

Thank You to Our Sponsors

Stilly Valley Center is grateful for our community partners.



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

October 2026

COMMUNITY CONNECTIONS

Monthly Newsletter

hello, OCTOBER.

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

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.



If you have questions or need assistance, contact the Front Desk at

360-653-4551

STILLY VALLEY CENTER

Our Food Room Is Closing

LAST DAY OF SERVICE

Friday, October 23, 2026

The Stilly Valley Center Food Room will close after service on Friday, October 23. Until then, the Food Room will stay open as usual. Free and low-cost food resources will continue to be available nearby, including mobile markets, food banks, senior meals, and home delivery options.

You can still get food nearby

• A free resource list is available at the front desk. • **Stilly Valley Center Mobile Market: 2nd & 4th Tuesdays, 11 AM-noon.**
No appointment, ID, or eligibility documents required.

Thank you to our volunteers, drivers, staff, participants, and Food Lifeline partners.

Food & Meal Resources

Local food assistance in Arlington and nearby communities

MOBILE FOOD MARKET

Open to everyone. No eligibility documents required.

Stilly Valley Center | 18308 Smokey Point Blvd.

2nd & 4th Tuesdays, 11 AM-noon

Legion Park

114 North Olympic Ave. | 2nd & 4th Wednesdays, 4-5 PM

Center Pointe Senior Apartments

17309 40th Ave. NE | 2nd & 4th Tuesdays, 2-3 PM

Oso Fire Station

21224 WA-530 | 1st & 3rd Wednesdays, 4-5 PM

Stillaguamish Tribe

3700 172nd St. NE, Suite B | 2nd & 4th Thursdays, 11 AM-noon

The Vintage at Arlington

625 Stillaguamish Ave. | 1st & 3rd Tuesdays, 2-5 PM

Market information

(360) 435-1631 | arlingtonfoodbank.org/the-mobile-market
Weather closures follow Arlington Public Schools. Check online for updates.

HOME DELIVERY & BENEFITS

Homage - Meals on Wheels

Weekly meals for adults 60+ who are homebound and have trouble preparing meals. (425) 347-1229 or (800) 824-2183.

Marysville Food Bank - Home Delivery

Staple food box twice a month for homebound and disabled neighbors. Approval required; space limited. (360) 658-1054.

Homage - Basic Food (SNAP) help

Help applying for WA food benefits. (800) 422-2024 or (425) 513-1900.

Washington 211

Food, housing, and local services. Dial 2-1-1.

Stilly Valley Center • 18308 Smokey Point Blvd., Arlington • (360) 653-4551 | Please call ahead or check online - hours may change.

MORE FOOD & MEAL RESOURCES

Arlington Food Bank

19118 63rd Ave. NE, Arlington

Mon 4-6 PM | Wed 4-6 PM | Fri 12:30-2 PM

Appointments required; no eligibility documents.

(360) 435-1631 | arlingtonfoodbank.org

Food distribution: Marysville

Marysville Foursquare Church | 11911 State Ave.

Drive through | Thursdays, 11:30 AM | (360) 651-1110

Food distribution: Arlington

LifeChurch360 Community Bldg. | 3310 Smokey Point Dr.

Drive through | Saturdays, noon | (425) 470-3851

Senior meals at Stilly Valley Center

Homage Community Table | 18308 Smokey Point Blvd.

Monday-Friday, noon | (360) 653-4551

Visit stillycenter.org for menu details.

Marysville Community Food Bank

4150 88th St. NE, Marysville | (360) 658-1054

Mon 9-11 AM | Tue 3-6 PM | Wed 9-11 AM

Last Wed 5:30-7:30 PM | Fri 9-11 AM | Closed Thu & Sat

Marysville Community Food Bank - Pop-Up Pantry

Food truck visits apartment communities in Marysville.

Call (360) 658-1054 to find a stop near you.

Stanwood-Camano Food Bank

(360) 629-2789 | Wed 3-7 PM | Fri 11 AM-3 PM

Senior Serve 60+: Thursdays 11 AM-1 PM, by appointment.

Arlington Resource Center

VOA Resource Center, 2nd floor | 103 East 3rd St.

