

January 2026



La Crosse Senior Life



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

Volunteering: Staying Active, Connected, and Purpose-Driven

January is a time many of us reflect on what keeps life meaningful—connection, purpose, and feeling part of something bigger than ourselves. One powerful way to nurture all three is through volunteering.

Volunteering is not just about giving time—it is about staying active, sharing your talents, and building relationships. Research consistently shows that volunteering can support emotional well-being, reduce isolation, and help people stay mentally and socially engaged. Whether it is once a month or once a week, volunteering can add structure and fulfillment to daily life.

In La Crosse County, volunteers play an essential role in strengthening our community. From mentoring and social connection to supporting innovative programs for older adults and caregivers, there are many ways to get involved—no matter your background or experience.

This January, we are highlighting new and meaningful opportunities connected to an exciting community initiative: the Hillview Life Center.

A New Community Space Where Generations Connect

Introducing the Hillview Life Center Adult Program

Opening this year on the Hillview Healthcare Campus, the Life Center is an exciting new community program designed to support adults living with early-stage cognitive changes, including dementia. Developed through strong partnerships between La Crosse County, including the ADRC of La Crosse County, YWCA of La Crosse, and UW-La Crosse, the Life Center is part of a larger effort to create a welcoming, supportive center where people of all ages can thrive.

The adult program at Hillview Life Center focuses on person-centered, strengths-based activities that promote well-being, independence, and meaningful connections. The program encourages creativity, movement, conversation, and purpose. Participants will engage in activities such as art, music, wellness and movement, gardening, storytelling, and small-group programs designed to support cognitive, social, and emotional health.

A defining feature of the Hillview Life Center is its intergenerational approach. Located alongside the YWCA childcare program, the Life Center creates intentional opportunities for shared experiences between adults and children such as reading, art, and music. These moments foster joy, reduce isolation, and remind all generations of the value of connection, learning, and shared humanity.

The Hillview Life Center also recognizes the important role of family caregivers. By offering engaging daytime programming, the adult program provides caregivers with peace of mind and much-needed breathing room, knowing their loved one is spending time in a safe, enriching, and respectful environment.

Community members will soon have opportunities to tour the space, meet partners, and learn more about programming. See page 3 of this issue for upcoming tour dates and additional details.

As Hillview Life Center prepares to open its doors, community volunteers will play a key role in bringing this vision to life.



Above: A look inside the Life Center during construction. This larger space will be used primarily for the YWCA childcare program.

Volunteers Needed: Help Bring Hillview Life Center to Life

As the Life Center prepares to open, community volunteers are essential to making its adult programming vibrant and welcoming.

Volunteers will support a variety of activities, including:

- Spending time with adults in a warm, supportive environment
- Assisting with art, music, gardening, and storytelling
- Participating in small-group programs
- Sharing hobbies, skills, or conversation
- Enjoying meaningful interactions with children onsite

Whether you are available occasionally or on a regular basis, your time can make a real difference. Volunteers help create a space where people of all ages feel connected, valued, and supported.

To learn more or sign up, email hlcadultprograms@ywcalax.org.

Another Way to Give Back: Help Support Family Caregivers

Family caregivers play a vital role in our community and many could use extra support. The **Powerful Tools for Caregivers** program helps caregivers build skills, confidence, and connections as they navigate the caregiving journey.

This program was featured in *La Crosse Senior Life* this fall, and now we are seeking 1–2 community members interested in being trained to co-facilitate future 6-week classes.

You do not need to be a professional—just someone who has experience as a family caregiver or working with family caregivers, and is willing to complete facilitator training. Co-facilitators work as part of a team and receive support and guidance throughout the process.

If you are looking for a meaningful volunteer role that directly supports caregivers in our community, this may be a great fit. To learn more, contact us (ADRC) at **608-785-5700**.



A Little Time. A Big Impact

And do not forget about our **Senior Nutrition Program!** From delivering meals to individuals unable to leave their homes to helping at community dining sites, senior nutrition program volunteers offer so much more than a meal. Flexible options available—from one day a month to five days a week—throughout the county. Help is always needed. To learn more, contact the ADRC of La Crosse County at **608-785-5700**.



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-12:00pm or 1:00pm-5:00pm

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



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**

Home Delivered Meals Needs Drivers

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 .70/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)

- | | |
|--|---|
| <input type="checkbox"/> ADRC General Support | <input type="checkbox"/> Elder Benefit Specialist |
| <input type="checkbox"/> Caregiver Support | <input type="checkbox"/> Health Promotion |
| <input type="checkbox"/> Congregate Dining | <input type="checkbox"/> Home-delivered Meals |
| <input type="checkbox"/> Dementia Support Services | <input type="checkbox"/> Senior Life Newsletter |
| <input type="checkbox"/> Disability Benefit Specialist | <input type="checkbox"/> 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, 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!



