



Spring Valley Seniors Staying Put

EVENTS FOR JULY 2017

- SENIORS LUNCH: Every week Tuesday, Wednesday, Thursday and Friday – 11:00 AM to 1:00 PM at **Sneakers**.
- DANCE CLUB: Wednesday July 5, 2017 – 1:00 PM to 4:00 PM at the Moose Lodge in Menomonie (please call 715-778-5800 for details).
- WALKING CLUB: Every Tuesday and Thursday at 12:30 PM. Meet outside of Sneakers and walk for 30 minutes to help promote good health (and to socialize).
- TECH WORKSHOP: Need a little help operating your notebook or smart phone? Join the **free Tech Workshop** series for the last 2 sessions: July 10, 17 from 5:45-7:00pm at the Spring Valley Library. Call 715-778-5800 to sign-up.
- BOOKS-to-GO CLUB: Volunteers will deliver a basket of books to you for your reading pleasure. For more information call SV Library 715-778-4590 or Staying Put office 715-778-5800.
- BUILD A BETTER WORLD : July 12th-August 4th... In collaboration with the SV library, Staying Put and the library summer Reading Program will provide youth in our community an opportunity to volunteer which will then earn them library points and credit.
- MEMORY CAFÉ: July 11th and 25th. Anyone with memory loss is invited to attend with a friend or companion. Make new friends, have fun and share stories. Enjoy coffee or tea and treats. From 10:00 AM to 11:30 AM at St. John's Lutheran Church, S520 Church Ave., Spring Valley, WI 54767. For information call 715-778-5800.

