



Help Keep Our Medical Equipment Loan Program Rolling!

Need a wheelchair, walker, or shower chair? Our Medical Equipment Loan Program makes these items available to community members. We rely on your support to continue offering this service and are prepared to assist the next person in need. **A minimum gift of just \$20 helps us continue offering this important service.**

- ♥ Every donation stays local.
- ♥ Every dollar makes a difference.
- ♥ Every gift helps someone regain independence.
- ♥ Every Dollar supports the Stilly Valley Center to provide programs and services throughout the year.

Donate today and help your neighbors live with dignity and care!

Bone & Muscle Strength

Mondays & Wednesdays 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, and light cardio for heart health and preserving muscle mass.

Fee: \$5



Tarot Tuesday

Tuesdays 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



Card Making Class

*October 22nd
10:00AM & 1:00PM*

Debbie is now offering 2 classes in the main hall once a month. She will provide all 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

Tai Chi/Qi Gong

Fridays 9:00-10:00AM



We'll meet in the Multipurpose room. Tai Chi has been shown to help older adults with muscle control, stability, balance & flexibility. Tai Chi can also help prevent falls by 50%. Benefits better sleep, improved mood, increased physical activity, more clarity & focus, helps reduced depression, stress & anxiety.

Members fee: \$3

Non-members fee: \$5



Book of the Month

Wednesday, October 15th at 1:00PM
(Multipurpose room)

"Hula"



Monday Matinee!

Stay tuned for this exciting event that we'll be hosting in the Main Hall. If you have any movie recommendations, please let us know.

More details coming soon!

Karaoke & Sing Along

We will be bringing Karaoke back with a twist. We are going to get our staff to join in. Stay tuned, this could be quite comical.

What's Happening



STILLY VALLEY CENTER

18308 Smokey Point Blvd

Arlington, WA 98223

360.653.4551

www.stillycenter.org

Head to Toe Zen Massage & Foot Soak

Monday, October 22nd will be the first day we introduce this. You must sign up at the front desk for your desired day & time. Sharon will use an assortment of Zen balls to help increase blood flow and massage muscles while helping relieve pain. This session will also include a soothing foot bath. Each session will be 45 minutes long and only **\$20.00 per session.**



Sit N Stretch

Wednesdays 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



**STILLY VALLEY CENTER'S
HOLIDAY BAZAAR**
SAT | NOV 15 | 9-3
18308 Smokey Point Blvd. Arlington, WA 98223

**FREE ADMISSION
OPEN TO THE PUBLIC**

**LOCAL VENDORS
CRAFTS
Local Artisans
Handmade Goods
Unique Gift Ideas
COMPLIMENTARY HOT CHOCOLATE
BASKET RAFFLE**

Calling All Vendors!
Table Fee: \$50
Email Terri at tknowles@stillycenter.org for registration.
For more information, call 360.653.4551 ext 106



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes & Activities with an * require an appointment or preregistration			1 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch 6:00p- Zumba	2 9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 1:00p- Bible Study	3 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Vicious Chipmunks</i> 1:00p- Wii Bowling 	4
5	6 10:00a- *Foot Clinic 12:45p- Muscle & Bone Strength	7 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	8 9:00a- Sew Daze 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch 6:00p- Zumba	9 9:00a- Happy Hookers 10:00a- *Foot Clinic 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 1:00p- Bible Study	10 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Esquires</i> 12:45p- BINGO 1:00p- Wii Bowling 	11
12	13 10:00a- *Foot Clinic 12:45p- Muscle & Bone Strength 	14 10:00a- Yoga 10:00a- *Foot Clinic 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	15 10:00a- Canasta/Samba 10:00a- *Foot Clinic 12:45p- Muscle & Bone Strength 1:00p- Book Club 2:00p- Sit N Stretch 6:00p- Zumba	16 9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 12:45p- Ice Cream Social  1:00p- Bible Study	17 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Salt Grass Band</i> 1:00p- Wii Bowling 	18
19 	20 9:00a- *Head to Toe Zen Massage 12:45p- Muscle & Bone Strength	21 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	22 9:00a- Sew Daze 9:00a- *Head to Toe Zen Massage 10:00a- Canasta/Samba 10:00a- *Card Making (beginner) 12:45p- Muscle & Bone Strength 1:00p- *Card Making (advanced) 2:00p- Sit N Stretch 6:00p- Zumba	23 9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 1:00p- Bible Study	24 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Rick Cooper</i> 12:45p- BINGO 1:00p- Wii Bowling 	25
26	27 9:00a- *Head to Toe Zen Massage 12:45p- Muscle & Bone Strength	28 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	29 9:00a- *Head to Toe Zen Massage 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch 6:00p- Zumba	30 9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 1:00p- Bible Study	31 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Rick Haugen</i> 1:00p- Wii Bowling  	Enjoy lunch with us Monday-Friday 12:00-12:30