

# La Crosse Senior Life

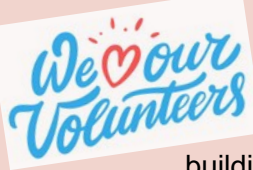


April 2026

Aging and Disability Resource Center of La Crosse County  
300 4th Street North  
La Crosse, WI 54601

PRST STD  
U.S. Postage PAID  
Platteville, WI 53818  
Permit No. 124

## Celebrating our Volunteers: The Heart of our Community



April is **National Volunteer Month**, a time to recognize and celebrate the incredible individuals who give their time, energy, and compassion to support our community. At the ADRC, our volunteers are the heart of our work, making it possible to provide essential programs and services that improve lives.

Whether delivering meals, assisting with programs, or offering a helping hand, each volunteer plays a vital role in building a stronger, more connected community. A volunteer's kindness, generosity, and dedication does not go unnoticed.

**To our volunteers:** Your impact is immeasurable, and we are honored to have you as part of our team. The time and effort you give bring comfort, support, and joy to so many, and our community is stronger because of you. You inspire us every day with your selflessness and commitment, and we are truly grateful for all you do. We appreciate you today and every day. **Thank you!**

### The Stories Behind the Service

**Q: What do you enjoy most about your volunteer work?**

**A:** Giving back and getting to know the other volunteers.—Scott L, 3 months  
Every day is enjoyable but the best part is hearing them laugh.—Marion T, 4 years

**Q: Can you share a memorable moment or experience during your time volunteering?**

**A:** Connecting with fellow volunteers and some of the [congregate] diners.—Scott L, 3 months  
I have many memorable good times but it's especially good when they come back after being ill, knowing we missed them.—Marion T, 4 years

**Q: What impact do you feel volunteering has had on you or the community?**

**A:** Giving back by volunteering makes me feel good. It is an opportunity to change the world within my reach and having received help when my family needed it, I feel it is only right to help others.—Scott L, 3 months

I think the biggest impact is knowing you might be the only person that they have talked to that day.—Marion T, 4 years

Being a widower, I have made it a point, in my remaining days, to be of service to others. To keep my days filled by giving others joy. Serving in the kitchen at Holmen has given me so much more than I have given them. Fun, loving friends to work with; grateful people to service; and an opportunity to share my God given talents.—Carolyn K, 4 years

**Q: What would you say to someone considering becoming a volunteer?**

**A:** Do it. Find something that resonates with you and fits your schedule, then get a friend to join you. You will make memories, make new friends, and all while giving back and helping our community.—Scott L, 3 months

I love volunteering. I don't have a lot of family here. I'm from Scotland so it's like seeing aunts, uncles, and grandparents. I especially enjoy working with my now forever friends Vicki, Liz, Kim, and Erik.—Marion T, 4 years

Delivering meals for [the] ADRC is the best volunteer gig you could ask for if you enjoy putting a smile on someone's face. If you've got a couple of hours a week to volunteer, you'll meet some of the dearest people. You'll know how grateful people are by the way they greet you at the door or the way they say thank you. Volunteering for [the] ADRC is truly a feel good experience and if you want, you can always tag team with a friend. It's a couple hours a week that you'll never regret.—Julie F, 4 years

My husband Scott and I started to volunteer with the ADRC in January of this year. We assist with the Friday meals at the Holmen Area Community Center. We were looking for a meaningful way to give back and something a little less strenuous than the other types of volunteer work we had been doing. The ADRC is a perfect fit. The other volunteers are wonderful, hardworking, and social. It is a delight to joke around with the seniors. My favorite line is to tell people to stay out of trouble and they often retort "Why start now!?" I might have taken it a step too far when I jokingly asked a senior to stop calling me for bail money. There was a split second of confusion, then thankfully raucous laughs from the table. I feel I help provide a lovely dining experience for people who may have been dining alone or eating something subpar. Volunteering is good for the soul and is good karma. Try it out, you have nothing to lose!—Kathy L, 3 months

### STRENGTH IN NUMBERS

2025 Volunteer Contributions

**142** Nutrition program volunteers who provided...

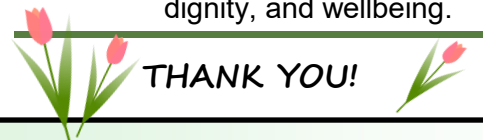
**6,961** hours of service, delivering meals, supporting congregate dining sites, and ensuring older adults received nutritious food and friendly connection.

**75** Volunteers who supported dementia-friendly initiatives with...

**637** hours of service, helping create inclusive events, providing community education, and offering support to caregivers and people living with dementia.

**25** Volunteer Guardians who supported...

**29** vulnerable adults, ensuring daily safety, dignity, and wellbeing.



### DID YOU KNOW?



Volunteerism can lower stress, boost happiness, and strengthen a sense of purpose, supporting a healthier life.

To learn more about volunteer opportunities, call us (ADRC) at **608-785-5700** or check out our website at [lacrossecounty.org/adrc](http://lacrossecounty.org/adrc) then click on Get Involved.



**TRANSPORTATION OPTIONS**

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs?

**Shared Ride/DriftLink Transit Service** provides door to door transportation to all citizens in Onalaska, Holmen and West Salem from 6:30am-6:30pm, 7 days a week. This option does not service fire numbers unless within city limits.

Shared Ride does not enter into La Crosse. Prices range from \$3.25-\$4.50. To schedule a ride call **784-0000**.

**ADRC of La Crosse County (Abby Vans)**

Rides will only be provided to individuals who do not have access to other transportation options.

For riders with the greatest need, they need to be La Crosse County residents age 60yr+ or disabled adults. Monday-Saturday from 7am-6pm  
Sundays from 7am-2pm. Closed on holidays. Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas. Wheelchair accessible.

**Cost varies by zones:**

- Zone 1A- La Crosse and Onalaska South \$4.50 each direction.
- Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.
- Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$5.50 each direction.

Call the Aging and Disability Resource Center of La Crosse County at **608-785-5700** or **1-800-500-3910**. Our transportation coordinator will be happy to talk with you about transportation options.

**LA CROSSE MTU**

Senior Citizen Discount (ages 65 and older)  
\*With an ID card issued by MTU or a Medicare Card

.75 cents is the cash fare, and \$25, monthly bus pass.

Call **789-7350** for more information or questions.



Main Office hours of La Crosse MTU at 2000 Marco Dr. will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens.

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-8:00pm  
Download MTU's new app **TRANSIT** at <https://qrco.de/bdWSLP>



**MTM Medical Rides**

Free medical rides for Medicaid & BadgerCare Plus recipients only, excluding Includa & My Choice WI.

Monday—Friday, 7am - 6pm

Call **1-866-907-1493** to schedule a medical ride.

Visit the website at [www.mtm-inc.net/wisconsin](http://www.mtm-inc.net/wisconsin)



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$5.00 (cash) one way** no matter how far you ride.

Operates **Monday-Friday**, no weekends or holidays.

**Service Routes Cover:** La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.

Please call: **877-444-6543** or visit **[www.ridesmrt.com](http://www.ridesmrt.com)**

**Do You Have Time on Your Hands?**

The Aging and Disability Resource Center is looking for help to deliver meals to our seniors throughout La Crosse County.



- ◆ Days are flexible. Hours range from 10am-12pm, Mon thru Fri
- ◆ Mileage reimbursements monthly
- ◆ Help packaging meals also available at our Onalaska or Holmen meal sites
- ◆ Great way for students/families/retirees to give back to their community

Contact the ADRC at **608-785-5700** for more details.

**RSVP Transportation Program**



- Must be 55 + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- All drivers are volunteers & use their own vehicles.
- Ride reimbursement is .72/mile.
- Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home.
- Ride must originate from La Crosse County.

Call **608-785-0500** for more information

**Contribution Designation Form**

I want to help the Aging and Disability Resource Center (ADRC) of La Crosse County continue its effective community service to older adults, individuals with disabilities, and their families.

**Please designate my contribution: (if applicable)**

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

And notify: \_\_\_\_\_

Address: \_\_\_\_\_

**To benefit the following: (check all that apply)**

- ADRC General Support
- Elder Benefit Specialist
- Caregiver Support
- Health Promotion
- Congregate Dining
- Home-delivered Meals
- Dementia Support Services
- Senior Life Newsletter
- Disability Benefit Specialist
- Transportation Services

**Please make checks payable and send to:**

ADRC of La Crosse County, 300 4th St N, La Crosse, WI 54601

**Your donations mean the world to us!** To help us continue providing this valuable newsletter, please consider making a donation. To donate by mail, complete the donation form above and send it, along with a check payable to ADRC of La Crosse County, to the address on the form. To donate online, visit [www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc), click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

**La Crosse Senior Life Newspaper**

Mailing List Request

Return to: Aging and Disability Resource Center  
300 4th Street N. La Crosse, WI 54601

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Your postal contributions deliver the paper to the door each month. Give generously!



