



SVSSP EVENTS FOR APRIL 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, April 2nd Finger Painting!** 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.**

MARLENE DORAN CARD-MAKING CLUB: **Monday, April 15th**, 4:00-5:00 PM at the Staying Put office. This activity of personally crafted cards made by clients/sent by volunteers, is in memory of Marlene Doran (daughter of Carolyn Sorenson) who was an avid card-maker... she passed away 8-12-18 of Alzheimer's, and her card-making supplies have donated to Staying Put.

DANCE CLUB: **Wednesday, April 24th**, 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: **New series to start April 30th and runs through July 2nd, every Tuesday & Friday @ SV Village Hall/Community Room (time to be announced).** 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 (still room for more!!): call 715-778-5800.** *This program is co-sponsored by Pierce County ADRC.

CAREGIVERS FOCUS GROUPS: **Tuesday, April 9th, morning and afternoon session** at Baldwin Western WI Health Center. Looking for caregivers to be interviewed. If interested in signing up, contact Maggie at Western WI Health (Maggie.cogbill@wwhealth.org). If you participate you will receive \$100. Session will run 1 ½ hours.

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