



## **SVSSP EVENTS FOR NOVEMBER 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 Staying Put @ 715-778-5800.

**MEALS ON WHEELS:** For inquiry, please call the ADRC of Pierce County @ 715-273-6780, or the ADRC of St. Croix County @ 715-381-4360. Staying Put volunteers deliver the meals.

**ARTS & CRAFT CIRCLE:** Monday, November 4, 3:00–5:00 PM at the Staying Put office for a time of socialization and fun craft projects. Call to reserve or for a ride: Staying Put @ 715-778-5800.

**SPEAKER @ SNEAKERS:** Thursday, November 7, 12 noon – 1:00 PM at Sneakers in Spring Valley; 'Debunking Hospice Myths', presented by: Bethany Gamble, Care Transition Care Coordinator/St. Croix Hospice. No sign-up necessary. For a ride, call Staying Put @ 715-778-5800.

**DANCE CLUB:** Wednesday, November 13, 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 Staying Put @ 715-778-5800.

**STRONG BODIES FITNESS SESSIONS:** This program is co-sponsored by the ADRC of Pierce County. **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/still room to sign up anytime. The regimen focuses on overall strengthening, balancing activities, and use of various hand & leg weights, adaptive to varying abilities. **PRE-REGISTRATION IS REQUIRED: Call Staying Put @ 715-778-5800.**

**MARLENE DORAN CARD-MAKING CLUB:** Monday, November 18, 4:00 – 5:00 PM at the Staying Put office. This idea was devised by volunteer Lily Palmer, named in memory of Marlene Doran; 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 @ 715-778-5800.

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

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

**MEMORY CAFÉ:** Tuesday, November 12 & 26 (2<sup>nd</sup> & 4<sup>th</sup> 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 @ 715-778-5800.