

# STILLY VALLEY COMMUNITY CONNECTIONS

Monthly Newsletter of the Stilly Valley Center



## Notes and Quotes from your Board President

Happy New Year to each of you! As I write this in the waning days (and daylight) of December 2025, I am reflecting on the 15 years I have been a volunteer here at the Center. I have gotten to know so many of you through the classes, lunches, trips, book club meetings, and spontaneous chats at the tables... and my life is fuller because of YOU. The dedication of the staff and volunteers is the essential ingredient that keeps our Center thriving. I am so grateful to all our members, staff, volunteers, and business partners that work to make the Stilly Valley Center a meeting hub for our community.

As we begin the new year, which I foresee as an exciting one for our Center, I am reminded of the insightful words of Helen Keller, "Alone we can do so little; together we can do so much." My wish for 2026 is that each of you, as you are able, will join in our togetherness so that we might accomplish SO MUCH here at Stilly Valley Center! Best wishes for health and happiness in the coming year,

Dana

---

<b>Stilly Valley Center</b>	<b>Staff</b>
Executive Director	Roula Roe
Finance Manager	Marissa Fontaine
Program Manager	Lisa Hundley
Kitchen Manager	LaWana King
Resource Coordinator	Sherri Hicks
Community Events Coordinator	Terri Knowles
Maintenance Technician	Jared Wimbish

*Bringing Our Community Together*  
**Stilly Valley Center Board of Directors**

Dana Carney	<b>President</b>
Kevin Raymond	<b>Vice President</b>
Adele Erbeck	<b>Secretary</b>
Duane Rhodes	<b>Treasurer</b>
Dave Duskin	<b>Honorary</b>
Eric DeJong	Mariah Anders
Kim Gray	Ursula Spidell
Darlene Strotz	Sheila Brashear



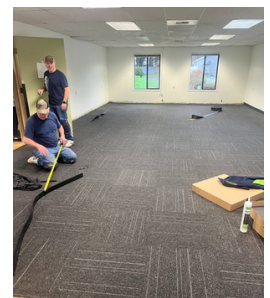
**A Special Thank You to**



We want to express our sincere appreciation to Abbey Van Dam Carpet and More for their generous in-kind donation to Stilly Valley Center. Their support significantly contributes to creating a comfortable and welcoming environment—one where friendships are nurtured, stories are exchanged, and community connections flourish daily.

Such generous contributions serve as a wonderful reminder of the exceptional compassion and generosity present in our community. Thank you for playing a vital role in helping Stilly Valley Center maintain the warmth of home

—With gratitude, the Staff, Board of Directors,  
and Volunteers of Stilly Valley Center



# Stilly Thrift Store & Collectables

18218 SMOKEY POINT BLVD  
ARLINGTON, WA 98223  
360.658.4991

STORE HOURS:  
MON SAT 10AM - 4PM  
SUNDAY - CLOSED

**\*Now Accepting new and  
gently used furniture\***  
Please call store for details

**All proceeds support  
Stilly Valley Center  
Senior & Military Day!**  
Every Tuesday 20% off  
(Unless marked "No Discount")

**Donation Hours:**  
Monday & Wednesday  
10:00am - 2:00pm

Thrift Store Manager	Erica Jensen
Thrift Store Assistant	Ramsey Rainwater
Senior Associate	Kerry Leatherman
Associate	Linda Bowman
Part-Time Cashier	Mark Turner
Cashier	Katellie Hoerner
Associate	Camille Beeler



# Gift Certificates

**NOW AVAILABLE**

## STILLY THRIFT STORE & COLLECTABLES

**BIG NEWS!**

**YOU ASKED, WE LISTENED- GIFT CERTIFICATES ARE HERE! THE  
PERFECT PRESENT FOR ANYONE WHO LOVES STILLY THRIFT  
STORE & COLLECTABLES**

