

Sky Valley

CENTER **ACTIVITIES**

See Group Exercise & Pickleball Schedules gym activities.
All activities are weekly unless otherwise noted.

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| M | Art 10:00am-11:30am Lunch 11:30am-1:00pm |
| T | Games 10:00-11:30pm Lunch 11:30am-1:00pm Bingo 12:30-2:00pm 1st & 3rd |
| W | Sewing Essentials 10am-12pm 2nd & 4th Knot Heads Crotchet Group 10:30am-11:30am Lunch 11:30am-1:00pm Speaker Series 12-12:30pm (Sept-June) |
| Th | Lunch 11:30am-1:00pm |
| Sat | Pancake Breakfast 8am-11am 1st Saturday of Month |



SKY VALLEY
CENTER

617 1st St • Sultan, WA