

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



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

July's Book of the Month

Wednesday, July 16th 1:00PM
(Multipurpose room)



"The World Played Chess"

Card Making Class

July 23rd 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

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

Day Trips

July- On hold until we acquire a bus driver...stay tuned.

What's Happening


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

Arlington Street Fair

Friday, July 11th 10AM-6PM
Saturday, July 12th 10AM-6PM
Sunday, July 13th 10AM-4PM

Come check out our booth at the Street Fair in downtown Arlington. **Stilly Valley Center** along with the **Family Caregiver Support Program** will be there with their welcoming smiles.



Food Room Reminder

Thursday 10:00-10:30AM

*The Food Room is available on Thursday only from 10:00-10:30AM.

*You must check in at the reception area prior to receiving a food room ticket.

*Tickets will be given out at 9:30AM in the Main Hall **until 10:00 or until we run out of available tickets. One ticket per family.**



Closed

Friday, July 4th



We understand that change is hard for everyone, so we ask for your patience as we go through a transition within the center. Several options have been suggested to us that we're reviewing. We appreciate any input from our participants as well. **Please fill out a suggestion slip and place in the box at the front desk.** Thank you so much for your cooperation!

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 will meet in the side room. Benefits include the following.

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




Fee: \$3



Hello July

- Just be you, because you are
- Unique, worthy and amazing
- Live every day to the fullest as
- You deserve all the good in life



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