



SVSSP EVENTS FOR SEPTEMBER 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, September 9, 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: Date to be determined, on a Wednesday, 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. After an August break, **Classes resume September 3. New schedule: Tuesdays & Fridays 9:30-10:30 AM. SV Village Hall/Community Room.** Certified instructors guide the fitness series 2x weekly; the program is developed by a physician, designed for 55+. **To encourage staying strong throughout the aging process, this class is now open to all ages.** Come to a class to observe or try it out. 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, September 16, 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, focusing on the fall months, participants will take hikes, go on picnics, etc.). If interested, 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, September 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.