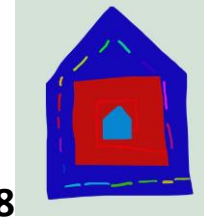




SVSSP EVENTS FOR SEPTEMBER 2018



(for any questions regarding events, call 715-778-5800)

SENIORS LUNCH: Every week **Tuesday, Wednesday, Thursday and Friday**, 11:00 AM - 1:00 PM at **Sneakers**. If you need a ride call 715-778-5800.

CRAFT CIRCLE: **Monday, September 10th**, 3:00 PM – 5:00 PM at the Staying Put office, 5312 McKay St., for time to socialize and work on fun craft projects. CALL FOR A RESERVATION – 715-778-5800.

DANCE CLUB: **Wednesday, September 26th**, 1:00 PM to 4:00 PM at the Moose Lodge in Menomonie (\$5/person cover charge). Live entertainment.... Lots of fun! Call 715-778-5800 for updates and for a ride. **Drivers needed...** call 715-778-5800.

WALKING CLUB: Call 715-778-5800 to set up a walking time, or to get the contact info for other walkers.

“LET’S TALK ABOUT MEDICINES”: **Friday, September 21st**, 9:30 AM – 10:30 AM at Sneakers. Free educational program developed by Wisconsin Literacy to help participants obtain a better understanding of how to more safely and effectively use medicine, which can lead to better health. Participants receive a free pillbox and workbook to take home, plus the chance to enter a cash prize drawing at the end of the program. **PREREGISTRATION IS REQUIRED**, CALL 715-778-5800 or register at Sneakers.

STRONG BODIES FITNESS SESSIONS: **Begins Tuesday, September 11th**, 9:30 – 10:30 AM at Spring Valley Village Hall. Fitness classes for 55+.... strengthening exercises, balance activities, use of weights, adaptable to varying abilities. Runs September 11 through November 29, Tuesday & Thursday each week. Fees: \$3.50 per class for full session paid up front/ \$5 for drop in. **PREREGISTRATION AND ASSESSMENTS ARE REQUIRED/CURRENT SESSIONS FILLED**. CALL 715-778-5800 to be placed on a waiting list. Future sessions will likely follow after November.

BOOKS-to-GO CLUB: Volunteers will deliver a basket of books or movies to you for your reading/watching pleasure. For more information call SV Library 715-778-4590 or Staying Put office 715-778-5800.

MEMORY CAFÉ: A social get-together for older adults. Held Tuesdays: **September 11th and 25th**, 10:00 AM - 11:30 AM at St. John’s Lutheran Church, 5520 Church Ave., Spring Valley, WI 54767. For information call 715-778-5800. Anyone with memory loss is invited to attend with a friend or companion. Have fun and share stories. Enjoy coffee or tea and treats. For information call 715-778-5800.