**HILLVIEW LIFE CENTER**

**Where Generations Grow Together**

Location: Hillview Life Center, 3511 Park Lane Dr.  
(Located at Hillview Healthcare Center)

The Hillview Life Center is a space for those newly diagnosed with neurocognitive disorders, including dementia.

**April 1st OPEN!** 9:30am-2:30pm

10am: Bee Well Program

12:30pm: Brain Healthy Nutrition with Emplify Dietitian

**Zentangle: April 1, 8, 15** at 2:45pm-3:45pm. Connect with therapy students and facility dog Rossi while engaging in art.

To Register for Hillview Life Programs complete online form:  
<https://tinyurl.com/4476raur>

Questions or tours? [hlcadultprograms@ywcalax.org](mailto:hlcadultprograms@ywcalax.org)

**Embrace**

**2nd & 4th Wednesday of the month**

**12:30pm—2pm**

**Black River Beach Neighborhood Center**

**To register call 608-789-8640**

Embrace is a free non-traditional support group that offers fun, engaging and creative activities for persons living with dementia.

Support and education for caregivers offered in a separate room session. Caregivers welcome to attend independently.

Loved ones with dementia must have a caregiver present in caregiver group. Embrace is not respite.



**Dementia Matters**

**Dementia Matters is a podcast about Alzheimer's disease and other causes of dementia. Creator and host Dr. Nathaniel Chin interviews leading scientists and caregiving experts to bring listeners the latest in Alzheimer's disease news, research and caregiver resources.**

**Three Ways to Listen: You can listen to episodes through our website or subscribe to Dementia Matters through ApplePodcasts, Spotify, Podbean or wherever you get your podcasts. You can hear Dementia Matters on Fridays at 4 p.m. (CT) and again at 10 p.m. (CT) during the "Science Friday" segment on WMUU Radio, 102.9 FM in Madison, and streaming online.**

**More information: [www.adrc.wisc.edu/dementia-matters](http://www.adrc.wisc.edu/dementia-matters)**

**Brain Healthy Lifestyle: Understanding Brain Health**

Did you know that science offers guidance on lifestyle choices that may help protect your brain as you age? In this session, we'll explore the difference between normal aging and dementia, how the brain works, and what "brain health" really means. You'll learn about early warning signs of cognitive decline, key risk factors for neurocognitive disorders like dementia, and how to take proactive steps toward prevention. Join us as we break down the science into practical insights to help you support lifelong brain health. Learn a little about nutrition, exercise, cognitive activity and social engagement, including tips for incorporating into your daily life. Presented by Dementia Care Specialists from the Aging and Disability Resource Center.

**April 13, 2:00pm-3:00pm** Mill Street Manor – West Salem

**April 20, 2:00pm-3:00pm** Laurel Manor – Onalaska



Dementia Live® offers an 'inside-out' understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By "walking in their shoes," gain a heightened awareness and leave with valuable tips and tools to improve communication and connection.

Upcoming Dates 2026

**Tues. March 31, 12:30-1:30pm**  
DASH Center - Onalaska

**Fri. April 24, 1:00-2:00pm**  
Holmen Area Community Center- Holmen

**Mon. May 18, 9:00-10:00am**  
Black River Beach Neighborhood Center (La Crosse)

**Fri. June 19, 12:30-1:30pm**  
Holmen Area Community Center - Holmen

**Call the ADRC to register 608-785-5700**

**Dementia Friends Information Sessions**

Dementia Friends is a global movement with the mission of changing the way people think, act, and talk about dementia. Learn a little about what dementia is, how to communicate and take action in small ways and we can make life better for everyone. Presented by Dementia Care Specialists from the Aging and Disability Resource Center.

**March 31, 1:30pm-2:30pm** Shelby Terrace – La Crosse

**April 1, 2:00pm-3:00pm** Prairie Home – Holmen

**May 6, 2:00pm-3:00pm** West Salem Terrace – West Salem

**May 13, 3:00pm-4:00pm** Laurel Manor – Onalaska

**Open to the Public. No need to RSVP.**

**Call Activity and Event Coordinator at Bethany St. Joseph Corp. Community Services at 608-783-1516 with questions.**

**Dementia Caregiver Support Group Listing**

IN PERSON	VIRTUAL
<p><b>Parkinson's Disease Group</b> 1st Monday, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295</p>	<p><b>Monday Coffee Connect</b> Every Monday, 10am Contact Kelsey at <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a></p>
<p><b>All Stages Caregiver Groups</b> 2nd Tuesday, 1:15pm-2:30pm Good Shepherd 4141 Mormon Coulee Rd Contact: Kathy at 608-386-8908</p>	<p><b>Monday DISH</b> 1st Monday, 7pm-8pm Contact Carla, <a href="mailto:cbersheit@dunncountywi.gov">cbersheit@dunncountywi.gov</a></p>
<p><b>Men's Caregiver Support Group</b> 1st Tuesday, 1pm-2:30pm Contact Alison at 608-240-7496 or <a href="mailto:resch.alison@countyofdane.com">resch.alison@countyofdane.com</a></p>	<p><b>Aging &amp; Down Syndrome Caregiver Support</b> 3rd Wednesday, 5pm Contact DSAW <a href="mailto:info@dsaw.org">info@dsaw.org</a></p>
<p><b>Living with Cognitive Impairment Support</b> 2nd Thursday, 1:30pm-2:30pm Franciscan Spirituality Center 920 Market St. Register with Kelsey Flock at 608-386-0767</p>	<p><b>Family Caregivers of Facility Based Care</b> Every Other Friday: 10am-11:30am Contact Alzheimer's Assoc. 1-800-272-3900</p>
<p><b>Grief Therapy Group</b> Pre-registration required. Offered annually Call Kelsey to inquire 608-386-0767</p>	<p><b>Minds &amp; Voices 2 &amp; 4 Wed, 10:30am-11:30am</b> <b>Conversations 1 &amp; 3 Wed, 10:30am-12pm</b> Contact Rob, <a href="mailto:rgriesel@co.dodge.wi.us">rgriesel@co.dodge.wi.us</a></p>



**April 13, 1pm-2:30pm**

**ArtPOP! Sassy Fun Project**  
1541 Market St. La Crosse

Register with Amber @ 608-385-4819



**3rd Monday of the Month**  
**April 20, 10:30am-12pm**  
Clearwater Farm  
760 Green Coulee Rd. Onalaska

Register with Anna at 507-319-9156.  
[info@clearwaterfarm.org](mailto:info@clearwaterfarm.org)

**Lewy Body Caregiver Support**  
2 & 4 Wednesdays, 1:30pm-3:30pm  
Contact Rob, [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

### Wisconsin Medicaid Spousal Impoverishment Protection

Medicaid is a federally and state-funded government program that pays for health care and long-term care services for low-income people of all ages. To qualify, a person's income and assets must be below certain levels. There are two types of Medicaid that provide long-term care services:

- Institutional Medicaid provides coverage of medical services if you reside in a medical care facility, such as skilled nursing facilities, intermediate care facilities, institutions for mental disease, and hospitals, for 30 days or more.
- Home and community-based waiver programs allow you to get long-term care services in a community setting (for example, your home) rather than in a nursing home or hospital. These waiver programs include: Family Care, Family Care Partnership, IRIS (Include, Respect, I Self-Direct), PACE (Program of All-Inclusive Care for the Elderly) "Spousal impoverishment protection" refers to special financial provisions in Medicaid law.

These provisions affect how we count income and assets for certain married couples enrolled in a long-term care program. Spousal impoverishment protection affects legally married couples when one spouse is enrolled in Institutional Medicaid, or a community-based waiver program and the other spouse is not residing in a nursing home or medical care facility for 30 days or more. The person in the nursing home or the community-based waiver program is known as the institutionalized spouse (the spouse participating in Medicaid long-term care services). The other spouse is called the community spouse. The purpose of the spousal impoverishment protection is to prevent the community spouse from being impoverished if his or her spouse is in an institution or getting long-term care services.

#### Assets - Counting Assets

There are special rules for counting assets and allocating the assets between the spouses. When you or your spouse first enter a medical care facility and apply for Medicaid or ask to participate in a community-based waiver program, your agency will do an assessment of your total combined assets. You can ask for this assessment before you apply for Medicaid.

The amount of assets you and your spouse can keep is based on the value of your total combined assets as of:

- The day you entered the medical care facility for a continuous period of 30 days or more, or
- The day you were first determined eligible for community-based waiver program.

If your combined assets are \$100,000 or less, the community spouse can keep \$50,000, and the spouse participating in Medicaid long-term care services may keep \$2,000. The amount the community spouse can keep is called the community spouse's asset share (CSAS). The asset limit is calculated by adding the CSAS to the asset share for the spouse participating in Medicaid long-term care services.