Mon-Thurs, 9 AM-noon & 1-4 PM



Miracle-Ear®
Hear A Better Day

SpookTacular Hearing Aid Cleaning Clinic

THURSDAY
OCTOBER 22, 2026
10 a.m. – noon

FREE professional hearing-aid cleaning

WEAR A COSTUME AND RECEIVE A PRIZE!

Goody bags while supplies last

Learn about Miracle-Ear services

Cleaning hearing aids only. No appointment necessary.

Ask about scheduling a free hearing test at Miracle-Ear in Arlington.

Stilly Valley Center
18308 Smokey Point Blvd., Arlington, WA 98223

360-283-5033



Stilly's Spooktacular Halloween Party

Friday, October 30, 2026
8 a.m. – 1:30 p.m.

Come in your favorite costume!

Live music by Rick Haugen

Stay for Bingo!
Bingo cards available for purchase.

B I N G O

Stilly Valley Center
18308 Smokey Point Blvd., Arlington, WA 98223

360-653-4551



Events

Oktoberfest Fundraiser

Sponsored by: **GINNY'S GIRLS**
ESTATE SERVICES

Friday, October 23, 2026
4–6 p.m.

Stilly Valley Center
18308 Smokey Point Blvd., Arlington, WA 98223

Tickets: \$10 each

50/50 Raffle

Menu: German Sausage, Sauerkraut with Bacon and Apples, Potato Salad, and Apple Spice Cake

Call 360-653-4551 for information and tickets.



Holiday Bazaar & Craft Fair

Saturday, November 7, 2026
10 a.m. – 3 p.m.

Stilly Valley Center
18308 Smokey Point Blvd., Arlington, WA 98223

FREE ADMISSION | **FREE PARKING** | **50/50 Raffle**

Programs & Ways to Get Involved



Book Club

3rd Tuesday • 1–2:30 p.m. • Lending Library
Drop-ins welcome!

October's Book:
"Leaving Time"
by Jodi Picoult



Foot Clinic

\$20 • By appointment only
Call Kathy at 425-355-0852.
Leave a message for a callback.



Sew Daze / Homefront Heros

Call Denise to register: 425-501-6078.



Zumba Gold®

Taught by Teresa
Tuesdays & Thursdays, 9:30–10:30 AM

A lower-intensity class for active older adults, featuring easy-to-follow choreography. Build cardiovascular fitness, strength, flexibility and balance while improving coordination and range of motion. Leave feeling strong and empowered!



Bringing People Together

Interested in sponsoring programs or *renting our venue?*
Contact Sherri Hicks: 360-722-3346
shicks@stillycenter.org



Crafter Creations Monthly Club

Last Wednesday of every month • Morning & Afternoon Sessions
A creative community for all skill levels! Make five unique projects—two of each, so you can keep one and share one.
Email required to sign up: Debbie at craftercreations@gmail.com



Bingo Is Back!

Friday, October 30
Bingo cards available for purchase.



Become a Member

Support our programs, events and services.
\$40 per year, per person.



STILLY VALLEY CENTER EVENTS & ROOM RENTALS



MAIN HALL

\$200 PER HOUR

(two-hour minimum)

- Maximum 215 guests with tables and chairs
- Rental includes use of tables, chairs, stage, and dance floor.

MAIN HALL FEES & DEPOSITS

RESERVATION DEPOSIT (to hold the room)	ADMIN FEE	SET-UP / TAKE-DOWN FEE	CLEANING FEE (covers the cleaning of the facility following your rental)	KITCHEN FEE Available for use: Ice machine, Coffee machine, Front cooler	MICROPHONE / SOUND SYSTEM	DAMAGE DEPOSIT Refundable within 15 business days of the event.
\$300	\$45	\$125	\$140	\$75	\$60	\$500



SIDE ROOM

\$60 / HOUR

- Maximum 40 guests (depending on room setup)
- 735 sq ft • Located next to the Main Hall
- Tables and chairs included • No minimum time

SIDE ROOM FEES & DEPOSITS (per rental)

RESERVATION DEPOSIT (to hold the room)	ADMIN FEE	SET-UP / TAKE-DOWN FEE	CLEANING FEE	DAMAGE DEPOSIT
\$100	\$45	\$75	\$60	\$150



ARTS & CRAFTS ROOM

\$60 / HOUR

- Maximum 50 guests (depending on room setup)
- 1,015 sq ft • Annex building center room
- Tables and chairs included • No minimum time

ARTS & CRAFTS ROOM FEES & DEPOSITS (per rental)

RESERVATION DEPOSIT (to hold the room)	ADMIN FEE	SET-UP / TAKE-DOWN FEE	CLEANING FEE	DAMAGE DEPOSIT
\$100	\$45	\$75	\$60	\$150



RENTAL TIME

- All rentals end by midnight.
- All setup and cleanup time must be included in rental time.