**AVAILABLE IN \$10 OR \$25 INCREMENTS PICK ONE UP  
TODAY!**

360-658-4991      JANUARY 2026      M-SAT 10AM-4PM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DONATIONS ARE MONDAY AND WEDNESDAY 10:00 TO 2:00	<b>LARGE DONATIONS, PLEASE CALL AHEAD</b>	THANK YOU FOR SUPPORTING THE STILLY VALLEY CENTER		1 CLOSED HAPPY NEW YEAR!	2 WHITE TAGS 40% OFF	3 WHITE TAGS 50% OFF
4 CLOSED	5 DONATE A BAG OR BOX AND RECEIVE 20% OFF REGULAR TAGS TODAY!	6 SENIOR AND MILITARY 20% OFF	7 YELLOW TAGS 20% OFF	8 YELLOW TAGS 30% OFF	9 YELLOW TAGS 40% OFF	10 YELLOW TAGS 50% OFF
11 CLOSED	12 DONATE A BAG OR BOX AND RECEIVE 20% OFF REGULAR TAGS TODAY	13 SENIOR AND MILITARY 20% OFF	14 ORANGE TAGS 20% OFF	15 ORANGE TAGS 30% OFF	16 ORANGE TAGS 40% OFF	17 ORANGE TAGS 50% OFF
18 CLOSED	19 DONATE A BAG OR BOX AND RECEIVE 20% OFF REGULAR TAGS TODAY	20 SENIOR AND MILITARY 20% OFF	21 GREEN TAGS 20% OFF	22 GREEN TAGS 30% OFF	23 GREEN TAGS 40% OFF	24 GREEN TAGS 50% OFF
25 CLOSED	26 DONATE A BAG OR BOX AND RECEIVE 20% OFF REGULAR TAGS TODAY	27 SENIOR AND MILITARY 20% OFF	28 WHITE TAGS 20% OFF	29 WHITE TAGS 30% OFF	30 WHITE TAGS 40% OFF	31 WHITE TAGS 50% OFF

**18218 Smokey Point Blvd  
Arlington, WA 98223**

# FRIDAY'S ENTERTAINMENT SCHEDULE

JOIN US ON FRIDAYS FROM 10:45-11:45AM FOR LIVE MUSIC ON  
OUR STAGE IN THE MAIN HALL. FREE!

Be someone's sunshine  
when the skies are gray

## January

- 2<sup>nd</sup> Mark Robinson**
- 9<sup>th</sup> Don & Mary Kellogg**
- 16<sup>th</sup> Tom & Jill Hudon (Oyster Bay)**
- 23<sup>rd</sup> Country Jim**
- 30<sup>th</sup> Marcia Kester**

# Hello New Year! Gentle Goals for a Happy, Healthy Year

A new year is a wonderful time to reflect, reset, and focus on what brings us joy and well-being. At Stilly Valley Center, we believe goals should feel encouraging—not overwhelming.

## **Stay Connected:**

Make time for friends, family, and community. Attend a class, join a group, or simply reach out to someone you haven't spoken with in a while. Staying connected keeps us strong.

## **Keep Moving—Gently:**

Choose movement that feels good, whether it's walking, stretching, yoga, or Tai Chi. Small, consistent movement can improve balance, boost energy, and lift your spirits.

## **Nourish Your Body:**

Enjoy nourishing meals, drink plenty of water, and treat yourself with kindness. Healthy habits don't have to be perfect—just thoughtful.

## **Care for Your Mind:**

Read, do puzzles, learn something new, or practice gratitude. Keeping the mind active supports overall well-being.

## **Make Time for Joy**

Spend time doing what makes you smile—music, hobbies, laughter, or quiet moments. Joy matters at every age.

## **Ask for Help When Needed**

There is strength in reaching out. Support, friendship, and encouragement are always close by at the Center.