If your assets are over \$100,000, contact the ADRC for more information about the amount of assets you can keep.

#### Assets Transferred Between Spouses

Once you and your spouse's assets are at or below the asset limit, you have one year to ensure the spouse participating in Medicaid long-term care services has no more than \$2,000 worth of assets in their name. During this time period, this spouse usually transfers all but \$2,000 of his or her assets to the community spouse.

#### Countable Assets

Examples of countable assets may include, but are not limited to: cash, checking accounts, life insurance policies, savings accounts, certificates of deposit, real estate, investments and stocks and bonds. Your countable assets are used to determine whether you meet the asset limit.

#### Assets Not Counted

Medicaid does not count the following assets: your home (as long as the community spouse or other dependent relative lives there), one vehicle, some burial assets, household items, clothing and other personal items.

#### Reducing Assets to the Allowable Limit

Excess assets are assets that are above the asset limit. They can be reduced to allowable limits if they are used to pay for nursing home or home care costs or for other things, such as home repairs or improvements, vehicle repair or replacement, clothing, or another household expenses. If excess assets are not reduced, the spouse who needs long-term care services cannot enroll in Medicaid.

#### Divestment

Divestment is when you or your spouse:

- Give away income and/or assets for less than fair market value. This includes giving gifts to people, such as your grandchildren.
- Avoid taking income or assets you can get, such as a pension income or an inheritance.
- Buy certain types of assets, such as a life estate, loan, or annuity. Excess assets usually cannot be reduced by divesting those assets.

#### Where can I get more information?

- Contact the County of La Crosse Aging and Disability Resource Center at 608-785-5700.
- Ask hospital and nursing home staff.

### How to Spot A.I. *By the GWAAR Legal Services Team*

It seems like nowadays, artificial intelligence, or AI-generated content, is everywhere you look online. It can be frustratingly hard to decipher whether or not an image or video is real or was generated using AI. Below are some tips to try to help you spot AI.

**Bad hands, facial, or other body features** – One sign of AI is if hands have the wrong number of fingers or proportions. Other body proportions may also look "off." Also, the human face is naturally asymmetrical, but AI often produces symmetrical faces. That is another red flag.

**Repeating patterns and textures** - Another common characteristic that you'll find in AI-generated content is repeated patterns where you would normally expect randomness or chaos. You'll often see this in hair and fur, foliage, wood, and other similar textures that should have a chaotic quality up close but have the appearance of repetition at a distance.

**Misshapen text, unrecognizable logos, or inconsistencies in fine details** – AI image generators are notoriously bad at imitating text or logos. If you see a car with a brand logo you don't recognize, that is a red flag. Another example would be a clock without hands or numbers.

**Light rays, reflections, refraction, and shadows** – AI can be good at mimicking reality, but it's not necessarily good at simulating reality. That is, it can make details such as reflections and shadows look plausible, but it can't simulate what they would actually look like if the light was obeying the basic laws of physics. So, look for shadows where there should not be any or vice versa, or light where there is no light source.

To spot AI-generated videos, you would use the same concepts above. Additionally, AI videos might have unnatural or impossible content. For example, a video of a small dog carrying a giant tree through a front door, is most definitely AI.

AI-generated text or writing may have a repetitive structure or predictable phrasing that is overused. It might also be overly vague or specific and contain factual errors. AI may also use uncommon or incorrect punctuation such as overuse of semi colons or dashes. If you are still concerned that text or images may be AI, there are websites and apps you can use to help detect AI-generated content. An example of one tool for images is <https://wasitai.com/>. Another website is <https://www.aiornot.com/> where you can check for AI in images or text. For text only, you can use <https://gptzero.me/> or a similar website to detect AI-generated content.

### Myth-Busting False Beliefs About POAs

#### 1. I do not need a POA because my spouse or family can make decisions on my behalf.

Wisconsin is not a "next of kin" state, meaning that family members do not have inherent authority to make decisions solely based on their relationship with you. Authority must be specifically given to a person through a POA or a court order for guardianship.

#### 2. I do not need a POA until I am older or sick.

Too often, people wait until it is too late to do advance planning. If a person no longer has the capacity to execute a POA document, then a court may need to appoint a guardian. All adults over the age of 18 should consider creating advance directives.

#### 3. Once I create a POA, I'm set for life.

The POA documents are not locked in stone. They can be revoked or re-executed at any time. The Wisconsin Medical Society recommends that advance planning documents be reviewed if any of the 4 "d's" occur:

- Death** (if any of the agents named in your POA pass away)
- Decade** (if it has been more than 10 years since you drafted or reviewed your documents)
- Divorce** (if you subsequently get a divorce after drafting your POA—in Wisconsin, if you named your spouse as agent, your POAs may be automatically revoked or the agent's authority may terminate)
- Disease** (if you become sick or are diagnosed with an illness).

For more information visit <https://gwaar.org/guardianship-resources> which includes links to forms and Do-It-Yourself Guides.



### Medicare 101: Understanding the ABC's of Medicare

This program is geared towards those new to Medicare in the coming year.

**April 29th**

**10am-11am or 6pm-7pm**  
Black River Beach Neighborhood Center

Register by calling 608-789-8640



### South Side Neighborhood Center

1300 6<sup>th</sup> Street, La Crosse

Most programs require registration: 608-789-8298

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site w/link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class April 27 & 30)

**Before the After:** Wednesday, April 8, 10am-12pm. Register by 1 day prior. Free

**Wise Wednesdays:** Wednesdays, April 1 & 15, 10:30am-12pm. Register by 1 day prior. Free

**Bingo:** Wednesdays, April 1 & 15, 12:30pm-1:30pm. Register by 1 day prior. Free

**Coping Skills:** Friday, April 3 & 17, 10am-11:30am. Register by 1 day prior. Free

**Music Café** - various performers: Thursdays, April 2 & 9, 1pm-2pm. Free

**Shuffle Together** (cards): Friday, April 10, 2pm-3:30pm. Register. Free

**Grief & Loss Support Group:** Wednesday, April 8, 10am-11am. Register by 1 day prior. Free

**La Crosse Area Parkinson's Social Night:** Wednesday, April 15, 5:30pm-7pm. (Call STAR Center for details 608.797.6295)

**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Call 608.792.6996 by noon the day prior to reserve a meal. Suggested donation is \$4. Home Delivered Meals are also offered from this site; when you call the ADRC, ask for Dawn.

### Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site or at home w/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class April 27 & 30)

**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register. (No class April 1, 6, & 13)

**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session. (No class April 7 & 21)

**Art Club:** Thursdays, 12pm-3pm. Register. \$2/session.

**Knitting Group:** Thursdays, 1pm-3pm. \$1/week.

**Parkinson's Disease Support Group:** Monday, April 13, 5pm-6:30pm. (Call STAR Center for details: 608.797.6295)

**International Folk Dance:** Saturdays, April 11 & 18, 7pm-9:30pm. Register. \$2/session.

**Embrace** (for those with dementia & care partners): Wednesdays, April 8 & 22, 12:30pm-2pm. Register. Free

**Your Affairs in Order**- Wills, Trusts, & Beneficiaries: Thursday, April 16, 10am-11:30am. Register by 1 day prior. Free

**Medicare 101:** Wednesday, April 29, 10am-11am OR 6pm-7pm. Register by Friday prior. Free

### HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

Monday: 9:30am **Chair Yoga/Tai Chi Class**

12pm **Coulee Region Woodcarvers**

Tuesday: 9am **Strong Seniors**

1pm **500 Cards** register at 786-1114

7pm **Duplicate Bridge**- 797-3587

Wednesday: 1pm **Euchre** register at 786-1114

6:30pm **Live Band Dance** -public welcome

Thursday: 9am **Strong Seniors**

10:15am **Chat Bridge**- register 797-3587

12:30pm **Duplicate Bridge**

Friday: 9:30am **Chair Yoga/Tai Chi Class**

Open daily from 9:00am-12:30pm for exercise & socializing.

**Sons of Norway:** 1st Thursday at 6pm.

**Variety Singers:** 1st Thursday at 10:15am

**Wednesday for Lunch:** April 15th, 11am-12:30pm, 55+ yrs

**Foot & Nail Clinic:** call for date and appointment

**Tech Help Drop-In:** April 15, 10:30am-12pm

**Pokeno Tournament:** April 24, 11:30am with lunch.

Call to reserve a spot.

