



Staying Put, Inc.
Caring – Connecting – Contributing

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 9:30AM Strong Bodies	02	03 1:30PM Coffee & Conversation	04 9:30AM Strong Bodies
07 Office Closed Mondays	08 9:30AM Strong Bodies 10AM Memory Café 12:30PM Music at Valley Villas	09 1PM Monthly Birthday Celebration 1PM Ornament Craft Day	10 9:30AM Foot Care Clinic	11 9:30AM Strong Bodies
14 Office Closed Mondays	15 9:30AM Strong Bodies 12:45 PM Music at SV Health Care Campus	16 2PM Bird Watching Presentation	17	18 9:30AM Strong Bodies
21 Office Closed Mondays	22 9:30AM Strong Bodies 10AM Memory Café	23 10AM Community Flu Shot Clinic 1PM Game Day/Bingo	24 9:30AM Foot Care Clinic	25 9:30AM Strong Bodies
28 Office Closed Mondays	29 9:30AM Strong Bodies	30	31 1PM Halloween Movie Party 5PM Community Trick-or-Treat	

Weekend Events:

- Saturday 10/19: 4PM Volunteer Meetup @ Wandering Ewe

For more information, to schedule services or to RSVP, call 715-778-5800!

OTHER ACTIVITIES & DETAILS

All events are located at the Staying Put office
(S312 McKay Ave, Spring Valley) unless otherwise listed.

**Office hours: Tuesday, Thursday, Friday 9:30AM - 2:00PM,
Wednesday 9:30AM - 3:30PM**

TRANSPORTATION	Call to set up rides for medical appointments, grocery, banking, pharmacy, & hair appointments. <u>DRIVERS NEEDED</u> , mileage reimbursement available.
MEALS ON WHEELS	Spring Valley & Elmwood. For home-delivered meals info, call ADRC of Pierce County 715-273-6780 or toll-free 877-273-0804. <u>ELMWOOD DRIVERS NEEDED!</u>
COFFEE KLATCH	Friendly visits with drinks and treats, Tuesday through Friday 10-11AM @ <i>Staying Put Office</i> .
SV MEMORY CAFÉ / ELMWOOD COFFEE & CONVERSATION	A social get-together for older adults: share your memories & stories! <u>Spring Valley</u> : 10AM @ <i>St. John's Lutheran Church, S520 Church Ave</i> <u>Elmwood</u> : 1:30PM @ <i>Elmwood History Center, 110 S. Main St</i>
FOOT CARE CLINIC	Licensed nurse Rochelle Boos will trim toenails and reduce calluses/corns. 9:30AM-2:00PM @ <i>Staying Put Office</i> . Call for appointment and cost information, 715-559-6077.
STRONG BODIES	Fitness sessions co-sponsored by Pierce County ADRC. Every Tuesday & Friday 9:30-10:30AM @ <i>SV Village Hall</i> . Call to register.
TECH WORKSHOP	Personal help on your electronic device from a youth volunteer. Call to schedule.
WEDNESDAY ACTIVITIES	<u>Game Day/Bingo</u> : Games and socializing, 1-3PM. Call to RSVP. <u>Birthday Celebration</u> : Treats, games, prizes for all October birthdays. 1-2PM
ANIMAL COMPANIONSHIP	ATD certified Therapy Dog (Abby) will come for a visit! Call to schedule.
MUSIC AT VALLEY VILLAS/SV HEALTH CARE CAMPUS	Live music performances for assisted living residents. Open to the public. <u>Valley Villas</u> : 12:30-1:30PM @ <i>S820 Westland Dr. SV</i> <u>SV Senior Living and Health Care Campus</u> : 12:45-1:30PM @ <i>S830 Westland Dr. SV</i> .
BIRD WATCHING PRESENTATION	Cathy Olyphant will give a presentation about winter bird feeding. 2PM @ <i>Staying Put Office</i> .
COMMUNITY FLU SHOT CLINIC	Pierce County Health Department is hosting a flu shot clinic for Spring Valley seniors. 10AM-12PM @ <i>SV Area Ambulance Building, S407 Newman Ave</i> . Medicare and Medicaid are accepted (please bring insurance card). <u>Self-pay</u> is also available: \$75 for high dose (recommended for age 65+), \$35 for standard adult dose.
HALLOWEEN CELEBRATIONS	<u>Halloween Party</u> : Snacks, socializing, and a Halloween movie - "Arsenic and Old Lace." 1-3PM @ <i>Staying Put Office</i> . <u>Community trick-or-treat</u> : Volunteers and clients welcome to join us to help hand out candy. 5-7PM @ <i>Staying Put Office</i> .
VOLUNTEER MEET-UP AT WANDERING EWE	Join Staying Put staff and fellow volunteers for supper and socializing. 4-6PM @ <i>The Wandering Ewe, S119 McKay Ave. S, SV</i>
ORNAMENT CRAFT DAY	Fundraiser craft event: Create and paint your own wooden Christmas ornaments. Pieces will be sold and the proceeds donated back to Staying Put. Drop by anytime from 1-3PM @ <i>Staying Put Office</i> .
AARP HOME FIT TRAINING	New pilot program for making aging-friendly home modifications for seniors - interested volunteers should attend a training session to learn to recognize/implement needed home safety modifications. <u>Training Date TBD</u> : call or email Kendall if interested.