IMPORTANT INFORMATION

- A Certificate of Liability Insurance (COI) is required for all rentals.
- If alcohol is to be served at your event, a banquet permit is required.
- We do not provide table linens, napkins, tableware, or silverware.



ALCOHOL POLICY

- Alcohol is permitted in the Main Hall and Side Room.
- Alcohol is not permitted in the Arts & Crafts Room.

CONTACT & BOOKING

For availability or to schedule a tour, please contact:

SHERRI HICKS

Operations & Event Rentals Coordinator



shicks@stillycenter.org



360-722-3346



18308 Smokey Point Blvd.
Arlington, WA 98223

Celebration OF LIFE

AT STILLY VALLEY CENTER

A warm and welcoming space to honor, remember, and celebrate your loved one.

A comfortable community space for sharing memories, enjoying fellowship, and honoring the life of someone you love.



PERFECT SPACES FOR MORE INTIMATE GATHERINGS

ARTS & CRAFTS ROOM

- ✓ Creative and inspiring space
- ✓ Tables and chairs included
- ✓ No minimum time
- ✓ Maximum occupancy: 50 guests



SIDE ROOM

- ✓ Private and peaceful setting
- ✓ Tables and chairs included
- ✓ Access to kitchen available for a fee
- ✓ No minimum time
- ✓ Maximum occupancy: 40 guests



MAIN HALL

OUR MAIN HALL FEATURES

- ✓ Spacious gathering area
- ✓ Tables and chairs included
- ✓ Stage and dance floor available
- ✓ Flexible room setup options
- ✓ Space for photo displays and memory tables
- ✓ Slideshow and music friendly
- ✓ Kitchen usage available for a fee
- ✓ Warm, community-centered atmosphere
- ✓ Maximum occupancy: 215 guests (with tables and chairs)

IDEAS FOR YOUR GATHERING

- ♥ Photo memory tables
- ♥ Slideshows and favorite music
- ♥ Coffee and dessert receptions
- ♥ Soup & sandwich luncheons
- ♥ Potluck-style gatherings
- ♥ Open sharing and remembrance time
- ♥ Floral displays and candles
- ♥ Keepsake or memory card stations



*Every life has a story.
Let's celebrate yours.*

RENTAL FEES

MAIN HALL	
Room Fee	\$200 per hour
Minimum Time	2-hour minimum
Setup & Take-Down Fee	\$125
Cleaning Fee	\$140
Maximum Occupancy	215 guests (with tables and chairs)

ARTS & CRAFTS ROOM	
Room Fee	\$60 per hour
Minimum Time	No minimum time
Setup & Take-Down Fee	\$75
Cleaning Fee	\$60
Maximum Occupancy	50 guests

SIDE ROOM	
Room Fee	\$60 per hour
Minimum Time	No minimum time
Setup & Take-Down Fee	\$75
Cleaning Fee	\$60
Maximum Occupancy	40 guests

ADDITIONAL OPTIONAL FEES	
Kitchen Usage Fee	\$75
Microphone / Sound System	\$60
Administrative Fee	\$45

RESERVATION INFORMATION

- Reservation Deposit Required
- Certificate of Liability Insurance Required
- Banquet Permit Required if Alcohol is Served
- All setup and cleanup time must be included within rental time.



Let us help you create a meaningful gathering.



Contact Us
SHERRI HICKS
Operations & Event Rentals Coordinator

360-722-3346
shicks@stillycenter.org
18308 Smokey Point Blvd.,
Arlington, WA 98223

*Those we love never truly leave us.
Their stories, laughter, and love remain in our hearts forever.*

Swift Gold Line

Community Events & Open Houses

Learn about the Swift Gold Line! The online open house and survey open October 15.

