



---

# June 19th

# Stilly Valley Center Annual Membership Meeting

**\*IN ORDER TO VOTE YOU MUST HAVE A PAID MEMBERSHIP\***

June 2026 | Issue #6

**STILLY VALLEY COMMUNITY CONNECTIONS**

Monthly Newsletter of the Stilly Valley Center

Stilly Valley Center  
18308 Smokey Point Blvd.  
Arlington, WA 98223  
(360) 653-4551



**LIVE MUSIC 10AM-11AM**  
**BUSINESS MEETING 11:15AM-11:45AM**  
**BARBEQUE 11:50AM AND AFTER**

# *Bringing Our Community Together*

---

## STILLY VALLEY CENTER STAFF DIRECTORY

### MAIN CENTER

Roula Roe	Executive Director
Sean Berry	Finance Director
LaWana King	Kitchen Manager
Sherri Hicks	Operations & Event Rentals Coordinator
Jared Wimbish	Project Facilities Manager
Terri Knowles	Community Activities Coordinator
Aundrea Lamprakes	Front Desk & Medical Equipment Room Coordinator

### FAMILY CAREGIVER SUPPORT PROGRAM

Angeles Vesely	Program Manager – FCSP
Bre Wammack	Family Caregiver Specialist
Rebecca McIntosh	Family Caregiver Specialist

### STILLY VALLEY THRIFT STORE & COLLECTABLES

Erica Jensen	Thrift Store Manager
Kerry Leatherman	Thrift Store Assistant Manager
Ramsey Rainwater	Thrift Store Associate
Mark Turner	Thrift Store Cashier

### BOARD OF DIRECTORS

Dana Carney	President
Kevin Raymond	Vice President
Duane Rhodes	Treasurer
Kim Gray	Secretary
Dave Duskin	

### GENERAL BOARD

Ursula Spidell	Adele Erbeck
Sheila Brashear	Darlene Strotz

---



## Donations

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

## Community News

### Support Groups

All groups meet in the Arts & Crafts Room

#### Monday thru Friday

6:30am

#### Saturday - 6:30am

Foglifters AA

#### Monday - 6:00pm

Narcotics Anonymous

#### Tuesday - 7:00pm

Al-alon & Alateen

#### Thursday - 7:00pm

Alcoholics Anonymous

#### Saturday - 7:00pm

Alcoholics Anonymous

## 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!"

## All In Stiches Quilt Guild Groups

All groups meet in the Arts & Crafts Room

### Sew Daze

Every other Wednesday's

8am-4pm

6/3/2026 & 6/17/2026

### HomeFront Heros

3<sup>rd</sup> Tuesday of every month

6/16/2026 ~ 9:30am-3:30pm

### Book Club

Front Lounge Room

Meeting on:

the 3<sup>rd</sup> Wednesday of every month at 1pm

## Stamping With Debbie

Main Room

6/10/2026~ 10am-3pm

Beginner \$10

Advanced \$25



# Homage Community Table Dining Program

## June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spanish Omelet Hashbrowns Yogurt Fruit Bowl	2 Garden Salad Cheese Pizza w/ veggies Cookie Fresh Fruit	3 Coleslaw BBQ Pork on bun Potato Wedges Tropical Fruit	4 Chef Salad: Romaine Lettuce topped w/ turkey, ham, boiled egg, cheese, tomato, and cucumber Muffin Fresh Fruit	5 Meatloaf w/ mashed potatoes and gravy Green Beans Pears Dinner Roll
8 Grilled Chicken Sandwich w/ Lettuce and Tomato Sweet Potato Fries Three Bean Salad Fresh Fruit	9 Pea and Cheese Salad French Dip w/ Au Jus Potato Wedges Cookie Tropical Fruit	10 <b>Health &amp; Wellness Fair</b>  <b>No Lunch</b>	11 Grilled Fish Fillet Wild Rice Caribbean Vegetables Dinner Roll Peaches	12 Blackened Chicken Salad: Romaine, Tomato, Cucumber, and Boiled Egg Rustic Roll Cookie Fresh Fruit
15 California Turkey Burger W/ romaine lettuce, tomato, and guacamole Sweet Potato Fries Tropical Fruit	16 Potato Salad Club Sandwich Sun Chips Cupcake Fresh Fruit	17 Garden Salad Spaghetti w/ Meat sauce Garlic Bread Peaches	18 Beef Pot Roast Mashed Potatoes w/ gravy Fresh Green Beans Brownie a la mode Dinner Roll	19 <b>Father's Day Lunch</b>  BBQ Pork Sandwiches Coleslaw Watermelon
22 Parmesan Crusted Tilapia Garlic Herb Potatoes Steamed Vegetables Pineapple Dinner Roll	23 Dilled Cucumber Salad Veggie Burger w/ cheese, lettuce, and tomato French Fries Peaches	24 Garden Salad Sweet and Sour Meatballs Steamed Rice Mixed Fruit Dinner Roll	25 Chicken Salad Wrap Pasta Salad w/ Broccoli and Grape tomatoes Cookie Fresh Fruit	26 Crab Louie: Romaine Lettuce topped w/ shrimp, cucumber, boiled egg, tomato, and thousand islands Dinner Roll Fruit Crisp
29 Salisbury Steak Mashed Potatoes w/ Gravy Capri Vegetables Fresh Fruit	30 Dijon Chicken Orzo w/ Peas Steamed Carrots Applesauce Dinner Roll			

1% milk, 2 oz of whole grain, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice. Suggested meal donation for eligible people is \$5.00. For non-eligible people, cost is \$9.00 per meal.

