Our Community Sponsors & Business Partners

Thank you to the organizations supporting Stilly Valley Center and our community.

CENTER SPONSORS

Homage Senior Services — Well-being as we age

Abbey Van Dam Carpet & More

Community Foundation of Snohomish County

Coastal

Fields Senior Living

Ginny's Girls Estate Services

home instead 425-549-3100

Integra Property Group

Providence Swedish

Right at Home — Operating Since 2010 — In Home Care & Assistance

Scott I. Fox Real Estate Agent — Realty ONE Group Orca

Seniors Helping Seniors

Soroptimist — Inveeting in Dreams

State Farm — Lorena Vaca 360-653-4557

Handcrafted by Tim Vesely — Custom crafts made — Contact info: 425-314-0883

United Healthcare

Windsor Square

Davis Sign Co.

BUSINESS PARTNERS

Borden Legacy Solutions
Hazel Borden
Medicare Advocate
425-330-7943

Ginny's Girls Estate Services
Abigail McKee
Senior Move Manager
425-239-8961

Seniors Helping Seniors
Peter Garcia Jr.
Owner Care Director
425-496-7160

Peaceful Valley -AFH
Kiki Yohannes
Owner Care Director
425-330-3297

Providence At Home
Jackie Brunton
Hospice Care Consultant
425-418-6411

Realty ONE Group
Scott Fox
Real Estate Broker
206-566-4527

Safe Harbor Legal Solutions
Connie Clement
Community Partner Developer
360-746-7169

State Farm
Lorena Vaca
Manager – Agent
360-653-4557

DBA Visiting Angels IHC
Brandi Smith
Owner – Director of Operations
425-348-9914

GrandCare -IHC
Janet Musau
Care Plan Director
206-900-8449

Home Instead
Alex Castas
Home Care Consultant
425-549-3100

Family Resource Home Care
Lexie Renouard
Regional Business Development Manager
425-361-0044

Thank you, Business Partners and Sponsors, for supporting the mission of the Stilly Valley Center & Family Caregiver Support Program

November 2026

COMMUNITY CONNECTIONS

Monthly Newsletter

hello,

NOVEMBER.

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

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.

HOME DELIVERY & BENEFITS

Homage – Meals on Wheels
Weekly meals for homebound adults 60+ who 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.

Food Distribution: Arlington (Tuesdays)
Salt of the Earth Food Blessing, Lifeway Church, Downtown Arlington, 107 N Olympic Ave. | Tuesdays, 5:30–6:30 PM. Free food, no barriers, food for all.

Senior Meals at Stilly Valley Center
Homage Community Table, 18308 Smokey Point Blvd. | Monday–Friday, noon | 360-653-4551. Menu: stillycenter.org

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–Thu, 9 AM–noon and 1–4 PM.

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

JOIN US FOR A

Thanksgiving LUNCH

FRIDAY, NOVEMBER 20TH

Doors open at 11:00 a.m.
Lunch 11:30 a.m. – 12:30 p.m.

Please pre sign up on the kiosk.

THANKSGIVING MENU

- Roasted Turkey / Stuffing
- Mashed Potatoes w/ Gravy
- Cranberry Sauce
- Garden Vegetables
- Pumpkin Pie
- Dinner Roll

50/50 Raffle

We will also be accepting donations of dog and cat food for **The NOAH Center.**

Holiday Bazaar & Craft Fair

Saturday, November 7
10:00 a.m. – 3:00 p.m.

FREE & OPEN TO THE PUBLIC

Handmade Gifts
Local Art
Crafts
& More!

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

Veterans Day

Honoring All Our Veterans

Wednesday, November 11
11:00 a.m. – 12:00 p.m.

Special music may be planned.

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

STILLY VALLEY CENTER

PROGRAMS & Ways to Get Involved

Book Club

3rd Tuesday • 1–2:30 p.m. • Front Lounge
Drop-ins welcome!
November's Book:
The Tilted World

Foot Clinic

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

Sew Daze / Homefront Heroes

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

Craftier 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 craftiercreations@gmail.com

Bingo Is Back!

November dates and times to be announced.

Become a Member

$40 per year, per person
Sherri Hicks | 360-722-3346
shicks@stillycenter.org

Interested in Serving on Our Board?

Dana: president@stillycenter.org
Kim: Secretary@stillycenter.org

Need Medical Equipment?