Open Houses

Everett • Nov. 5, 2026 • 5:30–7:30 p.m.

Everett Station, Mt. Baker Room
3201 Smith Ave., Everett, WA 98201

Arlington • Nov. 10, 2026 • 5:30–7:30 p.m.

Stilly Valley Center
18308 Smokey Point Blvd., Arlington, WA 98223

Marysville • Nov. 12, 2026 • 5–7 p.m.

Marysville Library
6120 Grove St., Marysville, WA 98270

Community Events

Stilly Valley Oktoberfest • Oct. 17 • 11 a.m.–2 p.m.

104 S Olympic Ave., Ste. 103, Arlington, WA 98223

Everett Farmers Market • Oct. 25 • 10:30 a.m.–3 p.m.

2930 Wetmore Ave., Everett, WA 98201

Beetlejuice • Oct. 27 • 2–4 p.m.

1225 3rd St., Marysville, WA 98270

Veteran's Day • Nov. 10 • noon–1:30 p.m.

1225 3rd St., Marysville, WA 98270

Community Groups

All groups meet in the Arts & Crafts Room unless noted otherwise.

Day	Time	Group
Monday - Friday	6:30 a.m.	AA Foglifters
Monday	6:00 p.m.	Narcotics Anonymous
Tuesday	7:00 p.m.	Al-Anon & Alateen
Thursday	7:00 p.m.	Alcoholics Anonymous
Saturday	7:30 a.m.	AA Foglifters
Saturday	7:00 p.m.	Alcoholics Anonymous

Saturday evening Alcoholics Anonymous meets in the Old Library Board Room.

Caregiver Support Program of Snohomish County

Caregiver Support Program of Snohomish County

Caregiver Support Program of Snohomish County

You're Not Alone

Support • Resources • Community

A welcoming place for family caregivers to find support, resources, and connect.

Monthly Support Group Schedule

1st TUES
10:00 – 11:30 AM

Lincoln Hill Retirement Community – Stanwood
Bre Wammack

1st & 3rd WED
10:00 – 11:30 AM

Marysville Community Center – Baxter Room
Rebecca McIntosh

2nd WED
9:00 – 10:00 AM

Affinity of Arlington (Residents Only)
Rebecca McIntosh

2nd & 4th WED
1:00 – 2:30 PM

Stilly Valley Center – Board Room
Bre Wammack

2nd & 4th THURS
10:00 – 11:30 AM

Snohomish Senior Center
Angeles Vesely

Program Contacts

Angeles Vesely

Program Manager FCSP

📞 425-248-5156

✉️ avesely@stillycenter.org

Rebecca McIntosh

Family Caregiver Specialist

📞 425-248-1539

✉️ rmcintosh@stillycenter.org

Bre Wammack

Family Caregiver Specialist

📞 425-320-9546

✉️ bwammack@stillycenter.org

*New attendees, please RSVP to Facilitator.
Meetings are not held on major holidays.*

Homage
Well-being as we age

Community Table Dining Program

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 Golden Baked Chicken w/ Rice and gravy Steamed Broccoli Fruit Dinner Roll	6 Tomato Bisque Soup Grilled Cheese Sun Chips Fruit	7 Coleslaw Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tarter French Fries Fruit	8 Diced Cucumber Salad Southwest Chicken Bake Over Steamed Rice Fruit Dinner Roll	9 Lemon Pepper Drumsticks Harvest Rice Pilaf Steamed Vegetables Fruit Dinner Roll
12 Closed	13 Turkey Pot Pie w/ biscuit top Garden Salad Fruit Cookie	14 Lentil Soup Egg Salad Sandwich Dilled Cucumber Salad Fruit	15 BBQ Meatballs Tangy Potato Salad Vegetable Apple Strudel	16 Teriyaki Chicken Bowl w/ Rice, Chicken, and stir fry veggies. Egg Roll Fruit
19 Vegetable Soup Hot Beef and Cheddar Sub Potato Wedges Fruit	20 Pickled Beet Salad Oven Fried Chicken Rice Pilaf Fruit Dinner Roll	21 Baked Potato Soup Grilled Turkey and Cheese French Fries Banana Pudding	22 Black Bean Salad Chicken Fajitas w/sour cream and salsa Spanish Rice Fruit	23 Meatloaf w/ mashed potatoes and gravy Steamed Carrots Fruit Dinner Roll
26 Chicken Salad on Croissant Fresh Veggies and Dip Chips Fruit	27 Swedish Meatballs over egg noodles Steamed Carrots Fruit Dinner Roll	28 Chicken Wild Rice Steamed Vegetables Dinner Roll Fruit	29 Minestrone Soup Club Sandwich Cookie Fruit	30 Halloween Coleslaw BBQ Rib Sandwich Tater Tots Pumpkin Bar Fruit

