

What's Happening


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

Sit N Stretch

Wednesday 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

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



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.



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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes & Activities with an * require an appointment or preregistration					Enjoy lunch with us Monday-Friday 12:00-12:30	1
2 	3 10:00a- *Foot Clinic 12:45p- Muscle & Bone Strength	4 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	5 9:00a- Sew Daze 9:30a- Zen Massage <i>NEW!</i> 10:00a- *Foot Clinic 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	6 9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 1:00p- Bible Study	7 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Mark Robison</i> 1:00p- Wii Bowling	8
9	10 10:00a- *Foot Clinic 12:45p- Muscle & Bone Strength	11 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 	12 9:30a- *Zen Massage <i>NEW!</i> 10:00a- *Foot Clinic 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch 6:00p- Zumba	13 9:00a- Happy Hookers 10:00a- Food Room 10:00a- Mexican Train 11:00a- Line Dance 12:30p- Chair Dance 1:00p- Bible Study	14 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Marcia Kester</i> <i>* Closing at 1:00p *</i>	15 Holiday Bazaar 9a-3p 
16	17 9:30a- *Zen Massage <i>NEW!</i> 12:45p- Muscle & Bone Strength	18 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	19 9:00a- Sew Daze 9:30a- *Zen Massage <i>NEW!</i> 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 1:00p- Book Club 2:00p- Sit N Stretch 6:00p- Zumba	20 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	21 9:00a- Qi Gong/Tai Chi 10:45a- Live Music <i>Country Jim</i> 1:00p- Wii Bowling	22
23	24 9:30a- *Zen Massage <i>NEW!</i> 10:30a- Comedy Hour 12:45p- Muscle & Bone Strength	25 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	26 9:30a- *Zen Massage <i>NEW!</i> 10:00a- Canasta/Samba 12:45p- Muscle & Bone Strength 2:00p- Sit N Stretch 6:00p- Zumba	27 <i>CLOSED</i> 	28 <i>CLOSED</i> 	29 Enjoy lunch with us Monday-Friday 12:00-12:30