WELCOME TO THE HILLVIEW LIFE CENTER!
Where Generations Grow Together

You may have heard the Buzz, now you can experience La Crosse’s new intergenerational program for adults with mild cognitive impairment, early-stage neurocognitive conditions, including dementia! The Hillview Life Center expands support for those newly diagnosed and offers:

- **Person-Centered Programs:** Activities tailored to participants’ interests and strengths
- **Engaging Wellness Activities:** Guided by the International Council on Active Aging principles to support whole-person well-being
- **Bee Well Program – First in the U.S.:** Hands-on honeybee experiences for mindfulness, nature connection, and wellness
- **Social & Intergenerational Connections:** Small groups, community outings, and shared experiences with onsite childcare, community youth groups and UW-La Crosse Health Science Interprofessional Research Center students
- **Caregiver Support:** Daytime space for loved ones to thrive, plus workshops and peer connections

Drop-in tours and refreshments:
 Tuesday January 20th, 12pm-2pm
 Monday January 26th, 4pm-6pm
 Wednesday Feb. 11th, 8:30am-10:00am

We are welcoming adults with Mild Cognitive Impairment & their caregivers to come learn more about this new program.

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

Questions? hcadultprograms@ywcalax.org or 608-781-2783 ext. 251

Dementia Live®: Community Impact

In 2025, the ADRC of La Crosse County Dementia Care Specialist Program, with help from volunteers of the Dementia-Friendly Community Coalition, created big momentum in the community related to dementia awareness and education by offering the Dementia Live® program throughout the region. The simulation reached 252 participants at community sites, service agencies, and local university campuses. Participants included:

- ▶ Pre-health students from Viterbo, UW-La Crosse, and Winona State University
- ▶ Caregivers and community program volunteers
- ▶ Law enforcement and other frontline professionals

Dementia Live® offers a brief but powerful window into the sensory and cognitive challenges faced by people living with dementia.

The experience consistently strengthens empathy, improves communication skills, and deepens understanding—key ingredients in building a dementia-friendly community.

More sessions will be offered in 2026! Stay tuned.

Farm Families Coping with Dementia (FFCD)



A Caregiver Support Research Project

Concerned about someone in a farming community showing signs of dementia?

You may be eligible for Farm Families Coping with Dementia (FFCD)

FFCD is a free, online educational series created to support caregivers of individuals living or working on or near farms who are showing signs of memory loss or confusion.

- Over four weekly sessions (1 hr), learn about:
- Dementia Basics
 - Farm Safety and Dementia
 - Improving Safety with Dementia
 - Caregiving and Communication

Interested?
 To register, call (319)-384-3817 to complete a brief eligibility survey

Questions?
 Kanika Arora
 kanika-arora@uiowa.edu
 Julie Bobitt
 jbobitt@uic.edu

Get up to \$50 for surveys and feedback if eligible after screening

When: Jan 26 - Feb 16
Where: Online/Zoom



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.

Looking for Caregiver Support?

The Aging and Disability Resource Center (ADRC) offers a variety of support groups—both in-person and virtual—designed to connect caregivers, share experiences, and provide practical resources. Reach out today to find a group that fits your needs and schedule.

Call 608-785-5700

Virtual Powerful Tools for Caregivers

Fridays, January 9—
 February 13
 10:00am—11:30am

Location: Virtually on Teams (device needs to have mic and camera)

Workshop is FREE!

Suggested donation of \$20 for the Caregiver Workbook

To register call Teresa, at 608.637.5201 or

teresa.gander@vernoncountywi.gov

Dementia Diagnosis: Take the guesswork out of what’s next.

Join us for an informative class series designed for individuals living with a diagnosis and their care partners. Each session offers practical guidance for everyday life, tools for planning ahead, and resources to support independence and confidence. Topics covered:

- Partner with Your Medical Team and Being Informed
- Legal and Financial Planning
- Maximizing Independence and Getting Connected
- Other Considerations: Support, Safety, Resources

Spring 2026 Dates: Wednesdays- March 4, 11, 18 and 25th
 from 10am – 11:30am

Location: La Crosse Campus East Building
 3rd floor Neurology, Conference Room A

For more information about the programs or services available, call Kelsey or Becky at La Crosse ADRC at (608) 785-5700 or email: adrc@lacrossecounty.org.



