



SVSSP EVENTS FOR AUGUST/SEPTEMBER 2021



Spring Valley Seniors Staying Put, Inc.

5312 McKay Ave. P.O. Box 193 – Spring Valley, WI 54767

715-778-5800

NOTE: ALL ACTIVITIES WILL ADHERE TO COVID-19 PROTOCOL PER CURRENT UPDATES & GUIDELINES

MEALS ON WHEELS: For home-delivered meals information, **please call the ADRC of Pierce County @ 715-273-6780**, or the **ADRC of St. Croix County @ 715-381-4360**. Staying Put volunteers will deliver meals to program participants Tues., Wed., Thurs., Fri.

CONGREGATE DINING AT SNEAKERS: Tues., Wed., Thurs., Fri. **11:00 AM – 1:00 PM**. Congregate Senior dining (buffet) will resume at Sneakers in Spring Valley, on July 20, 2021 for ages 60+. **BINGO** sponsored by the **LIBRARY** every **Wed. 10:00 am at SNEAKERS**.

ARTS & CRAFT CIRCLE: Thurs., Aug. 12 & Sept. 9/**3:00 PM – 5:00 PM @** Staying Put office - crafts, art projects, treats, socialization. **Reserve a spot, or call for a ride @ 715-778-5800**.

BASKET-TEA VISITS: Would you enjoy a personal home-visit with tea & scones? **Call Staying Put @ 715-778-5800**.

STRONG BODIES FITNESS SESSIONS: This physical fitness program is **co-sponsored by the ADRC of Pierce County**. Classes are held every Tuesday and Friday 9:30 AM-10:30 AM @ SV Village Hall. **PRE-REGISTRATION IS REQUIRED**. **Call Staying Put @ 715-778-5800**. (Class size is limited).

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 or home device, **call Staying Put @ 715-778-5800**.

MEMORY CAFÉ: Every **2nd and 4th Tuesdays of the month**. 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 more information or for a ride, call Staying Put @ 715-778-5800**.

BOOST YOUR BRAIN & MEMORY CLASS: Every Thursday, Aug. 5 – Sept. 23, 10:30 AM – 11:30 AM @ St. Croix County Agriculture & Education Center. Free! Materials provided. This is a holistic approach to improving brain health in older adults. Call Kimberly Bauer @ 715-381-4411, or Amy Luther @ 715-273-6780.

WALKING BUDDIES: Would you like a walking partner? Call Staying Put @ 715-778-5800.

ANIMAL CARE: Could you use some assistance with animal-care? Call Staying Put @ 715-778-5800.

TRANSPORTATION: DRIVERS NEEDED/MILEAGE IS REIMBURSED AT .56 PER MILE. Staying Put is collaborating with New Freedom Transportation/CILWW to coordinate transportation for Spring Valley area residents to medical appointments & other 'life-essential' trips outside of town. Call 715-778-5800, or 1-800-228-3287, Ext. 227.

COMMUNITY CONNECTIONS: Tues., Sept. 21, 11:00 AM @ SV Village Hall. This event is sponsored by the ADRC of Pierce County; Amy Luther/Dementia Care Specialist, will provide information and answer questions on the many services and supports in Pierce County for people over 60, and lead a conversation on various topics that interest YOU!. A light luncheon will be served. **RESERVATIONS REQUIRED, please call Staying Put @ 715-778-5800.** Rides will be provided to this event, by request.

For other service requests, please contact the office of *Spring Valley Seniors Staying Put* @ 715-778-5800