## **A Gentle Reminder**

*Resolutions don't need to be big to be meaningful. Small steps, taken at your own pace, can lead to a happier and healthier year.*

*Wishing you a New Year filled with health, connection, and moments of joy—*

The Staff, Board of Directors,  
and Volunteers of Stilly Valley Center

# Friends

*'tis the season*

TO BE JOLLY





---

# Classes

## Card Making Class

Wednesday, 12/12 Main Hall  
(3 for \$10) Beginner Class at 10:00AM  
(\$25 for the box kit, please bring  
adhesive) Advanced class at 1:00PM

## Yoga

Tuesdays 10:00–11:00AM  
Multipurpose Room  
**(\$5 per class)**

## Tai Chi/Qi Gong

Fridays 9:00-10:00am in the  
Multipurpose Room  
**(Members \$3,  
Non-members \$5)**

## Book Club

Wednesday, December 17th  
1:00-2:30PM  
Multipurpose Room  
Grab your coffee mug  
and join in on the fun.

## Muscle & Bone Strength

Side room  
Monday & Wednesday  
12:45pm-1:45pm  
**\$5 per class**

## Sit N Stretch

Side Room  
Wednesday  
2:00pm - 3:00pm  
**\$3 per class**

## Foot Clinic

10:00AM -1:00PM  
Located in the Rose Room  
1<sup>st</sup> & 2<sup>nd</sup> weeks of the month  
Monday, Tuesday & Wednesday  
Call Kathy Epperson for an  
appointment at **425-355-0552**  
**\$20 per visit**

## Line Dancing

Side room  
Tuesday & Thursday  
11:00am-12:00pm

## Chair Dancing

Side Room  
Tuesday & Thursday  
12:30pm - 1:30pm

## Zumba

Wednesdays 6:00pm - 7:30pm  
Main Hall

**Tarot Card** Tuesdays - 10:00am - 12:30pm Main Room \$5

**Writing Group** Tuesdays Library 11:30am - 1:00 pm

**Sew Daze** - 12/3, 12/17, Arts & Crafts Room

**Diamond Dot** - Tuesdays 12:30pm - 3:30pm Main Room

**Happy Hookers** - Thursdays 9:00am - 12:00pm Main Room

**Bible Study** - Thursdays 1:00pm -3:30pm Library

---

**Become a Member today!**

### **Membership Benefits**

\$40 a year per person or \$65 for a couple

Come join our center and  
make some new friends.

We have lots of fun activities.

You don't have to be a senior to join ~

Everyone is welcome!

\*10% discount on Trips

\*Newsletter full of new classes,  
events, activities and trips.

\*Early notice of our special events.

\*"Be in the Know!"

## **Donations**

Donations for coffee and tea  
are greatly  
appreciated to help  
serve our guests at the Center



### **Community News**

**Otago sign-up sheet in lobby on black table**  
**15 Max participants**

Otago Class Dates to be offered: Jan. 26- May 18

A Pre-Class Assessment: Jan. 26<sup>th</sup>, 2026; 2:00-3:00pm

Meet every Monday and Wednesday: 2:00 pm – 3:00 pm

Post-call Assessment: May 20

Instructor: Carleeh Compean

# VOLUNTEER OPPORTUNITIES

## Stilly Valley Center



### THRIFT STORE

Stilly Thrift Store & Collectables

18218 Smokey Point Blvd

Contact Erica

Store Manager

360-658-4991



### FOOD ROOM

Our Food room is open  
every Thursday

We need help with stocking  
shelves and handing out  
food.



### FRONT DESK

Main Center

18308 Smokey Point Blvd

Contact Sherri

Resource Coordinator

360-653-4551



### COME JOIN OUR TEAM

We'd love to have you  
join our volunteer team!

Please email Sherri  
at

[shicks@stillycenter.org](mailto:shicks@stillycenter.org)

and we'll send you  
an application – or stop by  
anytime to apply in person.