Medicare Advantage Open Enrollment Period

The annual Medicare Advantage Open Enrollment Period (MAOEP) is from January 1st through March 31st. During this time, Medicare beneficiaries can switch to a different Medicare Advantage Plan. Medicare beneficiaries currently enrolled in a Medicare Advantage Plan can make one enrollment change during this period. Beneficiaries who may not have switched their plan during the Annual Enrollment Period (AEP) or who may be dissatisfied with their current Medicare Advantage Plan, can enroll in a different Medicare Advantage Plan or return to Original Medicare during the MAOEP.

Medicare Advantage Open Enrollment options are as follows:

- Change to a different Medicare Advantage Plan with or without Prescription Drug coverage, even if there was no Prescription Drug plan with your prior plan. The new coverage will begin on the first day of the following month.
- Disenroll from a Medicare Advantage Plan and return to Original Medicare Part A&B and use a Special Enrollment Period to enroll into a separate Prescription Drug Plan (Part D). This coverage election will begin on the first day of the following month.

To enroll in a different Medicare Advantage Plan, beneficiaries may contact the preferred plan's insurance company directly, call 1-800-Medicare (1-800-633-4227), or enroll online at Medicare.gov.

For further questions or assistance about Medicare-related health insurance coverage in Wisconsin, contact the Medigap Helpline at **1-800-242-1060** to speak with a counselor.

2026 Medicare Costs

By the GWAAR Legal Services Team

The Centers for Medicare & Medicaid Services (CMS) recently released the 2026 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2026 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

Medicare Part A Costs

Most Medicare beneficiaries do not have to pay a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2026, the premium will either be \$311 or \$565 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100. In 2026, these costs will be as follows:

- Inpatient hospital deductible: \$1,736
- Daily hospital coinsurance for 61st-90th day: \$434
- Daily hospital coinsurance for lifetime reserve days: \$868
- Skilled nursing facility daily coinsurance for 21st-100th day: \$217

Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A. In 2026, beneficiaries enrolled in Part B will pay a monthly premium of \$202.90. In addition, they will pay an annual deductible of \$283.

Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2026, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$121.60.

La Crosse and Onalaska Tax-Aide Services 2026

Free tax preparation of basic Federal and State returns for low to middle income Wisconsin residents of all ages

SCHEDULING WILL BEGIN MID TO LATE JANUARY, 2026

Step 1: Determine If You Are Eligible

- You and your spouse lived in Wisconsin all of 2025 and you did not get divorced in 2025
- If you are married, taxes will be filed jointly; both spouses must attend the appointment
- Taxes will generally be prepared in one appointment, which might take up to 3 hours
- **Due to scheduling limitations, if you have tax forms with multiple transactions, volunteers may decide you need to return for a second visit**
- **If you have income from another state, you may need to return for a second visit**

Step 2: Mid to late January 2026, schedule an appointment in La Crosse or Onalaska

La Crosse	Onalaska
<ul style="list-style-type: none"> • Location: REACH Services and Resource Center • Address: 212 11th St S, La Crosse • Schedule online: www.aarpfoundation.org/taxaide or email laxtaxquestions@gmail.com to receive a link to the La Crosse Scheduler • For Scheduling Help: call 608-588-6124 • Intake Packets: available at the Main La Crosse Public Library or email laxtaxquestions@gmail.com to receive a link 	<ul style="list-style-type: none"> • Location: Great Rivers United Way • Address: 1855 E Main St, Onalaska • Schedule online: www.aarpfoundation.org/taxaide or email onataxaide@gmail.com to receive a link to the Onalaska Scheduler • For Scheduling Help: call 608-501-2544 • Intake Packets: available at Onalaska and Holmen Public Libraries or email onataxaide@gmail.com to receive a link
DO NOT contact Reach Services about Tax-Aide	DO NOT contact United Way about Tax-Aide

