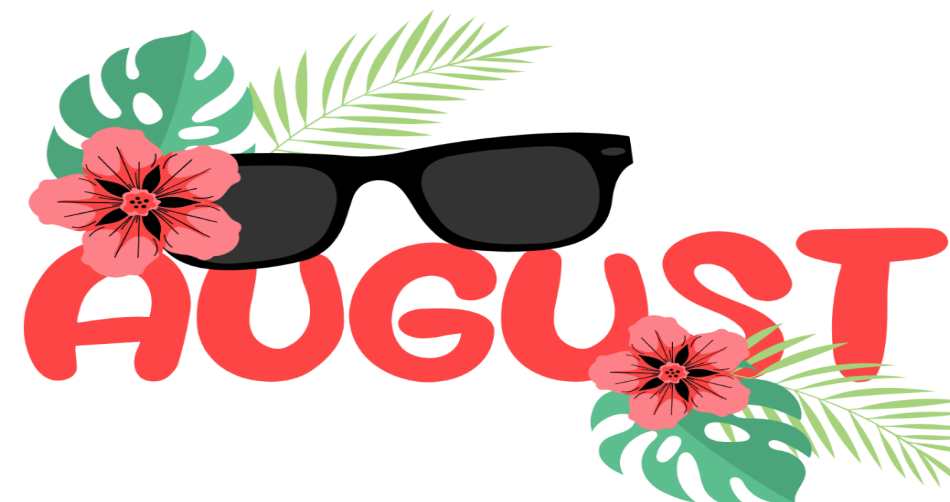
Wednesday at 2:00PM


Chair stretching offers numerous benefits, particularly for those with limited mobility, seniors, or individuals seeking low-impact exercise. We'll meet in the side room. Benefits include the following.

- ◇ Improve flexibility
- ◇ Increase circulation
- ◇ Improve posture
- ◇ Increase coordination
- ◇ Increase Balance



Fee: \$3



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Classes & Activities with an * require an appointment or preregistration						1	2
3	4 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:45p- Muscle & Bone Strength	5 10:00a- *Foot Clinic 10:00a- Yoga 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a- Line Dance 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage	6 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch NEW! 6:00p- Zumba	7 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	8 9:00a- Qi Gong/Tai Chi 10:45a- Live Music Country Jim 12:00p- Pinochle 1:00p- Wii Bowling	9 11:00a- <i>Enchanted Market</i>	
10	11 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:45p- Muscle & Bone Strength	12 10:00a- *Foot Clinic 10:00a- Yoga 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a- Line Dance 11:00a- Mobile Food Truck 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage	13 9:00a- Sew Daze 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch NEW! 6:00p- Zumba	14 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	15 9:00a- Qi Gong/Tai Chi 10:45a- Live Music Lee Howard 12:00p- Pinochle 1:00p- Wii Bowling	16	
17	18 10:00a- *Foot Clinic 10:30a- Comedy Hour 12:45p- Muscle & Bone Strength	19 10:00a- Yoga 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a- Line Dance 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage	20 10:00a- Canasta/Samba 10:00a- *Card Making (beginner) 12:45p- Muscle & Bone Strength 1:00p- Book Club 1:00p- *Card Making (advanced) 2:00p- Sit N Stretch NEW! 6:00p- Zumba	21 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	22 9:00a- Qi Gong/Tai Chi 10:45a- Live Music Rick Cooper 12:00p- Pinochle 1:00p- Wii Bowling	23 11:00a- <i>Enchanted Market</i>	
24	25 10:30a- Comedy Hour 12:45p- Muscle & Bone Strength	26 10:00a- Yoga 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a- Line Dance 11:00a- Mobile Food Truck 11:30a- Writing Group 12:30p- Diamond Dot 12:30p- Chair Dance 1:00p- Cribbage	27 9:00a- *Sew Daze 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch NEW! 6:00p- Zumba	28 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	29 9:00a- Qi Gong/Tai Chi 10:45a- Live Music GoldRush 12:00p- Pinochle 1:00p- Wii Bowling	30	
31							