

★ **Book Club** – 3rd Tuesday of every month, Front Lounge

Foot Clinic – Call Kathy for an Appointment 425-355-0852, leave message and she will call you back.

Sew Daze/Homefront Heros – Call Denise to register 425-501-6078

Zumba – Every Wednesday 6:00pm Main Center

♥ **Bringing People Together ~**
Information about becoming a sponsor or renting our venue for your next event.
Contact Sherri Hicks at 360-722-3346 or shicks@stillycenter.org

+ **Become a member**
Support programs, events, and services. \$40/year.

▼ **Volunteer**
Share your time and make a difference.

\$ **Shop Stilly Thrift Store & Collectables!**
Find great bargains, unique items, and hidden treasures—all while supporting a good cause! Stilly Thrift Store is a nonprofit benefiting the Stilly Valley Center. 18281 Smokey Point Blvd., Arlington, WA 98223 • 360-658-4991. Every purchase helps support our programs and services!

☎ **Stay Connected**
360-653-4551 • stillycenter.org
18308 Smokey Point Blvd, Arlington, WA 98223

+ **Medical Equipment Loans**
Commodores, canes, walkers, wheelchairs, shower chairs & more — just \$20. Call 360-653-4551 (Tue–Fri, 9am–3pm) to check availability.

♥ **Family Caregiver Support Program**
Of Snohomish County — Information & Assistance, Support Groups, Caregiver Education, Resource Referrals, Individual Support. Contact Angeles Vesely, Program Manager: 425-248-5156 • avesely@stillycenter.org.
FCSP Support Group: 2nd and 4th Wednesday of every month, 1:00-3:00pm, Board Room - ***New attendees, please RSVP with the facilitator first. No meetings on major holidays***

T **Power Tools: September 17, 2026 – October 22, 2026, 10:30am-12:45pm Board Room – Registration is required, NOTE: “Washington Cares Funds Beneficiaries” are Welcome to enroll. Please contact Angeles – 425-248-5156, Bre – 425-320-9546 or Rebecca – 425-248-1539.**

Stillaguamish Senior Center, DBA Stilly Valley Center, is a 501(c)(3) nonprofit organization.

Community Connections



STILLY VALLEY CENTER
18308 Smokey Point Blvd
Arlington, WA 98223
360-653-4551 | www.stillycenter.org

News, Events & Connections for our SVC Community

◆ **Our Mission**
The Stilly Valley Center strives to be a true community hub, bringing people together across generations to learn, grow, and share in meaningful experiences. We foster a vibrant and inclusive environment where every individual is welcomed with dignity and respect, and where health, well-being, enrichment, and community spirit guide everything we do.
Roula Roe, Executive Director – rroe@stillycenter.org
Dana Carney, Board President – President@stillycenter.org


Homage Community Table Dining 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

Non-Eligible Participants
If you are **not eligible** to eat for a donation, the meal cost is **\$9.00** (the actual cost). Payment goes to the person handling sign-in sheets, who places it in a marked envelope into the **donation box**.

✕ **Center Closed**
Monday, September 7th, 2026
Center closed in observation of Labor Day

! **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, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea.

③ **Support Groups**
(All groups meet in the Arts & Crafts Room)

Mon at 6:00 PM – Narcotics Anonymous	Sat at 7:00 PM – Alcoholics Anonymous
Tue at 7:00 PM – Al-Anon & Alateen	Mon–Fri at 6:30 AM – AA Foglifters
Thu at 7:00 PM – Alcoholics Anonymous	Sat at 7:30 AM – AA Foglifters



Classes & Activities with an * require an appointment or need to pre-register