Step 3: Before Your Appointment - Pick up an Intake Packet or Email for a Link

Step 4: Bring These Documents to Your Appointment

- **The two questionnaires from the Intake Packet need to be thoroughly completed;** if you are unable to pick up an Intake Packet, arrive at your appointment 30 minutes early to complete the questionnaires
- Social Security Cards or Social Security form SSA-1099 for **ALL** taxpayers and dependents
- Government issued Photo ID for **ALL** taxpayers
- **IRS is no longer providing refunds by check; bring bank account information, preferably a check**
- **NOTE:** WI Department of Revenue still provides refund checks
- All income statements including Federal and State SSI, Social Security Form SSA-1099, 1099 R, W-2, Interest and Dividend Statements, all pages of the Brokerage Statements, etc.
- All expense statements including student loan interest, childcare expenses, college tuition form 1098T, property tax statements, child/dependent care, etc.
- **ONLINE TAX DOCUMENTS MUST BE PRINTED** including W-2, 1099R, Brokerage Statement, Dividend Statement, 1098T, etc.
- Signed Rent Certificate or Property Tax Statement if you are applying for Homestead Credit
- **NOTE:** If you are under the age of 62 and have no earned income you must bring a Disability statement from the Social Security Office stating the date your disability began
- Health Insurance Premiums you paid out of pocket or Form 1095-A if your Health Insurance is from the Marketplace www.healthcare.gov
- 2024 Tax Return
- If you received an Identity Theft PIN from the IRS, bring the new PIN Number you received online or in the mail in December 2025 or January 2026

La Crosse County Veteran Services

Health and Human Services Building
300 4th Street N, La Crosse
608-785-9719
lacrossecounty.org/veterans

Helping Veterans and their families learn and apply for the benefits earned through military service. Our office is here to help with benefits such as: **disability, education, healthcare, burial, dependents, and many more state and federal benefits.**

FRIGID TEMPS ARE HERE. APPLY TODAY!

Wisconsin Home Energy Assistance Program

provides assistance for:

Heating Assistance, Electric Assistance, Crisis Assistance, Furnace Assistance, Weatherization & Water Conservation

La Crosse County residents can call 608-785-5582 for help or <https://energybenefit.wi.gov>



South Side Neighborhood Center1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks**Staying Active Together:** On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class Jan. 12 & 19)**Before the After:** Wednesday, January 21, 10am-12pm. Register by 1 day prior. Free**Wise Wednesdays:** Wednesdays, January 7 & 21, 10:30am-12pm. Register by 1 day prior. Free**Bingo:** Wednesdays, January 7 & 21, 12:30pm-1:30pm. Register by 1 day prior. Free**Coping Skills:** Friday, January 9 & 23, 10am-11:30am. Register by 1 day prior. Free**Shuffle Together** (cards): Friday, January 9 & 23, 2pm-3:30pm. Register. Free**Grief, Loss, & Support:** Wednesday, January 14, 10am-11am. Register by 1 day prior. Free**La Crosse Area Parkinson's Social Night:** Wednesday, January 21, 5:30pm-7pm. (CALL STAR CENTER FOR DETAILS: 608.797.6295.)**Senior Meal Site Open:** Lunch served at South Side Neighborhood Center at 11:30am, Monday-Friday. Call 608.792.6996 by noon the day prior to reserve a meal.**Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks**Staying Active Together:** On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. No class Jan. 12 & 19)**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register. (No class Jan. 5, 7, & 19)**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session.**Art Club:** Thursdays, 12pm-3pm. Register. \$2/session.**Knitting Group:** Thursdays, 1pm-3pm. \$1/week.**Parkinson's Disease Support Group:** Monday, January 5, 5pm-6:30pm. (CALL STAR CENTER FOR DETAILS: 608.797.6295.)**International Folk Dance:** Wednesday, January 7 & Saturday, January 17, 7pm-9:30pm. Register. \$2/session.**Embrace** (for those with dementia & care partners): Wednesdays, January 14 & 28, 12:30pm-2pm. Register. Free**Special Needs Planning with Trusts:** Thursday, January 15, 6pm-7:30pm. Register by 1 day 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:** January 21, 11am-12:30pm.
Free, 55+ yrs**Foot & Nail Clinic:** TBD, call for an appt.**Craft Corner:** January 8, 1pm**Tech Help Drop-In:** January 21, 10:30am-12pm**ONALASKA PARK & REC EVENTS**

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

Events at the DASH Center

515 Quincy St. Onalaska

Open Pickleball– M/W/F 6am-8am, Monday 11am-3pm
Tues-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**Adult Ballet**– Mondays & Wednesdays, 4pm-5pm. Jan 5-Feb 4.
Pre-registration is required at onalaska.recdesk.com Cost \$50**ALS Support Group**– Friday, Jan 4th. 1pm-3pm**Your Best Bet for Managing Debt w/ Altra**– Jan 15, 12:30pm**OMNI CENTER EVENTS****Public Open Skate:** Sundays, 5:30pm-7:30pm**Winter Beer Collector Show:** January 17**Indoor Garage Sale:** March 14**Hairball Concert:** March 21**Legends Alive Concert:** August 29

HOLMEN AREA

COMMUNITY CENTER

600 N Holmen Dr.

608-399-1870 www.holmenc.org

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

*Registration required for some programs.

