



Group Otago

We are happy to announce that the Group Otago is back at Stilly Valley Center. Although the first sequence of classes is full. We encourage you to sign up for the next Otago Assessment which is scheduled for the end of May. Stay tuned for the actual date.



Come check out “**The Lounge**” which is located in the front of the center across from the reception area. We just ask that **no food** be brought in there and all **drinks must have a secure lid**.



Please stay home if you are experiencing any of the following symptoms...

Fever or chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea.



Inclement Weather Notice



Stilly Valley Center follows the Arlington School District when it comes to weather closures. If the district is closed due to unsafe driving conditions, we will be closed too. Please note that some classes & programs may be cancelled by instructors, even though we are open.

Please follow the local news, our website, or our Facebook page for updated information. You may also check with the receptionist to ensure your cell phone & email is on file to receive our automated calls, email, or texts.

Reminder about our Lunch Program

Suggested Donation: \$5.00 per meal

- No eligible person will be denied a meal due to inability to donate. All donations are confidential — only you should know how much you contribute.
- 100% of donations go directly back into the Congregate Meal Program to help cover the cost of food provided

Eligibility for the Meal Program

You are eligible to participate if you are **one or more** of the following:

- **60 years of age or older**
 - The **spouse** of an eligible person
 - A **disabled individual under 60** who resides in a housing facility primarily occupied by older adults where a senior dining meal is offered (e.g., **Bakerview Apartments** or **Broadway Plaza**)
 - A **disabled person residing at home** who accompanies an eligible older adult to the meal site

Non-Eligible Participants

If you are **not eligible** to eat for a donation, the **meal cost is \$9.00** (the actual cost of the meal).

Please give this payment to the person handling the sign-in sheets, who will place the money in a **marked envelope** and deposit it into the **donation box**.



Support Groups

(All groups meet in the Arts & Crafts Room)

Monday at 6:00PM-
Narcotics Anonymous

Tuesday at 7:00PM-
Al-Anon & Alateen

Thursday at 7:00PM-
Alcoholics Anonymous

Saturday at 7:00PM-
Alcoholics Anonymous



What's Happening


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

Valentine's Celebration

Friday, February 13th



10:30-11:30AM- Live Music performed by “Guitars & Gratitude”

11:30AM-12:00PM- Visit from the Valentine Cupid, including the SOAR Homeschool Community to sing and play games with our participants

12:00-12:30PM- Lunch ***Please sign up***

12:45PM- Ice Cream Social

Salmon Filet
Wild Rice
Fresh Roasted Vegetables
Spring Salad
Dinner Roll



Center Closure

Monday, February 16th

Book Club

Wednesday, February 18th

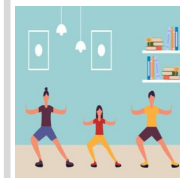


“*The Twelve Lives of Samuel Hawley*”

By Hannah Tinti

Tai Chi

Friday at 9:00AM



Tai Chi has been shown to help older adults with muscle control, stability, balance & flexibility. Tai Chi can help prevent falls by 50%. Come join in the fun! We meet in the Library now!

Member fee: \$3
Non-member fee: \$5



Fraud & Scam Training



✓ Uncover hidden fraud and financial abuse dangers

✓ Practical tips and strategies to safeguard yourself and loved ones

Did you know that older Americans lose billions each year to fraud? Join us for an eye-opening session that will empower older adults and caregivers to uncover the hidden dangers of fraud and financial abuse. Learn how to safeguard yourself and your loved ones with practical tips and strategies.


➔ **Friday, February 27 | 9:45-10:30am**

➔ **Stilly Valley Center**
18308 Smokey Point Blvd. | Arlington WA 98223
Free to register call 360-653-4551

CoastalBank.com



February

SU		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SA				
								Classes & Activities with an * require an appointment or need to pre-register								
1	2	10:00a-3:00p- *Foot Clinic (Rose Room) 11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 2:00-3:00p- Group Otago (Side Room) 		3	10:00a-3:00p- *Foot Clinic (Rose Room) 10:00-11:00a- Yoga (Library) 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts room) 11:30a- Writing Group (Library) 12:30p- Diamond Dot 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Cribbage		4	10:00a-3:00p *Foot Clinic (Rose Room) 10:00a- Canasta/Samba 11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 2:00-3:00p- Group Otago (Side Room) 6:00p- Zumba		5	9:00a- Happy Hookers (Main Hall) 10:00a- Food Room 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts Room) 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Bible Study (Boardroom)		6	7	9:00-10:00a- Qi Gong/Tai Chi (Library) 10:45-11:45a- Live Music Vicious Chipmunks	
8	9	10:00a-3:00p- *Foot Clinic (Rose Room) 11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 2:00-3:00p- Group Otago (Side Room)		10	10:00a-3:00p- *Foot Clinic (Rose Room) 10:00-11:00a- Yoga (Library) 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a- Mobile Food Truck 11:00a-12:00p- Line Dance (Arts & Crafts Room) 11:30a- Writing Group (Library) 12:30p- Diamond Dot 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Cribbage		11	9:00a-3:00p *Sew Daze (Arts & Crafts Room) 10:00a-3:00p- *Foot Clinic (Rose Room) 10:00a- Canasta/Samba 10:00a- *Card Making (beginner) (Main Hall) 11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 1:00p- *Card Making (advanced) (Main Hall) 2:00-3:00p- Group Otago (Side Room) 6:00p- Zumba		12	9:00a- Happy Hookers (Main Hall) 10:00a- Food Room 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts Room) 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Bible Study (Boardroom)		13	14	9:00-10:00a- Qi Gong/Tai Chi (Library) 10:30-11:30- Live Music Guitars & Gratitude **Valentine's Day Lunch (Must sign up)  Ice Cream Social	
15	16	CLOSED 		17	10:00-11:00a- Yoga (Library) 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts Room) 11:30a- Writing Group (Library) 12:30p- Diamond Dot 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Cribbage		18	10:00a-12:00p- Canasta/Samba 11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 1:00p- Book Club (The Lounge) 2:00p- Group Otago (Side Room) 6:00p- Zumba		19	9:00a- Happy Hookers (Main Hall) 10:00a- Food Room 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts Room) 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Bible Study (Boardroom)		20	21	9:00-10:00a- Qi Gong/Tai Chi (Library) 10:45-11:45a- Live Music Rick Cooper	
22	23	11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 2:00-3:00p- Otago (Side Room)		24	10:00-11:00a- Yoga (Library) 10:00a- Tarot Card Reading 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts Room) 11:00a-12:00p- Mobile Food Truck 11:30a- Writing Group (Library) 12:30p- Diamond Dot 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Cribbage		25	9:00a- *Sew Daze (Arts & Crafts Room) 10:00a- Canasta/Samba 11:00-11:45a- Chair Stretch NEW! (Side Room) 12:45-1:45p- Muscle & Bone Strength (Side Room) 2:00-3:00p- Otago (Side Room) 6:00p- Zumba		26	9:00a- Happy Hookers (Main Hall) 10:00a- Food Room 10:00a- Mexican Train 11:00a-12:00p- Line Dance (Arts & Crafts Room) 12:30-1:30p- Chair Dance (Arts & Crafts Room) 1:00p- Bible Study (Boardroom)		27	28	9:00-10:00a- Qi Gong/Tai Chi (Library) 9:45-10:30a- Fraud Presentation 10:45-11:45a- Live Music Rick Haugen	