1% milk, 2oz 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 persons is \$5.00. For non-eligible persons, cost is \$9.00 per meal

Stilly Thrift Store and Collectables

Find great bargains, unique items, and hidden treasures while supporting a good cause!

A nonprofit benefiting the Stilly Valley Center.

18281 Smokey Point Blvd.,
Arlington, WA 98223-7824
360-658-4991



Store Hours:
Monday – Saturday,
10 a.m. – 4 p.m.



Donation Drop-Off:
Monday & Wednesday,
10 a.m. – 2 p.m.

Small donations—about one shopping cart full or less—may be brought in anytime through the front door.



Furniture Donations:

Furniture must be approved.
Please send photos to 360-913-8401.

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THANK YOU FOR SUPPORTING STILLY VALLEY CENTER!	Donation Days: Mon & Wed, 10 – 2	Large donation? Call: 360-658-4991		1 GREEN TAGS 30% OFF	2 GREEN TAGS 40% OFF	3 GREEN TAGS 50% OFF
4 CLOSED	5 Donate and receive a \$5 off \$20 or more coupon.	6 SENIOR AND MILITARY 20% OFF	7 WHITE TAGS 20% OFF	8 WHITE TAGS 30% OFF	9 WHITE TAGS 40% OFF	10 WHITE TAGS 50% OFF
11 CLOSED	12 Donate and receive a \$5 off \$20 or more coupon.	13 SENIOR AND MILITARY 20% OFF	14 YELLOW TAGS 20% OFF	15 YELLOW TAGS 30% OFF	16 YELLOW TAGS 40% OFF	17 YELLOW TAGS 50% OFF
18 CLOSED	19 Donate and receive a \$5 off \$20 or more coupon.	20 SENIOR AND MILITARY 20% OFF	21 ORANGE TAGS 20% OFF	22 ORANGE TAGS 30% OFF	23 ORANGE TAGS 40% OFF	24 ORANGE TAGS 50% OFF
25 CLOSED	26 Donate and receive a \$5 off \$20 or more coupon.	27 SENIOR AND MILITARY 20% OFF	28 GREEN TAGS 20% OFF	29 GREEN TAGS 30% OFF	30 GREEN TAGS 40% OFF	31 GREEN TAGS 50% OFF



Family Caregiver Support Program

Serving Snohomish County

Stilly Valley Center

stillycenter.org

360-653-4551



ABOUT THE PROGRAM

Established in 2000, the Family Caregiver Support Program (FCSP) is available in every county in Washington, offering tailored services and resources to unpaid family caregivers.



PROGRAM GOALS

- Provide information and support to unpaid family and other unpaid caregivers outside the Medicaid-funded long-term care service system.
- Postpone or prevent the need for more expensive care for adults who need ongoing care or supervision.



WHO IS A CAREGIVER?

A caregiver is a helper. Spouses, partners, adult children, grandchildren, extended family, friends and neighbors may all be caregivers. Support can be minimal; providing personal care is not required.

Many helpers do not recognize themselves as caregivers. Caregiver stress can grow quickly when caregiving must be balanced with work, family and personal responsibilities.



OUR CORE VALUES

- You are not alone.
- The best care you can give your loved one is your own self-care.
- Healthy families are connected to community.



SUPPORT TAILORED TO YOU

FCSP uses an evidence-based assessment to identify helpful services and develop a care plan for each caregiver's unique needs. Services vary by support needs.



PROGRAM ELIGIBILITY

- The unpaid caregiver must be age 18 or older.
- The caregiver must actively care for a person age 18 or older who has a functional disability.
- Caregiving support must be provided without financial compensation.
- The person receiving care must not receive Medicaid-funded long-term care services.