Holiday Closure: January 1st**Indoor Walking:** Monday-Friday: 7am-10 am; 11am–1pm (Hours may vary)**Pickleball Open Play:** Tuesdays & Thursdays 11am–1pm (Hours may vary)**Holmen Area Historical Society:** Monday, Jan 5, 6pm-8pm**StrongBodies Strength Training Video:** Mondays & Fridays at 10am**Fun with Watercolor:** Mondays at 8:30am–11am**Chair Yoga with Marty:** Mondays at 9:15am**Beginner Line Dancing:** Mondays 1pm; Intermediate Line Dancing:
Wednesdays 1pm**Mah Jongg Club:** Mondays, 1pm-4pm**Red Cross Blood Drive:** Monday, January 19, 10am-3pm *Register online at
American Red Cross**Muscles in Motion:** Tuesdays, 9am–10am**Community Crafts with Jackie & Pam:** Jan 6, 1pm (Lighted Snowflake Jar)
*Registration required**Cardio & Strength Fitness:** Tuesdays, 10am**Hearing Evaluations:** Jan 6, 9:30am–11:30am (call for an appt)**Hearing Instrument Checks:** Jan 20, 9:30am–11:30am (call for an appt)**Evening Euchre Open Play:** Jan 6 & 20 at 6pm**Holmen Ukelele Group (HUG):** Tuesdays, 12pm–1pm *Registration required**Diamond Art:** Wednesdays at 9am**Bingo:** Wednesdays & Fridays at 12:30pm**A Joyful Life:** Jan 7, 2pm–3pm (Topic: Importance of Self-Care)**Cozy Readers Book Club:** Jan 21, 2pm–3pm (“Theo of Golden”)**La Crosse County Veterans Service Hours:** No Service Hours in January**Beginner Pilates Series:** Thursdays, 8:30am *Registration required**Total Body Conditioning Series:** Thursdays, 9:45am *Registration required**Connect2Nature:** January 20, 12:30pm-1:30pm Topic: “A Bird’s Eye View”**Fun & Games:** Thursdays, 1pm–4pm (Learn new card and board games!)**Crafternoon Social – Knit & Crochet:** Thursdays, 1pm-3pm**AA Meetings:** Thursdays, 6pm–7pm**Hello Holmen!** Jan 15, 9am (Updates with Patrick Barlow and Scott Heinig)**Hospice 101:** January 8, 1pm (FREE session, open to the public)**Music with Greg Grokowsky:** January 9, 11am–12pm**Gentle Yoga for Beginners:** Jan 16 & 30 at 8am**Chair Yoga with Samantha:** Jan 16 & 30 at 9:1 am**Intro to Watercolor II:** Thursdays at 1pm, Jan 15–Feb 21 *Needed to
complete “Intro to Watercolor I” to register

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

**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

Email: mjnylander@icloud.com or britney.hodson@gmail.com



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
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
Schu-Mullen Neighborhood 11am-12:00pm 4th Thursday

wafermobile@waferlacrosse.org or 782-6003
 1603 George St. La Crosse

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



Every other Saturday
 Now - April 18
 9am-noon
 New Location:
La Crosse Center
 608-769-5564

Senior Nutrition During Cold Weather Months

While eating a well-balanced diet is essential for older adults throughout the year, senior nutrition becomes even more critical during winter. Cold weather can affect appetite and energy levels, making it challenging for seniors to get the essential nutrients their bodies desperately need.

Adequate senior nutrition helps boost the immune system, improve cognitive function, restore energy, and enhance overall health, reducing the risk of illness and complications.

Eating foods like salmon, egg yolks, red meat and oranges will help. Higher calorie requirement: You tend to burn more calories in the winter as your body works harder to stay warm. Don't forget to hydrate, try to get more vitamin D with the sunshine, eat seasonal vegetables, sip herbal tea and a bowl of soup is a must.

January 13th
 5pm-6pm

Onalaska
 Methodist Church
 212 4th Ave N.



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!