Ask Aundrea at the front desk about available equipment.
reception@stillycenter.org
360-653-4551

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.

STILLY VALLEY CENTER

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

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

Veteran's Day · Nov. 10 · noon–1:30 p.m.
1225 3rd St., Marysville, WA 98270

Ladies LOL Comedy · Sat., Nov. 14
4:00 p.m. & 7:30 p.m. Shows · $45
Marysville Opera House · Ages 21+
1225 3rd St., Marysville, WA 98270

Arlington's Hometown Holidays
Tree Lighting & Holiday Kick-off
Sat., Nov. 28 · 4–7 p.m.
238 N Olympic Ave., Arlington, WA 98223

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.



Homage
Well-being as we age

Community Table Dining Program

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pork Chop Patty Scalloped Potatoes Steamed Vegetables Pears Dinner Roll	3 Sweet and Sour Chicken Steamed Rice Stir Fry Veggies Mandarin Oranges	4 Lasagna Breadstick Steamed Broccoli Apricots	5 Grilled Chicken Sandwich w/ lettuce and tomato Potato Wedges Pea and Cheese salad Fresh Fruit	6 Salisbury Steak w/mashed potatoes and gravy Mixed Vegetables Applesauce Dinner Roll
9 Vegetable Quiche Roasted Potatoes Yogurt Muffin Fresh Fruit	10 Lemon Pepper Pollock Baked Potato w/ Sour Cream Steamed Veggies Peaches Dinner Roll	**Veterans Day** 11 Meatloaf Mashed Potatoes w/ Gravy Steamed Vegetables Dinner Roll Fruit	12 Italian Salad Stuffed Shells w/ marinara and parmesan Breadstick Pears	13 Vegetable Soup Warm Ham and Swiss on Ciabatta Roll Cookie Fresh Fruit
16 Tender Beef Strips w/ mushroom gravy over egg noodles Green Beans Dinner Roll Apricots	17 Golden Baked Chicken w/ Rice and gravy Steamed Broccoli Peaches Dinner Roll	18 Tomato Bisque Soup Grilled Cheese Sun Chips Fresh Fruit	19 Coleslaw Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tarter French Fries Pineapple	**Thanksgiving Meal** 20 Roasted Turkey/ Stuffing Mashed Potatoes w/Gravy Cranberry Sauce Garden Vegetables Pumpkin Pie Dinner Roll
23 Lemon Pepper Drumsticks Harvest Rice Pilaf Steamed Vegetables Mandarin Oranges Dinner Roll	24 Turkey Pot Pie w/ biscuit top Garden Salad Tropical Fruit Cookie	25 Bowl of Chili topped w/ green onion and shredded cheddar Tortilla Chips Fresh Fruit	**No Lunch Service** 26 	27 **No Lunch** **Holiday Observance**
30 Pasta Salad Tuna Melt Sun Chips Fresh Fruit		STILLY VALLEY CENTER		

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 Valley Center Thrift Store

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.

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DONATIONS ARE MONDAY AND WEDNESDAY 10:00-2:00			LARGE DONATIONS? CALL 360-658-4331			
1 CLOSED	2 Donate and receive a $5 off $30 or more coupon.	3 SENIOR AND MILITARY 20% OFF	4 WHITE TAGS 20% OFF	5 WHITE TAGS 30% OFF	6 WHITE TAGS 40% OFF	7 WHITE TAGS 50% OFF
8 CLOSED	9 Donate and receive a $5 off $30 or more coupon.	10 SENIOR AND MILITARY 20% OFF	11 YELLOW TAGS 20% OFF	12 YELLOW TAGS 30% OFF	13 YELLOW TAGS 40% OFF	14 YELLOW TAGS 50% OFF
15 CLOSED	16 Donate and receive a $5 off $30 or more coupon.	17 SENIOR AND MILITARY 20% OFF	18 ORANGE TAGS 20% OFF	19 ORANGE TAGS 30% OFF	20 ORANGE TAGS 40% OFF	21 ORANGE TAGS 50% OFF
22 CLOSED	23 Donate and receive a $5 off $30 or more coupon.	24 SENIOR AND MILITARY 20% OFF	25 GREEN TAGS 20% OFF	26 CLOSED THANKSGIVING	27 GREEN TAGS 40% OFF	28 GREEN TAGS 50% OFF
29 CLOSED	30 Donate and receive a $5 off $30 or more coupon.				IF YOU HAVE A WALL DONATION DROP OFF ANYTIME DURING STORE HOURS	THANK YOU FOR SUPPORTING THE STILLY VALLEY CENTER!