### ONALASKA PARK & REC EVENTS

608-781-9566 Omni, 608-781-9560 Park & Rec Dept

#### Events at the DASH Center

515 Quincy St.

**Open Pickleball** - M/W/F 6am-8am, Mon-Fri 9am-1pm

**Nickel Bingo** - Tuesday & Fridays, 10:30am-11:20am

**Walking Group** - Monday-Friday from 8am-9am

**Bridge Groups**- Mondays from 12:30pm-4pm (competitive/social)

**Mah Jongg** - Wednesdays from 12:30pm-4pm

**ALS Support Group** - April 2, 1pm-3pm

**Chair Yoga** - Tues & Thurs at 2pm. Register

**Older Adult Basketball** - Thursdays, 1pm-2pm

**Dementia Live** - March 31, 12:30pm-1:30pm

#### OMNI CENTER EVENTS

255 Riders Club Rd

**Bingo:** Wednesdays at 6pm

**Home Show:** March 27-29

**Altra Easter Egg Hunt:** April 4, 10am

**Holmen Ducks Unlimited Bingo:** April 9, 7pm

**Spring Gift & Craft Show:** April 11-12

**Three River Throwdown:** April 18

**Playland Expos, Pet & Plants:** April 25

**WI Ryder Cup:** May 8-9



HOLMEN AREA

COMMUNITY CENTER

600 N Holmen Dr.

608-399-1870 [www.holmenc.org](http://www.holmenc.org)

Mon. - Thurs. 7am- 4:30pm Friday 7am - 3pm

\*Registration required for some programs.

**Indoor Walking:** Monday, Wednesday, Friday: 7am-10 am & 11am-1pm; Tuesday & Thursday 7am-10 am & 11am-12pm

**Pickleball Open Play:** Tuesdays & Thursdays 12pm-2pm (Hours may vary)

**Blood Drive:** April 27, 10am-3pm \*Register online at [www.redcross.org](http://www.redcross.org)

**Holmen Area Historical Society:** April 6, 6pm

**StrongBodies Strength Training Video:** Mondays & Fridays at 10am

**Fun with Watercolor:** Mondays, 8:30am-11am

**Chair Yoga with Marty:** Mondays, 9:15am

**NEW Sound Bowls with Laurie Café:** Mondays, 10:30am

**Beginner Line Dancing:** Mondays, 1-2pm;

**Intermediate Line Dancing:** Wednesdays, 1-2pm \*Registration

**Mah Jongg Club:** Mondays, 1-4pm

**Macrame Workshop:** April 27, 1pm-2:30pm \*Registration

**BEE WELL HEALTH FAIR:** April 21, 8:30am-11:30am

**Muscles in Motion:** Tuesdays, 9am-10am

**Community Crafts:** April 7, 1pm (Garden Markers) \*Registration

**Present Moment Yoga:** Tuesdays, 9am

**Cardio & Strength Fitness:** Tuesdays, 10am

**Hearing Evaluations:** April 3, 9:30am-11:30am (appointments)

**Hearing Instrument Checks:** April 17, 9:30am -11:30am (appointment)

**Connect2Nature:** April 21, 12:30pm. Topic: "Owls"

**Evening Euchre Open Play:** April 3 & 17, 6pm

**Holmen Ukelele Group (HUG):** Tuesdays, 12pm-1pm. \*Registration

**Family Fun Night "Spring into Family Fun":** April 14, 5pm-7pm Registration

**NEW Chair Yoga with Sarah:** Wednesdays, 8:30am

**Cardio Fitness Video Workout:** Wednesdays, 10am

**Bingo:** Wednesdays & Fridays, 12:30pm

**A Joyful Life:** April 1, 2pm-3pm

**Cozy Readers Book Club:** April 22, 2pm-3pm "The River is Waiting"

**Wednesday Welcome** - Music by Cut Thyme: April 8, 2pm

**NEW: One-derful Wednesdays:** April 15, 2 pm

**La Crosse County Veterans Service Hours:** April 2, 12:30pm-4pm

**Total Body Conditioning Series:** Thursdays, 8:30am \*Registration

**Beginner Pilates Series:** Thursdays, 9:30 am \*Registration

**Options Connection:** Thursdays, 10am-1pm

**Resources 101:** April 9, 11am. Resource options in our community

**Fun & Games:** Thursdays, 1pm-4pm

**Crafternoon Social** - Knit & Crochet: Thursdays, 1pm-3pm

**AA Meetings:** Thursdays, 6pm-7pm

**Hello Holmen!** April 16, 8:30am w/ Christen Farm Nursery

**Coping with Grief Support Group:** April 9, 12:30pm

**Intro to Improv 2 Special Guest:** Dennis Kern: April 2, 6pm \*Registration

**Charcuterie Board Basics** with Bread & Boards: April 23, 6 pm \*Registration

**Music with Greg Grokowsky:** April 3, 11am-12pm

**Gentle Yoga for Beginners:** April 10 & 24, 8am \*Registration

**Chair Yoga with Samantha:** April 10 & 24, 9:15am \*Registration

**Yoga Nidra and Sound Bath:** April 24, 10:15am \*Registration

**Dementia Live:** April 24, 1pm \*Register ADRC at 608-785-5700

**Senior Meal Site:** Lunch served at 11:30am, Monday-Friday. Call 608-317-8104 by noon the day prior to reserve a meal.

Suggested donation is \$4.50



Holmen Catholic Church 9am-11am 1st Tuesday  
 Forest Park Apartments 9am-11am 1st Wednesday  
 Salzer Square Apts. 9am-10am 1st Thursday  
 Coach Lite Mobile Home 10:30am-11:30am 1st Thursday  
 Onalaska Legion (lot) 9am-10am 1st Friday  
 Anytime Fitness West Salem 10:45am-11:45am 1st Friday  
 Becker Plaza Apts. 9am-11am 2nd Tuesday  
 Solberg Heights Apts. 9am-11am 2nd Wednesday  
 Carroll Heights, back lot 12:15pm-1:15pm 2nd Thursday  
 NEW-Campbell Community Center, 9am-10:30am 2nd Thursday  
 River Crest Village Mobile Home 1:30pm-2:30pm 2nd Thursday  
 Stokke Tower Apts. 9am-11am 3rd Tuesday  
 Sauber Manor Apts. 9am-11am 3rd Wednesday  
 Ping Manor Apts. 9am-11am 3rd Thursday  
 Stoffel Court Apts. 9am-11am 4th Tuesday  
 Pinedale Apts. Onalaska 9am-10am 4th Wednesday  
 Greendale Apts. Onalaska 10:15am-11:15am 4th Wednesday  
 NEW- Bangor Library/Dutch Creek Manor, 9:30am-11am 4th Thurs.

[wafermobile@waferlacrosse.org](mailto:wafermobile@waferlacrosse.org) or 782-6003  
 1603 George St. La Crosse

Drive thru pick up available Wednesday & Thursdays 10am-12pm

April 14th  
 5pm-6pm

Onalaska  
 Methodist Church  
 212 4th Ave N.



ONALASKA, WISCONSIN

**COMMUNITY DINNER**

In-person dining & Drive-thru available!

**Senior Citizen Social**

9am-11am  
 1st & 3rd Thursdays  
 Pizza Ranch 3130 Chestnut Pl.  
 La Crosse

Meet new friends! A free gathering  
 with coffee & treats.



**FREE Brain Checks**



NORMAL AGING OR  
 SOMETHING ELSE???

Early Detection is  
 Important

A brain-checkup is a wellness tool that can identify possible changes in cognition, capture a baseline and allow for conversation and planning if something is detected. Similar to other health screenings, brain checks can help you identify early; both irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available.

Results are free and confidential.

*NOT intended for people diagnosed with dementia.*

**THURSDAY, APRIL 23RD**

**EAGLE CREST SOUTH 622 BENNORA LEE CT. LA CROSSE**

**TUESDAY, MAY 12**

**HILLVIEW TERRACE 3503 PARK LANE DR. LA CROSSE**

**PARKINSON'S WALK AND AWARENESS EVENT**

May 9, 10am-2pm  
 Myrick Park, La Crosse



- ◇ 1-mile walk
- ◇ Live music
- ◇ Food trucks
- ◇ Resource booths
- ◇ Children's activities
- ◇ Exercise demonstrations

608-797-6295, Star Center La Crosse

**APRIL IS CHILD ABUSE PREVENTION MONTH**

**FAMILY FUN EVENT**

**APRIL 18TH, 11AM-2PM**

**MYRICK PARK**

LOCAL VENDORS AND BUSINESSES WILL BRING  
 AWARENESS TO RESOURCES ALONG WITH A BOUNCE  
 HOUSE, FREE LUNCH, FACE, PAINTING & FUN!



**Seasonal Eating**

Eating seasonally is by no means a new concept (it was the only option available before mass transportation of food became a thing), but it has recently regained so much popularity that you can find many restaurants around the country using phrases like "seasonal menus" and "farm to table" in their marketing. But what exactly is seasonal eating, and is it something you should be doing?

Seasonal eating is exactly what it sounds like – eating foods that are in season. Different foods grow better at different times of the year, therefore affecting its peak harvest season.