JANUARY 21st
 3rd Wednesday of the month
4:30pm—6pm
 Journey Lutheran Church
 2703 Sand Lake Rd. Onalaska

Everyone is welcome to attend! You will receive an abundance of grocery items. No income or residency requirements.
\$25 Cash Donation is required. www.rubyspantry.org

MENTAL HEALTH MATTERS

WITH MERLE HANSON



Wednesday, Jan. 7th, 6:00pm at the
 La Crescent Community Building



For nearly 50 years, Merle Hanson carried the diagnosis of Schizophrenia inside him. He told nobody. It was his secret and his curse. Eventually, Merle found peace in his journey. The voices still talk. He lives in Winona with his partner, Cheryl, enjoying life, writing books, and telling stories. He invites you in to listen.

La Crosse's Snow Bowl, or "The Alps of the Mississippi"

In the 1930s, as the Great Depression forced people out of work, and factories into shorter hours of operation, more people found themselves with increased leisure time. During this same decade, the federal New Deal began providing infrastructure for more recreation opportunities through programs like the Works Progress Administration and the Civilian Conservation Corps (CCC). Locally in La Crosse, these programs provided hiking trails in Perrot State Park and a shelter at the top of Grandad Bluff. Together, movements like these created an increase in people participating in outdoor recreation.

Norwegian immigrants had brought skiing to the Midwest as early as the 1830s, and in La Crosse, there is evidence that residents were using area bluffs and hills for skiing by the late 1800s, though they could have been doing this as early as the 1850s. One popular location was the Pammel farm, which was south of the city, along what is now Hwy 33.

By the late 1930s, La Crosse had enough interest to establish a ski hill in the city. They called it the Snow Bowl. It was developed on a 350-acre tract of land on and surrounding the Charles Hass farm.

The Snow Bowl was a jointly-managed property: the La Crosse Junior Chamber of Commerce (or, "the Jaces" — a predecessor of the Jaycees) paid the land rental and fundraised when necessary for things like the warming shelter, which was built at the base of the hill in 1937-1938. The City Parks and Recreation Department maintained the land and provided parking.

Charles Haas, the owner of the farmland, who was a member of the Jaces, reportedly built fires for skiers in the warming shelter and maintained the ski tow. The La Crosse Ski Club taught free ski lessons on the weekend, and helped advocate to City Council members the importance of a resource like a city-maintained ski hill.



To draw in local tourism, the Jaces worked with the Burlington Railroad passenger service to produce tourist pamphlets like the one below to attract travelers from Chicago to La Crosse for a weekend away.

The pamphlet encouraged tourists to book a room at the Stoddard Hotel, where taxis could take them up to the Snow Bowl. The whole trip would cost travelers only \$15, according to the brochure. Click the images for larger view.

For the ease of tourists and skiers, the U.S. National Weather Bureau station in La Crosse even started a snow report service to describe the snow conditions in 1939.

For the past 80 years, this land has been relatively untouched, and is currently owned by the Outdoor Recreation Alliance (ORA), who is working hard to develop a Trail Farm to keep this historic piece of property a space where folks in the La Crosse area enjoy the outdoors.

Article taken from La Crosse Public Library Archives



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.			Closed for Holiday	1 Lasagna Romaine salad Banana Grape juice, Garlic toast 2
Hamburger 5 Potato wedges Baked beans Fruit salad	Roast pork & gravy 6 Mashed potatoes California vegetables Carrot cake 	Chicken Craisin salad 7 Pineapple orange salad Blueberry muffin Ice cream	Beef stew 8 Romaine salad Pears, Biscuit Chocolate cake	1/4 BBQ chicken 9 Au gratin potatoes Asparagus Apple crisp w/ raisins
Pepper steak w/tomato 12 Dairy potato bake Green beans, marble bread, Pineapple fluff	Goulash w/ beans 13 Country style vegetables Apple juice, Pudding Rye bread	Tater tot casserole 14 Broccoli, garlic toast Fruit salad Black bean brownie	Chicken rice casserole 15 Glazed carrots Fruited Jello Cranberry juice	Meatloaf 16 Baked sweet potato California vegetables Strawberry shortcake
 All Sites Closed 19	Broccoli & cheese soup 20 Grilled chicken sandwich 3 bean salad Fruit salad, Crackers	Spaghetti 21 Spinach salad Pears, Garlic breadstick Oatmeal raisin cookie	Chicken & gravy 22 Over biscuit Peas & Carrots, Cookie Fruited Jello, Orange juice	Potato crusted cod 23 Baked potato, sour cream Coleslaw Pumpkin bar
Egg, sausage, potato and cheese bake 26 Cinnamon applesauce Blueberry muffin Orange juice	Pulled pork on a bun 27 Baked sweet potato Mixed vegetables Peach cobbler	Taco salad w/ 28 Refried beans & chips Pears Cornbread muffin Sour cream, taco sauce	Sloppy Joe on a bun 29 Baked beans Cheesy broc/cauliflower Tropical fruit salad	Beef stroganoff 30 Buttered noodles Baby carrots Spinach salad Spice applesauce cake