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.

STILLY VALLEY CENTER

November 2026

Classes & Activities with an * require an appointment or pre-registration

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30-11:30 – TOPS 12:00 – Lunch 12:30 – Movie Monday 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	**3** 9:00-3:00 – Diamond Dot 9:30-10:30 – Zumba Gold 10:00 – Senior Yoga 10:00 – Mexican Train 11:00 – Line Dance 11:30-1:00 – Writing Group 12:00 – Lunch 12:30 – Chair Dance 1:00 – Cribbage	**4** 8:00 – Sew Daze* 10:00 – Canasta/Samba 12:00 – Lunch 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 6:00 – Zumba	**5** 9:00 – Happy Hookers 9:30-10:30 – Zumba Gold 10:00 – Mexican Train 11:00 – Line Dance 12:00 – Lunch 12:30 – Chair Dance	**6** 10:45-11:45 – Music: Rick Cooper 12:00 – Lunch 2:00 – Closing early to set up for the Bazaar
9 9:30-11:30 – TOPS 12:00 – Lunch 12:30 – Movie Monday 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	**10** 9:00-3:00 – Diamond Dot 9:30-11:00 – Medicare Help 9:30-10:30 – Zumba Gold 10:00 – Senior Yoga 10:00 – Mexican Train 11:00 – Line Dance 11:30-1:00 – Writing Group 12:00 – Lunch 12:30 – Chair Dance 1:00 – Cribbage	**11** 10:00 – Card Making 10:00 – Canasta/Samba 11:00–12:00 – Veterans Day: Honoring Our Veterans 12:00 – Lunch (menu to be announced) 12:45–1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00–3:00 – Group Otago* 6:00 – Zumba	**12** 9:00 – Happy Hookers 9:30-10:30 – Zumba Gold 10:00 – Mexican Train 11:00 – Line Dance 12:00 – Lunch 12:30 – Chair Dance	**13** 10:45-11:45 – Music: Guitars & Gratitude 12:00 – Lunch
16 9:30-11:30 – TOPS 12:00 – Lunch 12:30 – Movie Monday 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	**17** 8:00 – Homefront Heros* 9:00-3:00 – Diamond Dot 9:30-10:30 – Zumba Gold 10:00 – Senior Yoga 10:00 – Mexican Train 11:00 – Line Dance 11:30-1:00 – Writing Group 12:00 – Lunch 12:30 – Chair Dance 1:00 – Cribbage 1:00-2:30 – Book Club: The Tilted World (Front Lounge) 1:00-4:00 – SHIBA (New Library/Rose Room)	**18** 8:00 – Sew Daze* 10:00 – Canasta/Samba 12:00 – Lunch 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 6:00 – Zumba	**19** 9:00 – Happy Hookers 9:30-10:30 – Zumba Gold 10:00 – Mexican Train 11:00 – Line Dance 12:00 – Lunch 12:30 – Chair Dance 12:45 – Ice Cream Social	**20** 10:45-11:45 – Music: Tom & Jill Hudon/Oyster Bay 11:30-12:30 – Thanksgiving Lunch (pre-sign up on the kiosk)
23 9:30-11:30 – TOPS 12:00 – Lunch 12:30 – Movie Monday 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*	**24** 9:00-3:00 – Diamond Dot 9:30-10:30 – Zumba Gold 10:00 – Senior Yoga 10:00 – Mexican Train 11:00 – Line Dance 11:30-1:00 – Writing Group 12:00 – Lunch 12:30 – Chair Dance 1:00 – Cribbage	**25** 10:00 – Canasta/Samba 12:00 – Lunch 12:45-1:45 – Muscle & Bone Strength 1:00 – Cribbage 2:00-3:00 – Group Otago* 6:00 – Zumba	**26** *Center Closed - Happy Thanksgiving* 	**27** *Center Closed*
30 9:30-11:30 – TOPS 12:00 – Lunch 12:30 – Movie Monday 12:45-1:45 – Muscle & Bone Strength 2:00-3:00 – Group Otago*				