



SVSSP EVENTS FOR JULY 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, or more information about the program, call 715-778-5800.

ARTS & CRAFT CIRCLE: Monday, July 8th 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 July 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: This program is co-sponsored by the ADRC of Pierce County. Current series began May 7 and runs through July 23 (NO CLASS JULY 4). There is still space available, join anytime, or come for trial run. Series run back to back. Sessions are 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+, **now open to any age group**. The regimen focuses 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.**

MARLENE DORAN CARD-MAKING CLUB: Monday, July 22, 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. **CALLING ALL CARD-MAKERS!** For a ride, call Staying Put at 715-778-5800.

SUMMER SUNSHINERS CLUB: Volunteer, Annamarie Casey, devised this concept and will coordinate clients & volunteers on various outdoor activities, per interest, throughout the summer months (walks, nature hikes, picnics, etc.). For more detail, and to answer questions, call Staying Put at 715-778-5800.

BOOKS-TO-GO/SV LIBRARY: Volunteers will deliver a basket of books or movies to you for your reading/viewing enjoyment. For more information call SV Library 715-778-4590 or Staying Put at 715-778-5800.

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

MEMORY CAFÉ: Tuesday, July 9 & 23 (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.