



SVSSP EVENTS FOR MAY 2019



Spring Valley Seniors Staying Put, Inc.
S312 McKay Ave. P.O. Box 193 – Spring Valley, WI 54767 **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, May 6 from 3:00 PM–5:00 PM at the Staying Put office for a time of socialization and fun craft projects. Call for a reservation, or a ride: 715-778-5800.

DANCE CLUB: Wednesday date in May to be determined. 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 or for a ride. **Drivers needed!** Call 715-778-5800.

STRONG BODIES FITNESS SESSIONS: New series starts April 30 and runs through July 23 (NO CLASS JULY 4). This program is co-sponsored by the ADRC of Pierce County. Sessions to be held each Tuesday 9:30 AM–10:30 PM & Thursday 3:00 PM–4:00 PM at the Spring Valley Village Hall/Community Room. Certified instructors guide the fitness series, developed by a physician, designed for 55+ focusing on overall strengthening, balancing activities, use of various hand & leg weights, adaptive to varying abilities. **PRE-REGISTRATION IS REQUIRED: call Staying Put at 715-778-5800.**

STEPPING ON: Thursdays May 9 - June 20 from 9:00 AM-11:00 AM. This program is sponsored by The ADRC of Pierce County, Spring Valley Seniors Staying Put, and Allina Health River Falls Clinic and Hospital. It is a 7-week fall-prevention workshop conducted by the **WI Institute for Healthy Aging (WIHA)** to be held at the Spring Valley Village Hall/Community Room. Stepping On leaders will coach on how to recognize risk of falling, help build balance, strength and practical skills needed to avoid falling. Fun, hands-on learning and information. **PRE-REGISTRATION IS REQUIRED. Contact the ADRC of Pierce County at 715-273-6789.**

VOLUNTEER APPRECIATION & NEW-VOLUNTEER RALLY: Saturday, May 11, open house 11:00 AM-2:00 PM, Staying Put office. Stop in to *be appreciated*, enjoy refreshments, visit, or to be a new volunteer!

MARLENE DORAN CARD-MAKING CLUB: Monday, May 20, 4:00 – 5:00 PM at the Staying Put office. This idea was devised by volunteer Lily Palmer, named in memory of Marlene Doran, an avid card-maker/her supplies were donated. Cards are personally crafted by clients/sent by volunteers. **CARD-MAKERS NEEDED!** For a ride, call Staying Put at 715-778-5800.

BOOKS-to-GO & SV LIBRARY EVENT: 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 at 715-778-5800. NOTE: **Rides offered: May 21/1:30 PM SV library, 90-year-old author Frederick Blanch will present.**

TECH WORKSHOP: For personal help on your electronic device, call Staying Put office at 715-778-5800.

MEMORY CAFÉ: Tuesday, May 14 and May 28 (2nd & 4th Tues. monthly). This is a social get-together for older adults held 10:00 AM-11:30 AM at St. John's Lutheran Church, S520 Church Ave., Spring Valley. 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 or a ride, call Staying Put at 715-778-5800.