### BUS DRIVER

12 Seater Bus

Contact Terri

Community Events

Coordinator

[tknowles@stillycenter.org](mailto:tknowles@stillycenter.org)

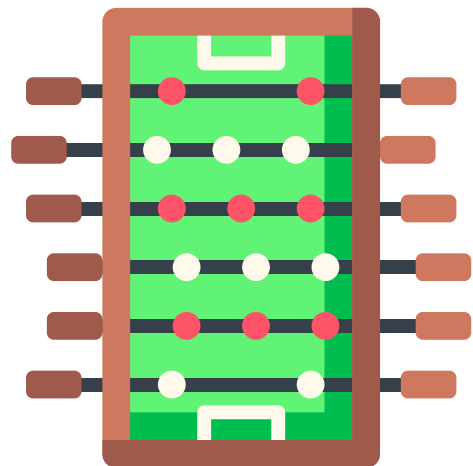
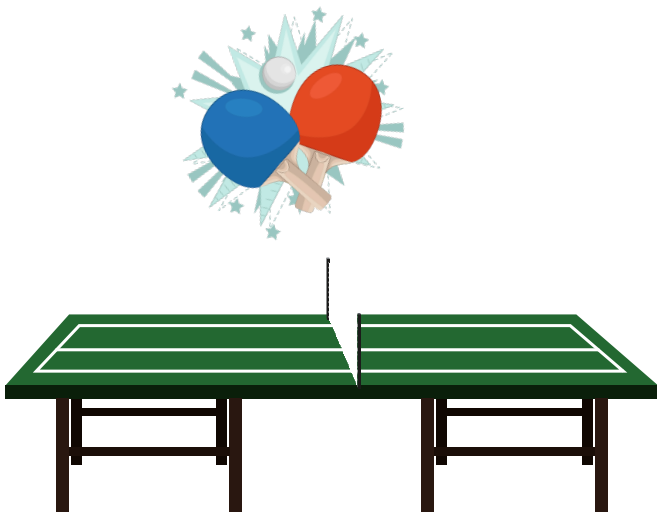


# Open Game Play

## Tuesday and Thursday

### 10AM-12PM

*COME OUT AND MEET SOME NEW FRIENDS  
LEARN SOME NEW GAMES  
STAY FOR LUNCH AFTER!*



## FAMILY CAREGIVER PROGRAM

A Caregiver is: A relative or friend who is age 18 or older and who is actively caring for a person age 18 and older who has a functional disability. The caregiver does this without financial compensation (unpaid). And the care receiver is not receiving Medicaid-funded longer term care services.

### About this FREE Program

The Family Caregiver Program helps unpaid family caregivers continue at-home care to the care recipients. We have certified Caregiver Specialists available who help you access supportive services and work with you to better manage your caregiver experience and journey.

## FAMILY CAREGIVER SUPPORT PROGRAM of Snohomish County



STILLY VALLEY CENTER

### MONTHLY SUPPORT GROUP SCHEDULE

Effective November 1, 2025

**Angeles Vesely**

[avesely@stillycenter.org](mailto:avesely@stillycenter.org)

425-248-5156

**Bre Wammack**

[bwammack@stillycenter.org](mailto:bwammack@stillycenter.org)

425-230-9546

**Rebecca McIntosh**

[rmcintosh@stillycenter.org](mailto:rmcintosh@stillycenter.org)

425-248-1539

**Megan Macias**

[mmacias@stillycenter.org](mailto:mmacias@stillycenter.org)

425-248-5276

**1<sup>st</sup> TUESDAY each month 10:00am -11:30am (Bre Wammack)**

Lincoln Hill Retirement Community - Library  
7420 276<sup>th</sup> St. NW, Stanwood, WA 98292

