

Exercise has a lot of clichés attached to it, such 
as:

Stillwater's Exercise Room


"Use it or lose it"

"If it ain't hurtin it ain't working"

"No pain, no gain"

"Winners never quit and quitters never win"

"If you are waiting for the perfect time you will be waiting forever"

 Exercise doesn't have to be painful, or boring – it just needs to get done. Particularly as we get older, the need for regular exercise is important to keep limber, flexible and as a prevention method for falls and other injuries. Whether you are a walker, a stretcher, a runner or a cardio-exerciser you just need to do it.

Sometimes joining others in the activity can make it easier to make that commitment or you may find it more to your liking to do individual exercise. Whichever is to your taste there are a number of opportunities to exercise here in Stillwaters Estates, either in a group or individually. Join the fun in one of the following:

At The Gathering Place:

- **Low-impact Exercise Group** – Monday, Wednesday, Friday at 9 a.m.
- **Stretch Workout** – Monday, Wednesday, Friday at 4:45 p.m. (Bring a

floor mat)

- **Energize Workout** – Wednesday's at 10:30 a.m.
- **Morning Walking Group** – Monday through Saturday, meet at the intersection of A. Tennyson and Robert Frost Drive at 7:30 a.m. There is a fast-walking group and a more moderate-walking group each day.

On your own:



- **Exercise Room** available to residents 24 hours a day (See office staff for access)
- **Neighborhood walking** – 24 hours a day – one of the best areas around to walk.
- **Hike to the peak of Stillwaters hill**– there is a bench at the top now for rest and meditation.

Quote of the Week:

"The secret of getting ahead is getting started." -Mark Twain


Happenings this week:

Friday, Saturday and Sunday: 'Comedy of Errors' at the Evergreen Playhouse. "In the world of comedy, the only thing funnier than a case of mistaken identity, is two cases of mistaken identity," the playhouse wrote in a press release. The Evergreen Playhouse is proud to host the touring production of Professor Quantius McGaffigan's Vaudeville Revue, who have thrilled audiences the world over with their stunning portrayals of The Bard's greatest plays, and now unleash their considerable talents onto the unsuspecting

residents of Lewis County.”

The show runs Friday through Sunday and June 19-21. Showtimes are 8 p.m. Fridays and Saturdays and 2 p.m. on Sundays. There were also be a Thursday pay-what-you-can night on June 11 at 7:30. All proceeds from the play will go to help support The Evergreen Playhouse. The Evergreen Playhouse is located at 226 W. Center St., Centralia. The cost is \$10 for adults, and \$8 for children and Evergreen Playhouse members. Tickets are available at Book ‘n’ Brush, Chehalis, and www.BrownPaperTickets.com.


Saturday:

Historic Fox Theatre Restorations is screening “Hello Dolly!” as the next film in the 2015 Movie Series. Showtimes are at 2 and 7 p.m. Saturday at the Fox Theatre in downtown Centralia. Fred Beeks will be on hand to play the Fox Theatre organ before each screening. 


In 1890s New York City, the bold and enchanting widow Dolly Levi (Barbra Streisand) is a socialite-turned-matchmaker. Her latest clients seeking assistance are the cantankerous “half-a-millionaire” Horace Vandergelder (Walter Matthau) and a young artist named Ambrose (Tommy Tune), who is in love with Horace’s niece, Ermengarde (Joyce Ames). Dolly’s scheming soon involves Horace’s employees as well as a New York hatmaker, as she tries to cover up her own secret romantic designs.

Admission for the movie is \$8 per person, \$7 for members and \$20 per family (three to four persons). Presale tickets are available on Brown Paper Tickets at <http://www.brownpapertickets.com/event/1558247>, at Book ‘n’ Brush in

Chehalis, and Holley's Place Frozen Yogurt, HUBBUB, Santa Lucia Coffee and PostNet in Centralia. Holley's Place and the theater concession stand supply movie snacks. For more information, call the Fox Theatre at (360) 623-1103. All proceeds from the event benefit the restoration of the Fox Theatre.

Saturday: Toledo Cheese Days kick off Saturday, July 11th with a car and motorcycle show at the Toledo Middle School all day from 7 to 5. Don't miss breakfast at the senior center, the parade at 11, kid's carnival, silent auction, big raffle, cheddar challenge, wine, beer, and cheese tasting! 

Saturday: Go for a Bird Walk On Saturday June 13th at 10am, bring cameras, binoculars and the kids to join Henry Wegener for an educational walk through the Seminary Hill Natural Area. The group meets on Locust Street in Centralia, 4 blocks east of Gold Street. For more information, call 736-4643.

 **Weather:** Good weather continues into next week with Sunday and Monday in the mid-80's. No rain forecast for the next 10 days. Flowers are flourishing and vegies are growing like crazy! A gardeners favorite time of year – warm but not too hot.

Here's something a little extra this week:

The office crew is watching the second nest of the season from inside the Gathering Place. Four cute little Junco's the first time around. We are wondering what this round will bring?



Stillwaters Junco Nest

