



SVSSP EVENTS FOR JANUARY 2022



Spring Valley Seniors Staying Put, Inc.

S312 McKay Ave. P.O. Box 193 – Spring Valley, WI 54767

715-778-5800 – call for complete listing of services

NOTE: NEW OPEN OFFICE HOURS: MON. - THURS. 10-5/FRI. 10-3

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 has resumed at Sneakers in Spring Valley, for ages 60+.

CARD-MAKING & SOCIAL-TIME: Thursday, January 20; 2:00-4:00 PM @ Staying Put office.

We have all the supplies on hand to create greeting cards; make a few for the office, take a few home ... coffee, tea, water and snacks served. Come for the socializing! **For a ride call @ 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. Come share your memories with a friend or companion. Have fun and share stories, enjoy coffee or tea and treats, all are welcome. **For more information or for a ride, call Staying Put @ 715-778-5800.**

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 @at 715-778-5800.**

TRANSPORTATION: *Staying Put is now providing out-of-town transportation for groceries and medical appointments.* Call 715-778-5800.

