



SVSSP EVENTS FOR OCTOBER 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, October 8th**, 3:00 PM – 5:00 PM at the Staying Put office, S312 McKay St., for time to socialize and work on fun craft projects. CALL FOR A RESERVATION – 715-778-5800.

DANCE CLUB: **Wednesday, October 3rd**, 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.

STRONG BODIES FITNESS SESSIONS: **Every Tuesday and Thursday through November 29th** (except Thanksgiving, November 22) 9:30 – 10:30 AM at Spring Valley Village Hall, Community Room. This is a fitness series developed by a physician, designed for 55+, focusing on overall strengthening, balancing activities, uses various weights, is adaptive to varying abilities. Current sessions are full. If interested in being placed on a waiting list, or for continuing session series after November, please call 715-778-5800. **Preregistration is required.**

VOLUNTEER ORIENTATION: **Saturday, October 13th** - 10:00 AM - 11:30 PM at the *Spring Valley Seniors Staying Put* office - S312 McKay Street/Spring Valley. This is your opportunity to help make a difference in your community and to enjoy social connection with other volunteers and community members. There is much need in the senior and disabled population, and a wide choice of volunteer activities with which to get involved. Come get to know us, have a refreshment, and participate in a casual orientation about volunteering with our organization. A little help is *a lot of help!* Call 715-778-5800 to register.

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: **October 9th and 23rd**, 10:00 AM - 11:30 AM at St. John's Lutheran Church, S520 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.