



SVSSP EVENTS FOR DECEMBER 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, December 9, 3:00–5:00 PM at the Staying Put office for a time of socialization and fun craft projects. This month: a holiday craft and b/d party. Call to reserve or for a ride: Staying Put @ 715-778-5800.

DANCE CLUB: Wednesday, December 11, 1:00 PM-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 (now open to all ages).** Certified instructors guide the fitness series 2x weekly; the program is developed by a physician, designed for 55+. Come to a class to observe or try it out. 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, December 16th, 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.

PEN-PAL CLUB: Volunteers, Annamarie Casey, Hope and Joy Webb have created this activity to promote the art of communication in the written form, engaging letter-writing as a form of personal expression and connection to others. If you would like to become a pen-pal, or know somebody that would, 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 @ 715-778-5800.

MEMORY CAFÉ: Tuesday, December 10 (not held the 24th). Normally: 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 @ 715-778-5800.