# June 2026

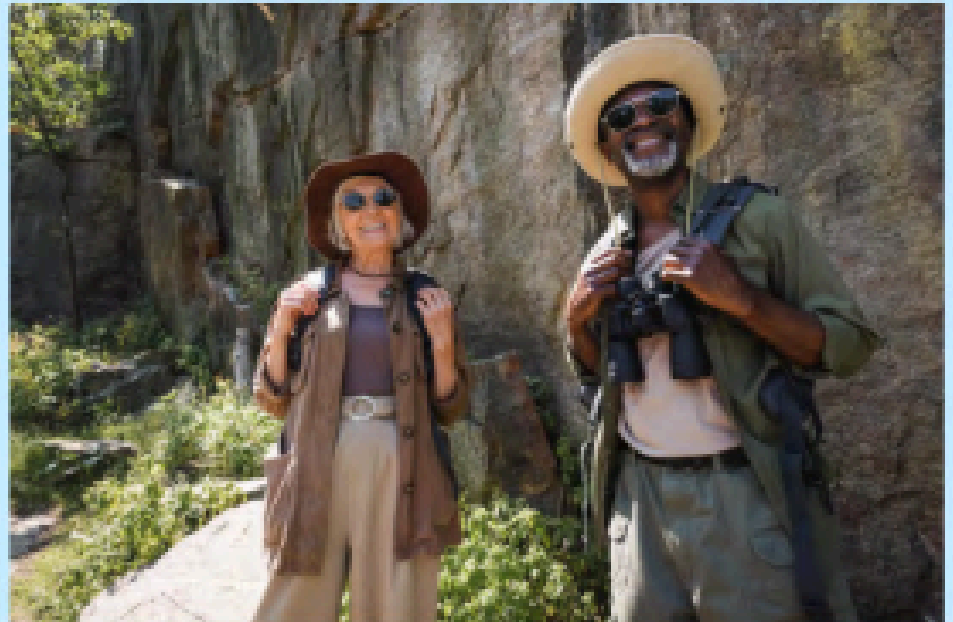
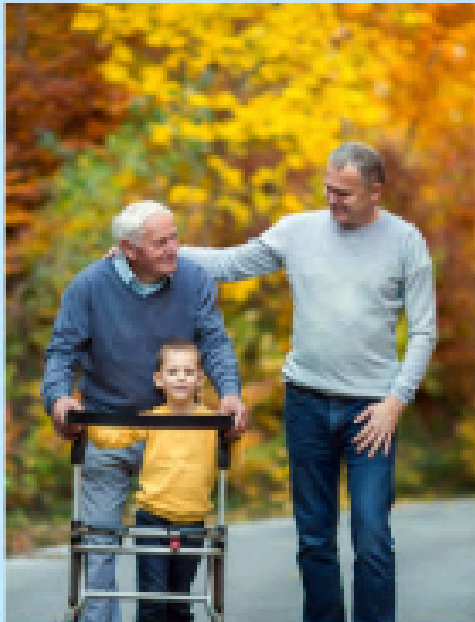
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 10:00am-Rooted Church	1 10-11:30 TOPS 12:45-1:45-Muscle & Bone Strength 2:00-3:00- Group Otogo	2 10:00-11:00- Yoga 10:00- Mexican Train 10:30-12:00- Line Dance 11:30- Writing Group 12:30- Diamond Dot 12:30-1:30- Chair Dance 1:00p- Cribbage	3 10:00- *Foot Clinic 10:00- Canasta/Samba 12:45-1:45- Muscle & Bone Strength 2:00-3:00- Group Otogo	4 9:00 - Food Room 9:00 - Happy Hookers 10:00 - Mexican Train 10:30 -12:00- Line Dance 12:30 -1:30- Chair Dance 1:00 - Cribbage	5 <b>BINGO</b> 9:00-10:00- Tai Chi 10:45-11:45- Music <b>Rick Cooper</b>	6 Event Space Available Please contact Sherrri shicks@stillycenter.org 360-722-3346
14 10:00am-Rooted Church	8 10-11:30 TOPS 12:45-1:45-Muscle & Bone Strength 2:00-3:00- Group Otogo	9 10:00-11:00- Yoga 10:00- Mexican Train 10:30-12:00- Line Dance 11:30- Writing Group 12:30- Diamond Dot 12:30-1:30- Chair Dance 1:00p- Cribbage	10 10:00- *Foot Clinic 10:00- Canasta/Samba 12:45-1:45- Muscle & Bone Strength 00- Cribbage 2:00-3:00 Group Otogo	11 9:00 - Food Room 9:00 - Happy Hookers 10:00 - Mexican Train 10:30 -12:00- Line Dance 12:30 -1:30- Chair Dance 1:00 - Cribbage	12 9:00-10:00- Tai Chi 10:45-11:45- Music <b>Johnny O</b>	13
21 10:00am-Rooted Church	15 10-11:30 TOPS 12:45-1:45-Muscle & Bone Strength 2:00-3:00- Group Otogo	16 10:00-11:00- Yoga 10:00- Mexican Train 10:30-12:00- Line Dance 11:30- Writing Group 12:30- Diamond Dot 12:30-1:30- Chair Dance 1:00p- Cribbage	17 10:00- Canasta/Samba 12:45-1:45- Muscle & Bone Strength 1:00 Book Club 00- Cribbage 2:00-3:00 Group Otogo	18 9:00 - Food Room 9:00 - Happy Hookers 10:00 - Mexican Train 10:30 -12:00- Line Dance 12:30 -1:30- Chair Dance 1:00 - Cribbage	19 FATHERS DAY 9:00-10:00- Tai Chi 10:45-11:45- Music <b>Vicious Chipmucks</b>	20
28 10:00am-Rooted Church	22 10-11:30 TOPS 12:45-1:45-Muscle & Bone Strength 2:00-3:00- Group Otogo	23 10:00-11:00- Yoga 10:00- Mexican Train 10:30-12:00- Line Dance 11:30- Writing Group 12:30- Diamond Dot 12:30-1:30- Chair Dance 1:00p- Cribbage	24 10:00- Canasta/Samba 12:45-1:45- Muscle & Bone Strength 1:00- Cribbage 2:00-3:00- Group Otogo	25 9:00 - Food Room 9:00 - Happy Hookers 10:00 - Mexican Train 10:30 -12:00- Line Dance 12:30 -1:30p- Chair Dance 1:00 - Cribbage	26 9:00-10:00- Tai Chi 10:45-11:45- Music <b>Rick Haugen</b>	27

# Join Us! Stilly Valley Center Health and Resource Fair

June 10<sup>th</sup>, 10am-1pm

18308 Smokey Point BLVD, Arlington

For info: contact Terri at 360-653-4551.