October 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 - Food Room 9:00 - Happy Hookers 10:00 - Mexican Train 11:00-12:00 - Line Dance 12:30-1:30 - Chair Dance 1:00 - Cribbage	2 10:45-11:45 - Music: Mark Robison
5 9:30-11:30 - TOPS 12:15 -Movie Mondays 12:45-1:45 - Muscle & Bone Strength 2:00-3:00 - Group Otago*	6 9:00-3:00 - Diamond Dot 10:00-11:00 – Yoga 10:00 - Mexican Train 11:00-12:00 - Line Dance 11:30 - Writing Group 12:30-1:30 - Chair Dance 1:00 - Cribbage	7 10:00 - Canasta/Samba 12:45-1:45 - Muscle & Bone Strength 1:00 - Cribbage 2:00-3:00 - Group Otago* 6:00 - Zumba	8 9:00 - Food Room 9:00 - Happy Hookers 10:00 - Mexican Train 11:00-12:00 - Line Dance 12:30-1:30 - Chair Dance 1:00 - Cribbage	9 10:45-11:45 - Music: Lee Howard
12 Center is Closed	13 9:00-3:00 - Diamond Dot 9:30-10:30 - Zumba Gold ~ NEW 10:00-11:00 – Yoga 10:00 - Mexican Train 11:00-12:00 - Line Dance 11:30 - Writing Group 12:30-1:30 - Chair Dance 1:00 - Cribbage	14 8:00 - Sew Daze* 10:00 - Card Making 10:00 - Canasta/Samba 12:45-1:45 - Muscle & Bone Strength 1:00 - Cribbage 2:00-3:00 - Group Otago* 6:00 - Zumba	15 9:00 - Food Room 9:00 - Happy Hookers 9:30-10:30 - Zumba Gold ~ NEW 10:00 - Mexican Train 11:00-12:00 - Line Dance 12:30-1:30 - Chair Dance 1:00 - Cribbage	16 10:45-11:45 - Music: Johnny O
19 9:30-11:30 - TOPS 12:15 - Movie Mondays 12:45-1:45 - Muscle & Bone Strength 2:00-3:00 - Group Otago*	20 8:00 – Homefront Hero’s* 9:30-10:30 - Zumba Gold ~ NEW 9:00-3:00 - Diamond Dot 10:00-11:00 - Yoga 10:00 - Mexican Train 11:00-12:00 - Line Dance 11:30 - Writing Group 12:30-1:30 - Chair Dance 1:00-2:30 – Book Club Leaving Time by Jodi Picoult 1:00 - Cribbage	21 10:00 - Canasta/Samba 12:45-1:45 - Muscle & Bone Strength 1:00 - Cribbage 2:00-3:00 - Group Otago* 6:00 - Zumba	22 9:00 - Food Room 9:00 - Happy Hookers 9:30-10:30 - Zumba Gold ~ NEW 10:00 - Mexican Train 11:00-12:00 - Line Dance 12:30-1:30 - Chair Dance 1:00 - Cribbage	23 10:45-11:45 - Music: Rick Cooper Oktoberfest Fundraiser 4-6pm
26 9:30-11:30 - TOPS 12:15 – Movie Mondays 12:45-1:45 - Muscle & Bone Strength 2:00-3:00 - Group Otago*	27 9:00-3:00 - Diamond Dot 9:30-10:30 - Zumba Gold ~ NEW 10:00-11:00 - Yoga 10:00 - Mexican Train 11:00-12:00 - Line Dance 11:30 - Writing Group 12:30-1:30 - Chair Dance 1:00 - Cribbage	28 8:00 - Sew Daze* 10:00 - Craftier Creations Monthly Club (AM & PM) * 10:00 - Canasta/Samba 12:45-1:45 - Muscle & Bone Strength 1:00 - Cribbage 2:00-3:00 - Group Otago* 6:00 - Zumba	29 9:00 - Happy Hookers 9:30-10:30 - Zumba Gold ~ NEW 10:00 - Mexican Train 11:00-12:00 - Line Dance 12:30-1:30 - Chair Dance 1:00 - Cribbage	30 8:00-1:30 Stilly Spooktacular Halloween: Dress up in your Favorite Costume 10:45-11:45 - Music: Rick Haugen Bingo cards available for purchase. 