Lemon Chicken Scallopini with Spinach

- 1 large lemon
- 1 lb. thin-sliced boneless chicken breast
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 3/4 cup Unsalted chicken stock
- 1 can (10 1/2 ounces) condensed cream of celery soup
- 5 cups baby spinach

Grate 1 teaspoon zest and squeeze 1/4 cup juice from the lemon. Season the chicken with salt and pepper. Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides and cooked through (to prevent sticking, make sure the oil and skillet are hot before adding the chicken). Remove the chicken from the skillet, cover and keep warm.

Stir the garlic, stock, lemon juice, lemon zest and soup in the skillet. Add the spinach and cook and stir until the spinach is wilted. Return the chicken to the skillet and season to taste before serving.

This dish is delicious served over hot cooked brown rice or whole grain pasta. Serves 4



White Chili for 2

- 2 green onions, chopped
- 1 T chopped seeded jalapeno pepper, optional
- 2 garlic cloves, minced
- 1-1/2 tsp plus 1 T butter, divided
- 1/4 tsp rubbed sage
- 1/4 tsp ground cumin
- 1/8 tsp ground ginger
- 1/2 lb boneless skinless chicken breast, cut into cubes
- 1 T all-purpose flour
- 1-1/4 cups chicken broth
- 2 T whole milk
- 1 can (15-1/2 oz) great northern beans, rinsed and drained
- Shredded cheddar cheese

In a skillet, saute the onions, jalapeno and garlic in 1-1/2 teaspoons butter until crisp-tender. Add the sage, cumin and ginger; cook for 1 minute. Add chicken; cook and stir until lightly browned.

In a small saucepan, melt remaining butter. Stir in flour until smooth; gradually add the broth and milk. Bring to a boil; cook and stir 2 minutes or until thickened. Add beans. Pour over chicken mixture. Simmer over low-medium heat for 15 minutes. Sprinkle cheese on each serving.



Home Delivered Meal Cancellations & Bad Weather

If we decide to close, we will let you know by announcing it on the television (WKBT News8000 and WXOW Channel 19). You can also call us at 785-5700 to inquire anytime. Have in stock food packages that can be opened by hand, without an electric can opener and be ready to eat without heating. **BE PREPARED!**

COOKING TIPS TO START OFF YOUR NEW YEAR

- For over baked cookies that are too crunchy, put them in a plastic container with a few pieces of torn, scattered bread. The cookies take the moisture from the bread and soften right up.
- Use instant mashed potatoes to thicken soups instead of using cream or making a roux.
- Use a vegetable peeler on hard cheese for perfect shredded cheese.
- Add beer or soda to cake mix instead of water. It makes it moist and intensifies the flavors of the batter.
- Add two eggs and half a cup of oil to any boxed cake mix to turn it into cookie dough.
- Freeze extra chopped herbs in ice cube trays with olive oil then add to sauces, veggies, and in the skillet when sauteing meat.
- Don't let ice cubes water down drinks and cocktails – use frozen grapes instead.



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.

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

Some workshops require registration. Contact the library.

Holiday Closure: January 1st

- Friends Book Sale:** Mondays, 9am-12pm, lower level
- La Crosse County Veteran Services:** Jan 6, 9am-12pm
- Chapters Book Discussion:** Jan 10, 10am and Jan 14, 1pm. *West*
- BookTok Bingo:** Jan 20, 6:30pm-8pm at 608 Brewery
- Chair Yoga:** Thursdays, 10am
- Adult Vision Board Workshop:** Jan 8, 5:30pm-6:30pm
- Breath, Body & Bowls:** Jan 10, 11am-12pm
- Tea & Technology:** New Device Support Clinic– Jan 13, 11am-12pm
- StrongBodies Info Session and Sign Up:** Jan 14, 10am-12pm
- Repair Café:** Jan 17, 10:30am-12:30pm. Limit 3 items
- Clay Candle Votive Craft:** Jan 19, 5:30pm-6:30pm. Register
- Color & Glow Candle Art:** Jan 23, 10am-11am. Register
- Puzzlepalooza:** Jan 24, 9:30am-12pm. Register



Phone: 608-399-3390
 Email: libraryprograms@lacrossecounty.org
 Website: lacrossecountylibrary.org
 Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

All library locations will be closed **January 1** for New Year's Day and **January 19** for Martin Luther King Jr Day.