**LOTS OF NEW VENDORS!**

Visting Angels, Hospice of the NW, Alzheimer's, Medicare Info, Community Transit, Homewatch Caregivers of Western WA Evergreen Health, Choice Advisory Services etc.



**STILLY VALLEY CENTER**

**FREE!**

# Stilly Valley Center

## Welcome.

To ensure a positive experience for all, we ask that members and guests follow our general guidelines while visiting the Center.



### BE RESPECTFUL & COURTEOUS

Members and guests will conduct themselves in a reasonable, acceptable, courteous, and safe manner at all times.



### BE CONSIDERATE OF OTHERS

Members and guests will NOT engage in any course of conduct which annoys, alarms, or irritates others, and serves no purpose.



### MOBILITY SUPPORT & PERSONAL CARE

Stilly Valley Center does not offer mobility support or personal care. If these services are necessary, a caregiver is required to accompany while at the Center.

**Stilly Valley Center is not a Drop in Senior Daycare / Respite Center.**



### UPHOLDING THE CENTER'S GUIDELINES

Members and guests will follow the Center's guidelines and policies, helping to create a positive and welcoming environment for all.



#### Need to Talk to Someone About Services?

Please contact:

**Angles Vesley**

*Program Manager, Family Caregiver Support Program*

**425-248-5156**



# STILLY VALLEY CENTER SPONSORS

*Thank you for your generous support*

INCLUDING IN-KIND DONATIONS AND SUPPORTERS

## COMMUNITY STAR LEVEL



## GOLD LEVEL



## PLATINUM LEVEL



## SILVER LEVEL



## IN-KIND DONATIONS



## SUPPORTER LEVEL

MARK & KATHY  
ROBISON  
SUPPORTER

JENNIE  
DIGILIO  
SUPPORTER

LINDA  
WAHLGREN  
SUPPORTER



Your support helps us  
enrich the lives of older adults  
and strengthen our community.

*Thank you!*

## Stilly Thrift Store and Collectibles

June 2025

360-658-4991

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 DONATIONS OPEN MONDAY WEDNESDAY FRIDAY 10am - 2pm	2 DONATE A BAG OR BOX OR 5 CANNED FOOD ITEMS RECEIVE 20% OFF REGULAR TAGS	3 SENIOR AND MILITARY 20% OFF	4 ORANGE TAGS 20% OFF	5 ORANGE TAGS 30% OFF	6 ORANGE TAGS 40% OFF	7 ORANGE TAGS 50% OFF
8 CLOSED	9 DONATE A BAG OR BOX OR 5 CANNED FOOD ITEMS RECEIVE 20% OFF REGULAR TAGS	10 SENIOR AND MILITARY 20% OFF	11 GREEN TAGS 20% OFF	12 GREEN TAGS 30% OFF	13 GREEN TAGS 40% OFF	14 GREEN TAGS 50% OFF
15 CLOSED	16 DONATE A BAG OR BOX OR 5 CANNED FOOD ITEMS RECEIVE 20% OFF REGULAR TAGS	17 SENIOR AND MILITARY 20% OFF	18 WHITE TAGS 20% OFF	19 WHITE TAGS 30% OFF	20 WHITE TAGS 40% OFF	21 WHITE TAGS 50% OFF
22 CLOSED	23 DONATE A BAG OR BOX OR 5 CANNED FOOD ITEMS RECEIVE 20% OFF REGULAR TAGS	24 SENIOR AND MILITARY 20% OFF	25 YELLOW TAGS 20% OFF	26 YELLOW TAGS 30% OFF	27 YELLOW TAGS 40% OFF	28 YELLOW TAGS 50% OFF
29 CLOSED	30 DONATE A BAG OR BOX OF ITEMS OR 5 CANNED GOOD ITEMS RECEIVE 20% OFF REGULAR TAGS		THANK YOU FOR SUPPORTING THE STILLY VALLEY CENTER	OPEN FOR DONATIONS MONDAY AND WEDNESDAY 10-2PM	LARGE DONATIONS? PLEASE CALL FIRST	