



## 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

## Valentine's Celebration

*Friday, February 13<sup>th</sup>*

- 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

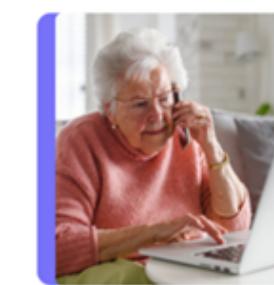


## Center Closure

*Monday, February 16<sup>th</sup>*



## 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](http://CoastalBank.com)



# February

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