Have you ever noticed when you get strawberries in the summer, they are often juicy and have a deep red color all the way through? But if you bite into a strawberry in the middle of winter, there is a good chance you would find that it is mostly white on the inside and not nearly as flavorful. This is due to the variations in quality between foods that are in season versus out of season. Now that it is spring, so many incredible fruits and vegetables are starting to grow!

**Benefits of Eating Seasonally**

1. Foods are higher in nutrients when they are in season. The nutrient content of fruits and vegetables is typically highest when it is at its peak ripeness, which is generally when produce that is "in season" is picked. However, foods that are not in season are typically flown in from other areas where they are growing better. Because of this transportation process, most produce that is not in season is harvested long before it is ripe, so it never develops its full nutrition potential or its proper flavor. Produce also begins to lose some of its nutrients after it has been harvested. Therefore, the longer it has been since a fruit or vegetable has been harvested, the more nutrients it has lost. With fruits and vegetables that are not in season are still very nutritious and healthy (so don't be afraid to get them if you really want to!), they just won't have as high of a nutrient content as they do when they are in season.
2. Eating seasonally ensures you are getting a wide variety of foods in your diet throughout the year. Not all foods contain the same nutrients, which is why it is so important to include a variety of different foods in your diet. This is the reason for the old saying, "eat the rainbow." Eating seasonally helps ensure that you will be eating a variety of fruits and vegetables throughout the entire year, therefore maximizing your nutrient intake.
3. Eating seasonally is more sustainable. Eating seasonally helps lower the environmental toll associated with food transportation because foods that are in season can be purchased more locally. This helps cut back not only on fuel emissions directly from the transportation process but also reduces the amount of energy needed for refrigeration during transportation and storage. Purchasing food locally also helps support local communities and farmers!
4. Eating seasonally is often more cost-effective. The great news is that eating seasonally is also good for your bank account! The simple concept of supply-and-demand states that as the supply of an item increases, the cost will go down. This is exactly what happens with food. When food is in season, there is a lot more of it, so grocery stores can price it at a lower cost.

**The Takeaway:** Eating seasonally is a great, easy way to boost your nutrient intake, save money, reduce your environmental footprint, and support local farmers! What's not to love? It may not always be possible to eat only what is in season. It is important to prioritize overall fruit and vegetable consumption, and you can take advantage of foods that are in season while doing this! Whether you purchase your fruits and vegetables at a grocery store or farmer's market, remember to wash all fresh produce well by rubbing them under cold running water. You should do this if you are eating the skin or if the item is going to be cooked versus eaten raw. So find that local farmers market and support our local community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.		Chicken & gravy 1 over biscuits Mixed vegetables Fruited Jello, Cookie	Stuffed green pepper 2 casserole Carrots Mixed fruit	<b>CLOSED FOR HOLIDAY</b>  3
Chicken & wild rice 6 Mixed vegetables Applesauce Fruit juice	Meatballs & gravy 7  Mashed potatoes Broccoli w/ cheese sauce Pumpkin bars	1/4 dark chicken 8 Baked sweet potato California blend veggies Fruit fluff	Taco salad w/chips 9 Sliced peaches Fruit pie Sour cream, taco sauce	Pulled pork on a bun 10 Rosemary potatoes Corn Apple juice, Oatmeal cookie
Chicken parmesan 13 Penne noodles California blend veggies White bean brownie	Meatloaf 14 Dairy potato bake Carrots Fruit cup	Pork loin 15 Mashed potatoes, gravy Corn Pumpkin bar	Chicken craisin salad 16 Pineapple orange salad Blueberry muffin Ice cream sundae	Fish sandwich w/cheese 17 Oven browned potatoes Coleslaw Peach cobbler
Cheeseburger on a bun 20 Baked beans Carrots, Pudding Fresh fruit	Chicken Alfredo 21 Broccoli Grapes, Garlic toast Black bean brownie	Ham w/pineapple 22 Sweet potato casserole Asparagus Applesauce, Rye bread	Sloppy Joe on bun 23 Baked beans Peas & carrots Peanut butter cookie	Tator tot casserole 24 Spinach salad Fruit salad, Garlic toast Peach cobbler
Hearty vegetable soup 27 Turkey & Swiss sandwich Broccoli raisin salad Fresh fruit, Cream pie Crackers	Brat on a bun 28 Sauerkraut Potato salad Baked beans Ketchup, mustard, onion	Lasagna 29 Romaine salad Fruit salad Chocolate cake Garlic breadstick	Grilled chicken breast 30 Baked potato Baby carrots Fresh fruit Sugar cookie	

### SPRING ASPARAGUS

- 1.5 lb fresh asparagus cut in 2" pieces
- 2 small tomatoes cut into wedges
- 3 T cider vinegar
- 3/4 tsp Worcestershire sauce
- 1/3 c. sugar
- 1 T grated onion
- 1/2 tsp paprika
- 1/3 c. canola oil
- 1/3 c. sliced almonds
- 1/3 c. crumbled blue cheese, optional



In a large saucepan, bring 1 c. water to a boil. Add asparagus; cook covered until crisp tender, 3-5 minutes. Drain and place in a large bowl. Add tomatoes. Mix vinegar, Worcestershire sauce, sugar, onion, oil and paprika. Toss with asparagus. Top with almonds and cheese, if desired. Serves 8

### HAM SALAD

- 3 c. cooked ham, cut into pieces
- 2 green onions, chopped
- 1 celery stalk, chopped
- 1 hard boiled egg, chopped
- 1/3 c. dill pickle, chopped
- 1/3 c. mayonnaise
- 2 T. Dijon mustard
- Salt & pepper



Combine all ingredients in a large bowl. Season to taste with salt and pepper. Serve on crackers or bread. 6 servings

### EASTER BARK

- 16 whole graham crackers
- 2 c. white candy melts
- 3/4 c. pink candy melts
- 3/4 c. blue candy melts
- 3/4 c. yellow candy melts
- 1/4 c. M&Ms
- 2 T. sprinkles



Arrange crackers in a single layer on a rimmed baking sheet, breaking to fit as needed. Melt colored candy melts in separate microwave safe bowls according to package. Working quickly before melts harden, pout white melts over the crackers and spread evenly. Drop spoonful of colored melts randomly over the white layer. Swirl with toothpick to create marble look. Top with sprinkles and M&Ms while still wet. Refrigerate 15 minutes. Break into pieces. Serves 16

### TURKEY MEATLOAF

- 1/2 c. milk
- 1/2 c. panko breadcrumbs
- 1T. olive oil
- 1/2 c. chopped onion
- 2 cloves chopped garlic
- 4 oz button mushrooms, chopped
- 2 lb ground turkey
- 1/4 c. grated parmesan cheese
- 1 T. Worcestershire sauce
- 1/4 c. parsley
- 2 eggs beaten

Preheat oven to 400\*. Combine milk and breadcrumbs. Heat skillet and add oil and onions. Cook until softened. Add garlic and mushrooms. Cook 3 minutes. In bowl add turkey, parmesan, Worcestershire, parsley and onion mixture. Add milk mixture and eggs. Mix until combined. Spray loaf pan with non stick spray. Add mixture to pan. For sauce combine ketchup, brown sugar and Worcestershire sauce in bowl. Add sauce to loaf. Bake 10 minutes then reduce heat to 350\* for another 40 minutes.

- Sauce:**
- 1 c. ketchup
  - 1/4 c. brown sugar
  - 1 1/2 T. Worcestershire sauce



**Do you qualify for the Home Delivered Meal Program through the ADRC of La Crosse?**

Meals are delivered Monday through Friday from various sites located in La Crosse County.

In order to qualify for this program, you must meet all criteria:

- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

If interested or if you have questions, speak with Dawn at the ADRC at **(608) 785-5775**.

If you do not qualify for the home delivered meal program, you may have the option for the in-person dining program. Meals for those age 60 and over are paid for on a donation basis with \$4.50 being the suggested donation for in-person and home delivered \$5.



**The Southside Neighborhood Nutrition Site's dining room will be closed the following days for Elections in 2026: April 7, August 11 and November 3**

### ADRC NUTRITION OFFICE PHONE IS 608-785-5775

MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN LA CROSSE		HOME DELIVERED	792-4487
SOUTHSIDE	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR.	317-8104
ONALASKA	11:30AM	515 QUINCY ST	317-9870
WEST SALEM		HOME DELIVERED	785-5775
WEST SALEM LIBRARY	2ND & 4ND THURS	720 INDUSTRIAL DR.	785-5775
BANGOR LIBRARY	3RD THURS	1720 HENRY JOHNS	785-5775

**La Crosse Main Library**

800 Main Street | 608-789-7100  
 programteam@lacrosselibrary.org

M-Th 9am-7pm, Fri 9am-5pm, Sat 9am-1pm, Sun closed  
 Some workshops require registration. Contact the library.

