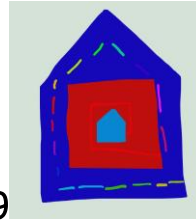




SVSSP EVENTS FOR JANUARY 2019



(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.

ARTS & CRAFT CIRCLE: **Monday, January 8** 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, January 23**, 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: **The new series starts on January 8th and runs through March 28** @ 9:30 AM-10:30 AM, **every Tuesday & Thursday** @ SV Village Hall/Community Room. It will be conducted by a group of trained instructors from Spring Valley Seniors Staying Put. 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. Pre-registration is required. For questions answered, to register, and to schedule an assessment, call 715-778-5800 BEFORE the first week of January. This program is co-sponsored by Pierce County ADRC.

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.

TECH WORKSHOP: To schedule a personal appointment (at the Staying Put office) for help on your electronic device, call 715-778-5800.

MEMORY CAFÉ: A social get-together for older adults. Held Tuesdays: **January 8th and 22nd**, 10:00 AM - 11:30 AM at St. John's Lutheran Church, 5520 Church Ave., Spring Valley, WI 54767. 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