



SVSSP EVENTS FOR MARCH 2020



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, March 9 at the Staying Put office, 3:00 PM-5:00 PM, for a time of socialization and fun craft projects. Call to reserve or for a ride: Staying Put @ 715-778-5800.

STRONG BODIES FITNESS SESSIONS: This program is co-sponsored by the ADRC of Pierce County. Classes held Tuesdays & Fridays 9:30-10:30 AM. SV Village Hall/Community Room. PRE-REGISTRATION IS REQUIRED: Call Staying Put @ 715-778-5800. Fee: \$3 per class, to cover various expenses. No person is turned away for inability to pay. Call the office for a fee-waiver @ 715-778-5800.

MARLENE DORAN CARD-MAKING CLUB: Monday, March 16 at the Staying Put office @ 3:30 PM. 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.

COMMUNITY CONNECTIONS/DEMENTIA AWARENESS DISCUSSION w/AMY LUTHER- Dementia Specialist/ADRC of Pierce County: Thursday, March 19 at the Staying Put office @ 2:00 PM. This will be a casual event to promote dementia awareness/ask questions/engage in an open discussion. Please call to reserve a place at the table, or if you need a ride call 715-778-5800.

DANCE CLUB: Wednesday, March 25, 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.

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 @at 715-778-5800.

MEMORY CAFÉ: Tuesday, March 10 and 24th, held twice a month: 2nd & 4th Tues. 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.