**1<sup>st</sup> and 3<sup>rd</sup> WEDNESDAY each month 10:00-11:30am (Megan Macias)**

Marysville Community Center – Baxter Room  
1015 State Ave., Marysville WA 98270

**1<sup>st</sup> THURSDAY each month 1:00-2:30pm (Megan Macias)**

Carl Gipson Center – Mt. Olympus Room  
3025 Lombard Ave, Everett WA 98201

**2<sup>nd</sup> WEDNESDAY each month 9:00am -10:00am (Rebecca McIntosh)**

Affinity of Arlington (Meeting Room 2<sup>nd</sup> floor)  
3721 169<sup>th</sup> St. NE, Arlington, WA 98223  
(for Residents Only)

**2<sup>nd</sup> WEDNESDAY each month 1:00 -2:30pm (Bre Wammack)**

Stilly Valley Center – Board Room (Library)  
18308 Smokey Point Blvd., Arlington WA 98223

**2<sup>nd</sup> and 4<sup>th</sup> THURSDAYS each month 9:00 -10:00am (Angeles Vesely)**

Snohomish Senior Center – Library  
506 Fourth Street, Snohomish, WA 98290

**4<sup>th</sup> WEDNESDAY each month 1:00 -2:30pm (Rebecca McIntosh)**

Stilly Valley Center – Board Room (Library)  
18308 Smokey Point Blvd., Arlington WA 98223

**NOTE: If you are a new attendee, please RSVP facilitator prior to attending**

**\* Meetings are not held on major holidays \***

# Daytime Warming Center Locations



Multiple libraries and senior centers are available as daytime warming centers during their normal hours of operation.

**Scan the QR code for the full list of locations. Additional locations may be added during extreme cold weather.**

## Sno-Isle Libraries:

**Brier:** 23303 Brier Rd. (425) 483-0888  
**Darrington:** 1005 Cascade St. (360) 436-1600  
**Edmonds:** 650 Main St. (425) 771-1933  
**Granite Falls:** 815 E Galena St. (360) 691-6087  
**Lake Stevens:** 2211 Grade Rd. (425) 334-1900  
**Lakewood Smokey Point:** 3411 169<sup>th</sup> Pl. NE, Suites ABC (360) 651-0774  
**Lynnwood:** 19200 44<sup>th</sup> Ave. W. (425) 778-2148  
**Mariner:** 520 128<sup>th</sup> St SW Suites A9 A10 (425) 423-9017  
**Marysville:** 6120 Grove St. (360) 658-5000  
**Mill Creek:** 15429 Bothell Everett Hwy. (425) 337-4822  
**Monroe:** 1070 Village Way (360) 794-7851  
**Mountlake Terrace:** 23300 58<sup>th</sup> Ave. W. (425) 776-8722  
**Mukilteo:** 4675 Harbour Pointe Blvd. (425) 493-8202  
**Snohomish:** 311 Maple Ave. (360) 568-2898  
**Stanwood:** 9701 271<sup>st</sup> St. NW. (360) 629-3132  
**Sultan:** 319 Main St. Suite 100 (360) 793-1695

## Everett Libraries:

**Main Branch:** 2702 Hoyt Ave. (425) 257-8000  
**Evergreen:** 9512 Evergreen Way (425) 257-8250

## Senior Centers:

**Arlington:** Stilly Valley Center, 18308 Smokey Point Blvd. (360) 653-4551  
**Everett:** Carl Gipson Center, 3025 Lombard (425) 818-2784  
**Edmonds:** Edmonds Waterfront Center, 220 Railroad (425) 774-5555  
**Monroe:** Monroe Community Senior Center, 276 Sky River Pkwy (360) 794-6359  
**Mountlake Terrace:** Lake Balingier Center, 23000 Lakeview Dr. (425) 672-2407  
**Lake Stevens:** Lake Stevens Senior Center, 2302 Soper Hill Rd. (425) 335-0345  
**Stanwood:** Lincoln Hill Retirement Community, 7430 276<sup>th</sup> St NW. (360) 629-7403

Call ahead, visit

[www.snoco.org/heating](http://www.snoco.org/heating)

or scan the QR code for the full list and up-to-date hours.