- Holiday Closure: April 5
- Chair Fitness: Mondays, 9am-9:30am
- Chair Yoga: Thursdays, 10am-10:45am
- Monday Mornings at Main: Mondays, 10am-11am
- Friends of the Library Book Sale: Mondays, 9am-12pm
- Qigong: April 4, 9:30am-10:30am
- La Crosse Veteran Services: April 7, 9am-12pm
- Storytime for Adults: April 7, 6:30pm at Saxon Hall Brownsville
- Chapters Book Discussion: April 8, 1pm and April 11, 10am
- Singing Bowls Sound Meditation: April 9, 5:15pm
- Gardening Talk & Seed Swap: April 11, 10am-12pm
- Tea & Technology: April 14, 11am. Genealogy basics
- Knit & Needle: April 14, 5pm-7pm
- Egg Carton Flower Bouquets: April 17, 10am
- Book Bedazzling: April 20, 5:30pm
- BookTok Bingo: April 21, 6:30pm at 608 Brewery
- Adult Spring/Summer Clothing Swap: April 25, 12pm-2pm at North
- Balance: A Perimenopause Journey: April 30, 6pm-8pm. Register



Phone: 608-399-3390  
 Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)  
 Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)  
 Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

**National Library Week: How has the library impacted your life?** Pick up a submission form and tell us your story for a chance to win a \$50 gift card to Barnes & Noble. Runs April 1-25.  
**Bangor** movie on April 16 at 2:30pm and 6pm.  
**Holmen** movie April 20 at 2:15pm and 6pm.  
**Holmen** "Drop-in Tech Help", April 16 from 11am-12pm & 4:30pm-5:30pm.  
**Onalaska** movies April 9 and April 16 at 6pm.  
**Onalaska** "Senior Moments" on Wednesdays at 10am:  
**April 1:** Prairie Haven Farm  
**April 8:** Logs, Ice, and Steam on the Black River  
**April 15:** Fox Folk Marionettes  
**April 22:** Feeding the Titanic  
**April 29:** Cheyenne Valley  
**Onalaska** "Get Crafting with Creativebug" on April 14 at 2pm. Reg.  
**Onalaska** "Friends of the Onalaska Library Book Sale" hours:  
 Thurs, April 23: 9am-6pm, Fri, April 24: 9am-5pm, Sat, April 25: 9am-12pm (Bag sale)  
**Onalaska** Book Club, third Thursday of the month at 1:15pm.  
**West Salem** movies on April 9 and April 23 at 2:15pm.  
**West Salem** Afternoon Book Club, second Wednesday of the month at 1:30pm.  
**West Salem** "Books and Banter" Book Club, fourth Monday of the month at 6:30pm.



**The Nature Place**

789 Myrick Park Dr, La Crosse 608-860-6864  
[www.natureplacelacrosse.org](http://www.natureplacelacrosse.org)

Mon-Fri 9am-4pm, Sat 9am-12pm

- EnviroWednesday: April 1, 7pm, ages 14+
- Nature Saturday: April 4, 9:30am-11:30am, free, all ages
- Spring Clothing Swap: 9am-12pm
- Free Birding Program: April 15, 7pm for ages 14+.
- Earth Fair: April 26, 11am-4pm, see below
- Guided Marsh Hike: April 26, 11am with Dr. Chuck Lee

**NARVRE**

National Association of Retired and Veteran Railroad Employees, Unit 047 meet **April 14**, 10am at the Onalaska American Legion. Speaker: Andrew Romnes from the Sweet Shop. Patty Burr at 608-781-6032.

**The La Crosse Area Retired Educators' Association**

next luncheon is on **Thurs., May 7** at Cedar Creek Country Club. Arrive by 11:10am. Cost is \$20. Reserve at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com) by April 19th. Please bring your own leftover containers.

**Earth Fair**  
 LA CROSSE, WISCONSIN



Make EVERY Day Earth Day

Earth Fair is a FREE, family-friendly event.  
**Sunday, April 26 11:00 am - 4:00 pm**  
 Myrick Park & The Nature Place  
 Live Music/ Food/ Activities/ Prizes/ Demonstrations  
<https://sustaininstitute.com/earthfair>  
 for all events and times.  
 Parking is extremely limited inside of the park. We encourage people to walk, bike, MTU bus or carpool.

**LA CROSSE CENTER**

- Apr 3: BoDeans**
- Apr 4 & 18: Farmers Market**
- Apr 17-19: Stansfield Vending Pool Tournament**
- Apr 18: Bull Riding & Barrel Racing**
- May 2: Midwest Country Music Awards Show**

**LA CROSSE RIVER CONSERVANCY CLEAN-UP DAY**

**April 18, 2026**

**9:00 am-12:00 pm**

**Meet at South Kinney Coulee Rd near Kwik Trip**

Join Mississippi Valley Conservancy to restore one of these remaining wetlands at the La Crosse River Conservancy! We will gather litter and trash that has collected along the wetland edge. Bring along some friends and enjoy the weather for this spring clean-up! Registration confirmation will be sent by email. Additional details are emailed two days prior to the event. Questions? Email [payton@mississippivalleyconservancy.org](mailto:payton@mississippivalleyconservancy.org) or call 608-784-3606 ext. 6.

**Blood Drives for APRIL**



- 4/1: State Office Building, 11am-4pm
- 4/2: Fort McCoy, Building 50, 10:30am-3:30pm
- 4/2: La Crosse County Human Services, 10am-2:30pm
- 4/2: Mt Calvary Church Trempealeau, 10:30am-4:30pm
- 4/3: Radisson Hotel, 12pm-5pm
- 4/7: UWL Cleary Alumni Center, 11am-5pm
- 4/7: YMCA Onalaska, 10am-3pm
- 4/10: Halfway Creek Church Holmen, 10am-2:30pm
- 4/13: Valley View Mall, 12pm-5pm
- 4/16: Boys & Girls Club La Crosse, 9am-1pm
- 4/17: First Free Church Onalaska, 9am-2pm
- 4/23: Moose Lodge, 12pm-4pm
- 4/27: Holmen Community Center, 10am-3pm
- 4/29: Central High School, 9am-2pm
- 4/30: Altra Credit Union Corp Offices, 7:30am-12:30pm
- 4/30: Shepherd of the Hills Onalaska, 1pm-5:30pm

**La Crosse Blood Donation Center**— call for appt.  
 1-800-RED-CROSS  
**Versiti Blood Center**— call for appt.  
 (877) 232-4376

**Spring Fling!**

**Perrot State Park**

April 11, 2026

10:00am to 3:00pm

Family Friendly Event

Music by *Under Paris Skies*  
 Create nesting boxes, plant seeds, horse drawn wagon rides, nature walks and light snacks provided.



**SPRING ALLERGIES: NIP THEM IN THE BUD**

Spring means flower buds and blooming trees. If you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies, also called hay fever and allergic rhinitis can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple tips to keep allergies under control.

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Avoid lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside. Pollen can stick to sheets and towels.
- Wear a face mask if you do outside chores.

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night if possible or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

- Use air conditioning in your house and car. By MayoClinic.org

**Spring Election: Tuesday, April 7**

Visit [myvote.wi.gov](http://myvote.wi.gov) to:

- Register to vote
- Find a polling place
- What's on my ballot
- Vote absentee by mail or in-person
- Find your elected officials



**37th Annual Conference**

April 23 - 25, 2026

Kalahari Convention Center, WI Dells

[www.autismgreaterwi.org](http://www.autismgreaterwi.org) to register



**Spring Cleaning: Clearing the Path to Safety and Independence**

As the snow finally melts and the birds return to La Crosse County, many of us feel the itch to open the windows and start "Spring Cleaning." While we often think of this as a time to scrub floors and organize closets, it is also the perfect time to perform a **Safety Audit** of our living spaces.

For many older adults, maintaining a household can become overwhelming. Over time, clutter can accumulate, essential repairs may be deferred, and what was once a comfortable environment can become a series of "tripping hazards." A safe living space is the foundation of independence.

**Why "Clutter" Matters** It's not just about neatness. In our work, we often see how a build-up of items can lead to:

- **Fall Risks:** Rugs, cords, and boxes in walkways are the leading cause of indoor falls.
- **Fire Hazards:** Blocked exits or items stored too close to heaters and stoves.
- **Health Concerns:** Difficulty cleaning or accessing bathrooms and kitchens can lead to sanitation issues.

**The "Safety Sweep" Checklist** This April, as you begin your spring cleaning, consider these four safety steps:

1. **Clear the Path:** Ensure all hallways and stairs are free of clutter and have bright, working light bulbs.
2. **Check the Vents:** Clean out dryer vents and ensure your smoke and carbon monoxide detectors have fresh batteries.
3. **Manage Medications:** Properly dispose of expired medications at a local "Med Drop" location.
4. **Reach Out:** If the task of maintaining your living space feels too big to handle alone, don't wait for an accident to happen.