SNO-ISLE LIBRARIES

## Lunch program

**12:00-12:30PM**

suggested donation of \$5 for eligible persons 60 and older.

**Anyone younger than 60 is a required \$9.00 per meal.**

**Please be here by 11:00 to get your lunch ticket.**

**\*\*No eligible person is denied a meal for the inability to donate.\*\***

***\*\*As of January 1, 2026 Lunch prices are going up***

***Suggested donation of \$5 for eligible person 60 and older***

***Anyone Younger than 60 is required \$9.00 per meal.\*\****

---

## Stilly Valley Food Room

**We serve anyone 55 and over**

8am-10am or **until we run out of tickets**, Food Room open Thursdays at 10am

Please check into the center **Kiosk**

- Then head into the Main Hall to pick up your number
- Tickets are **ONLY** given out during this time. **One ticket per household** • Once you receive your food room ticket, you may then head over to the Arts & Crafts room
- 1 Bag per Household
- Tickets will be called starting at 10:00AM

---

## Medical Equipment Program

*Need a wheelchair, walker, or shower chair? Our Medical Equipment 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!*

# Event Rentals

## The Main Hall Rental

Our venue would be perfect for your event! Stilly Valley Center is known for reasonable rates, Great environment, lots of parking, Sound system and Stage.

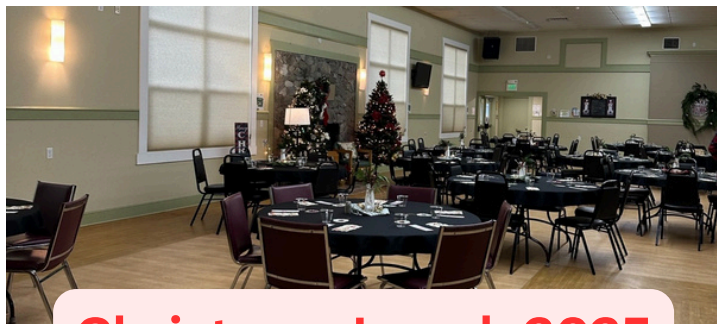
“The Main Hall” - Capacity 250

We host many celebrations of life, corporate meetings, award banquets, rehearsal dinners, weddings, birthday parties, and other gatherings in our beautiful facility.

Additional rooms: Library, Board Room, Arts & Crafts Room, Rose Room, Multi-Purpose Room.

Please Email Lisa Hundley, [lhundley@stillycenter.org](mailto:lhundley@stillycenter.org)

## The Main Hall



**Christmas Lunch 2025**



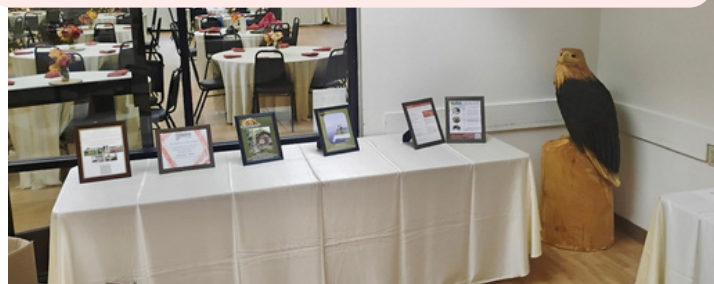
**Holiday Party and Auction**



**1<sup>st</sup> Birthday Celebration**

## The Side Room

### Holiday Party and Auction



**Wedding Rehearsal**



For more information on our rentals and  
To Book a Tour  
[stillycenter.org/rentals](http://stillycenter.org/rentals)

# Stilly Valley Center Sponsors



**Edward Jones**  
John V Meno, AAMS™



Dave & Kay Duskin  
Adele Erbeck  
Eric DeJong



**Bailey, Duskin, Peiffle & Martin, P.S.**  
ATTORNEYS AT LAW