**Connecting to Resources:** If you or a neighbor are struggling to maintain a safe environment, you don't have to solve it alone.

The **Aging and Disability Resource Center (ADRC) of La Crosse County** is a wonderful resource for connecting seniors to chore services, home repair programs, and safety assessments that help people remain in their homes longer and more safely. However, if you are concerned that a situation has become unsafe or that a vulnerable adult is unable to care for their basic needs, **Adult Protective Services (APS)** is here to listen and help.

Call us at **608-785-5700**. If you *SEE something, SAY something*.

**La Crosse County Adult Protective Services**

If you **SEE something, SAY something**.

Every adult deserves to live with dignity and safety. Please contact us if you have concerns that an elder or vulnerable adult is experiencing:

- Physical or Emotional Abuse
- Neglect or Self-Neglect
- Financial Exploitation

Call us to ask questions or submit a report



**608-785-5700**

Confidential • Professional • Supportive

**Coffee Connect for Visually Impaired Persons (VIP)**

Open to people with visual impairments and their caregivers.

**Meets 1st Friday of the month, 10:30am—12pm**

Onalaska American Legion 731 Sand Lake Rd. Zoom option available.

Contact Jeannie Nylander Phone: 608-781-3361

**Crisis Line**

**608-784-4357(HELP)**

**La Crosse County Crisis Intervention Services**

Providing 24 Hour Crisis Mental Health Services

Services are available to adults and children living or experiencing a mental health crisis in La Crosse County. Our services aim to keep children and adult in their home/community setting.

- ▶ Crisis Intervention
- ▶ Consultation & Follow Up
- ▶ Crisis Stabilization

\*There is a charge for Crisis Intervention Services provided through La Crosse County Human Services Department. Your insurance will be billed directly for any services you receive. If you do not have insurance or find that these services are not covered by your insurance, you may apply for a reduced fee.

Save the Date!

**Brain Health ROADMAP**

A Community Brain Health & Dementia Awareness Event

**JUNE 11 | 9:00 AM - 2:00 PM**

**DASH CENTER ONALASKA**

Free



### 3 Ways to Encourage a Shower

*Reprinted from Trualta*

Even if your care recipient used to enjoy bathing, they may now associate it with fear of falling or embarrassment of needing help. If they have cognitive challenges, they might think they don't need to bathe, feel afraid of stepping into water, or get upset having another person involved.

#### 1. Give Something to Look Forward to:

Plan an activity they enjoy after bathing to look forward to. Try connecting bathing to the enjoyable activity. For example, you can say, "Let's go wash up before we go out to the movie theater. I'm really looking forward to seeing the show."

**Expert Tip:** Try giving the person a choice between two options, like "do you want to shower now or after lunch?"

#### 2. Create a Routine:

- **Incentivize.** If their routine consists of a favorite daily activity, like watching a TV show, do this after their shower to help motivate them. You can also organize something active right before showering, like gardening, to give them a reason to bathe.
- **Find A Time Of Day.** This can make the routine more predictable and give time to prepare mentally. Consider how medication side effects, fatigue, and medical conditions can affect the time you choose.
- **Keep It Consistent.** Keeping parts of the task the same can help them feel more comfortable. For example, using a specific washcloth or doing bathing tasks in the same order.
- **Make It Visual.** Make routines easier to follow with a visual schedule.

#### 3. Make It Enjoyable and Comfortable:

- **Make It Fun Or Relaxing.** Add spa music, candles, plants, a bubble bath, or a favorite-scented shampoo. You can also call showering something else, like "spa time".
- **Offer Alternatives.** They may not always want to get in the shower, so give them other options like sponge baths, wipes, or bathing one body part per day.
- **Give Choices.** Asking preferences like what kind of shampoo they'd prefer may help them feel more in control of the situation. Keep it simple by offering two choices - this or that.
- **Consider Comfort.** For example, only having caregivers of a certain gender help with bathing.
- **Be Positive.** If you act like you don't enjoy bathing or dislike helping, they will likely not want to do it, either. Stay positive and compliment them, but be careful not to patronize them. For example, say, "Your hair is so shiny after that wash and blow dry."

**Tip:** Consider (or ask!) their reasons for avoiding this task to cater your approach.

#### Caregiver Tip: Ask For Help with Specific Tasks

It can be hard to accept help or ask for help in the moment when you're not sure what you need. Instead of asking someone to simply help out once in a while, tell them exactly what you need help with. Try saying something like "Could you pick up mom's medications from the pharmacy this weekend?"

You can also come up with a running list of tasks that would be easy for others to help out with so that you can take care of your own needs. This way, the next time someone offers to help, you'll have a whole list for them to pick from! The list could include items like:

- Household chores
- Personal care
- Errands
- Visiting your care recipient



#### Give Options

Share the list of caregiving tasks you need help with among your support networks. This will give them options of how they can help you best. Ask them how they'd like to help and how often. You can also consider people's strengths or interests and highlight areas where they may be best suited to help. For example, a neighbor who loves gardening might be willing to mow the lawn.

#### Do You Have Questions About Guardianship?

Contact the WI Guardianship Support Center  
Call 855-409-9410  
Or questions to: [guardian@gwaar.org](mailto:guardian@gwaar.org)

#### 2026 Caregiver Education Series

DASH Center  
515 Quincy St. Onalaska

Time: 1pm—2:30pm

**April 16:** Emergency Planning

**May 21:** Benefits 101: Medicare, Medical Assistance & Veteran's Administration

Contact Kristine Meyer at 608-386-0922 or email [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org) with questions.

#### Virtual Working Families Caregiver Support Group

First Wednesday of the month

**April 1st, 6pm-7pm**

Do you have family caregiving responsibilities in addition to traditional child rearing? It may surprise you to learn that one in four working-age adults provides care or financial assistance to an older family member, an adult child or other loved one with a disability, or a spouse with a long-term illness.

This Support Group is open to ALL Working Family Caregivers! The focus will be on reducing the stress of working family caregivers, who are juggling work, homelife and caregiving. Meet other working family caregivers and share the caregiving journey!

To Register: Call the ADRC of La Crosse at 608-785-5700, or contact Kristine Meyer at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org)

#### Family Caregiver Support Group

*The focus is on reducing the stress of family caregivers, not a specific diagnosis.*

April 9th

1:30pm-2:30pm

Franciscan Spirituality Center

920 Market St. La Crosse

Contact Kristine Meyer at 608-386-0922 or email [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org) with questions.



**La Crosse Parks & Rec Senior Excursions**

For ages 50+

Call 608-789-8298 or 608-789-8640 to register.

PLEASE NOTE: Excursions below had availability when submitted for print; we cannot guarantee availability at time of publication.

- April 15: Sleuth– Guthrie Theatre
- April 19: Hairspray– Fireside
- May 2: Mega Stars of Country– Middleton
- May 8: Elvis My Way– Sheldon
- May 14: Fort Snelling and National Cemetery
- May 19: Classic Cars, Local Brews and a Pizza Farm
- June 10: Little Women– Guthrie Theatre
- June 17: Nobody’s Perfect – Day Trippers
- June 25: Million Dollar Quartet – Fireside
- July 9: Wicked—Orpheum
- July 15: Celebration Belle River Cruise - Dubuque



**Viterbo University Fine Arts Center**

929 Jackson St. La Crosse  
608-796-3100  
www.viterbo.edu/fac

**April 11: Tribute to Creedence Clearwater Revival** ( at Weber Center)

**April 23-26: Little Women: The Broadway Musical** (at Viterbo)

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- 4/10: Chad Cagle, 7pm
  - 4/12: GEPS Scholarship Breakfast, 8am-12pm
  - 4/18: Watercolor Painting Class, 10am-12pm
  - 4/19: GET Solo & Ensemble, 2pm
  - 4/25: Patina, 7pm
  - 4/26: Local Player’s Piano Concert, 2pm
- Ellen McDonah’s artwork on display in the gallery

**Arnold House at East Side Farm**

19408 Silver Creek Rd. Galesville  
4/11: Salad Luncheon & Hat Bash, 11:30am-2pm  
Call for reservation to 608-865-1047

**TOLAND THEATER– UWL**

333 N 16th St. La Crosse 608-785-6696

April 11 & 12: **My Days with Peter Rabbit**  
April 24-May 3: **A Gentleman’s Guide to Love & Murder**

**Cappella Performing Arts Center**

721 King St, La Crosse  
608-299-7248

**April 12: 3rd Annual Dance Showcase**



**Onalaska Jazz Festival**

**Saturday, April 18, 4pm – 10pm**  
Stoney Creek Hotel and Conference Center  
Showcase performances by jazz bands from Onalaska and West Salem schools

**SPRING FLING 2026**

Saturday, April 18  
10:30am-1pm  
Capella Wedding & Events  
721 King St. La Crosse

Tickets: <https://womensfundlacrosse.org>

**WEBER CENTER FOR THE PERFORMING ARTS**

608-784-9292

[www.webercenterarts.org](http://www.webercenterarts.org)

(Senior Preview \$15 tickets available at the Neighborhood Centers on select shows)

**Apr 10-19: Silent Sky**  
(Apr 9: Senior preview)

**April 11: Commotion-Creedence Clearwater Revival Tribute**  
**April 12: Late Nite Catechism**



**MARIE HEIDER CENTER FOR THE ARTS**

405 E Hamlin St. West Salem  
608-786-2550 [www.heidercenter.org](http://www.heidercenter.org)

Apr 9: **Free and Easy Band**  
April 25: **Sons of Serendip**

**Concordia Ballroom**



1129 La Crosse St. La Crosse  
608-782-7049  
[www.concordiabalroom.com](http://www.concordiabalroom.com)

**Dances every Sunday, 1pm-4pm.**  
Zumba, Salsa and line dance classes also available.

**Senior Card Players: MWF, 1pm-3pm**  
**Continental Dance: April 10, 7pm**  
**Rockabilly Swing Dance: April 10, 7pm**  
**Closed: Sunday, April 5**  
**Road2Hope: April 9, 5pm**

**Pump House Regional Arts Center**

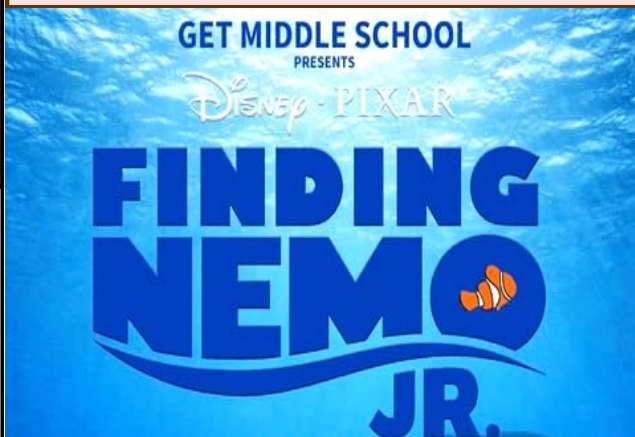
119 King Street La Crosse, WI 54601  
608.785.1434 [contact@thepumphouse.org](mailto:contact@thepumphouse.org)

**April 9 & 10: Mason Jennings Concert**  
**April 14-18: Cocktails & Cabaret**

*La Crosse Symphony Orchestra*

929 Jackson St. La Crosse  
608-783-2121

**4/11: Hollywood Treasures, 7:30pm**



**April 10, 7pm**  
**April 11, 1:30pm**  
**Galesville Middle School, Main St.**  
**Tickets: [Getpac.org](http://Getpac.org) or purchase at the door**

**Senior Life newsletter Questions?**

To reach the Aging and Disability Resource Center you can locally call 608-785-5700 or toll free 1-800-500-3910.  
Email: seniorlife@lacrossecounty.org or fax to 785-6135



**March 9, 1960:** Kennedy flew into the La Crosse Airport on his plane "The Caroline" during a snowy, three-day tour of Wisconsin to combat "chronic unemployment". He stayed overnight at the Stoddard Hotel and had brunch at a local Democratic official's home on Ninth Street before traveling to Black River Falls.

**WHAT'S GOING ON IN THE NEIGHBORHOOD:**

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Monday:** First Monday, 6pm Bingo @ Valley View Mall food court
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
- Tuesdays:** 6pm Bingo @ Features West Salem
- Wednesdays:** Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Wednesdays:** 6pm Bingo @ Omni Center
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 4/2:** Moon Tunes 15th Anniversary Party, 4:30pm at the Rivoli Theater. Live music, free of charge
- 4/3:** Downtown Art Walk, 4pm-7pm, 3rd & Main St. La Crosse
- 4/4:** Spring River Makers Market, 9am-3pm, La Crescent Area Event Center
- 4/4 & 4/18:** Winter Farmer's Market, 9am-12pm. La Crosse Center
- 4/10:** Hillbilly Fever, 7pm, Onalaska American Legion
- 4/10 & 4/11:** Rummage Extravaganza, 2503 Main St. La Crosse
- 4/11:** STAR Center Rummage Sale, Lincoln Middle School, 7am-?
- 4/18:** Community Shred Event, 9am-12pm, Union State Bank WS
- 4/19:** Spring Craft Show, 9am-3pm. Town of Holland Holmen
- 4/21:** Winter Market, 4pm-7pm, La Crescent Area Event Center
- 4/25:** Spring Market in the Valley, 8am-2pm, Coon Valley Dairy
- 4/25:** Village wide garage sales, Trempealeau
- 5/1 & 5/2:** Wild Fest, 500 Division St Stoddard. Food, music, fishing



**April 25**  
**12pm-5:30pm**  
**Oktoberfest Grounds**  
**Beverages, Food Trucks,**  
**Vendors Market, Live Music**  
**and Games**

**ONALASKA OMNI CENTER**

## Spring Gift & Craft Show

Saturday & Sunday  
**April 12 & 13, 2025**

Featuring over 100 vendors!

Saturday, April 12 | 9am to 3pm  
Sunday, April 13 | 9am to 2pm

FOR MORE INFORMATION VISIT: [ONALASKAOMNICENTER.COM](http://ONALASKAOMNICENTER.COM)

**Neighbors Day**  
**April 25**  
**7:30am-1pm**



Do you need assistance cleaning up your yard, raking leaves, trimming shrubs, or cleaning first floor windows?

**We have volunteers ready to help you!**

- Must live in the City of La Crosse, Town of Shelby, or Town of Campbell.
- Must be elderly and/or disabled.
- Our volunteers can not clean windows if they have to stand on a ladder to reach them.

To sign up to volunteer or need service, call 608-406-4363 or email [info@habitatlacrosse.org](mailto:info@habitatlacrosse.org)

**FREE Electronic Recycling Collection Event**  
**April 4, 8am-1pm**

**Dynamic Recycling N5550 Dynamic Way, Onalaska**  
**Accepted:** TVs, Monitors, Computers, VCRs, DVDs, Satellite receivers, Routers, Speakers, Printers, Fax, Cell phones, Air fryers, Crockpots, Coffee makers, Toasters, Microwaves, Cameras, Fans, Irons, Radios, Vacuums, Space heaters, Electric power tools, Car batteries, Leaf blowers, Electric trimmers  
**Not Accepted:** Large appliances, A/C units, Loose batteries, Bulbs, Ballasts, Vape pens, Gasses under pressure



**Spring Garden Word Scramble**

Race to see how quickly you can unscramble the following mixed-up, gardening-themed words?

1. Flodfaid \_\_\_\_\_
2. Rolfew Top \_\_\_\_\_
3. Gelsnide \_\_\_\_\_
4. Stufreblite \_\_\_\_\_
5. Depas \_\_\_\_\_
6. Slitup \_\_\_\_\_
7. Grinetaw Nac \_\_\_\_\_
8. Orwk Slegov \_\_\_\_\_
9. Stablegeve \_\_\_\_\_
10. Druibshoe \_\_\_\_\_
11. Snubine \_\_\_\_\_
12. Morewraths \_\_\_\_\_
13. Ziterrlife \_\_\_\_\_
14. Shindbrimmug \_\_\_\_\_
15. Salezaa \_\_\_\_\_
16. Dahn Stool \_\_\_\_\_
17. Bludgay \_\_\_\_\_
18. Brelowerhaw \_\_\_\_\_
19. Chuml \_\_\_\_\_
20. Lapsgin \_\_\_\_\_

**Easter Egg Hunts are Hopping Up All Over the Area**

- Stoddard Egg Hunt**  
Saturday, **April 4**, 10am, Stoddard Main Park
- La Crosse Lions Egg Hunt**  
Sunday, **March 29**, 2pm-4pm, Myrick Park. Register [lacrosselions.org](http://lacrosselions.org)
- Egg Hunt | Clearwater Farm**  
Saturday, **April 4**, 9am-12pm 760 Green Coulee Rd., Onalaska
- Onalaska Community Egg-Stravaganza**  
Saturday, **April 4**, 12:30pm-3pm  
Onalaska High School, 700 Hilltopper Dr., Onalaska
- Altra's Easter Egg Hunt**  
Saturday, **April 4**, 10am-12pm  
Omni Center, Onalaska
- West Salem Egg Hunt**  
Saturday, **March 28**, 10:30am  
West Salem High School softball field
- Trempealeau Egg Hunt**  
Saturday, **April 4**, 2:45pm-5:45 pm  
N14756 Delaney Rd., Trempealeau
- Holmen Egg Hunt**  
Saturday, **April 4**, 11:15am start  
525 McHugh Rd. Holmen
- Bangor Egg Hunt**  
Saturday, **April 4**, 10am at St. Paul's Church