"Hot Reads for Cold Nights" winter reading program: Read or listen to any 3 books between January 20 and February 28 to win prizes. Pick up a reading record at any of our locations on or after January 20th.

Bangor movie on January 15 at 2:30pm and 6pm.

Holmen "Drop-in Tech Help" on January 15 from 11am-12pm and 4:30pm-5:30pm.

Holmen "Hannah Louise Fernandes: Songs of Broadway" on January 16 at 1pm.

Holmen movie January 26 at 2:15pm and 6pm.

Onalaska "Author Visit: Allen Eskens" will be discussing *The Quiet Librarian* on January 20 at 6pm. Book signing to follow.

Onalaska "Manifest, Disrupt, and Build: A New Way to Find Balance, Purpose, and Momentum as a Family" on January 21 at 6pm.

Onalaska Book Club meets the third Thursday of the month at 1:15pm.

West Salem open house celebrating its 25th anniversary on January 2 from 10am to 5pm.

West Salem movies on January 8 and January 22 at 2:15pm.

West Salem Afternoon Book Club meets the second Wednesday of the month at 1:30pm.

West Salem "Books and Banter" Book Club meets the fourth Monday of the month at 6:30pm.



The Nature Place

789 Myrick Park Dr, La Crosse 608-860-6864

www.natureplacelacrosse.org

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

Holiday Closure: January 1st

Nature Saturday: Jan 3, 9:30am-11:30am, free for all ages

EviroWednesday: Jan 7, 7pm for ages 14+.

Do Laboulbenian Fungi Affect Beetle Behavior?

Free Birding Program: Jan 21, 6pm for ages 14+. Potluck and elections of officers along with sharing photos.



NARVRE

National Association of Retired and Veteran Railroad Employees, Unit 047 meet **Jan.13th**, 10am at the Onalaska American Legion. Speaker: Carl Thurston, BN Railroad. Patty Burr at 608-781-6032.

LA-CROSSE CENTER

12/29-12/30: Bi State Classic Wrestling

1/10: Badgerland Wrestling Nationals

1/18: Wedding Expo

1/24: Tri State Rail Sale

1/31: Scaled Up Rtile Expo

Saturday, January 31st, 6pm
the DASH Center Onalaska

A fun-filled evening of delicious food, beverages, live entertainment, casino games, and door prize items generously donated by local businesses and community members. Visit explorelacrosse.com for website information.

Blood Drives for JANUARY

- 1/6: Olivet Lutheran Church, 9am-2pm
- 1/8: Allergy Associates, 9am-2pm
- 1/8: Health Science consortium, Badger St. 9am-2pm
- 1/9: Onalaska Omni Center, 9am-2pm
- 1/8: Moose Lodge, 10am-3pm
- 1/9: Holmen Lutheran Church, 9am-1:30pm
- 1/12: First Lutheran Church Onalaska, 12pm-5pm
- 1/12: Onalaska Armory, 12pm-4pm
- 1/12: Chaseburg Village Hall, 11am-4pm
- 1/13: YMCA La Crosse, 9am-1:30pm
- 1/13: Valley View Mall, 11am-4pm
- 1/14: Bangor High School, 12pm-5:30pm
- 1/19: Holmen Community Center, 10am-3pm
- 1/21: Onalaska American Legion, 10am-2:30pm
- 1/22: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
- 1/22: Moose Lodge, 12pm-4pm
- 1/27: Viterbo Fine Arts Center, 10am-3pm
- 1/29: Presbyterian Church, West Salem, 11:30am-4:30pm
- 1/29: Luther High School, 10am-3pm
- 1/30: Central High School, 9am-2pm
- 1/30: Trinity Lutheran Church, 10am-2:30pm

La Crosse Blood Donation Center– call for appt.
 1-800-RED-CROSS

Versiti Blood Center– call for appt.
 (877) 232-4376

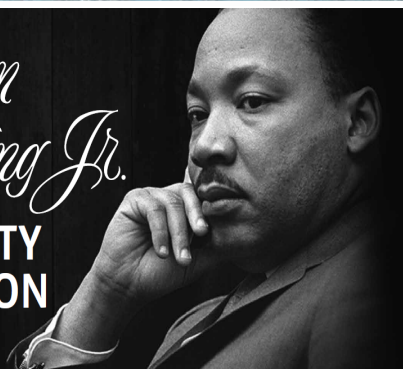


Friday, January 23rd
 6 pm - 9 pm at the Court Above Main

SNOWBALL

[HTTPS://WWW.EVENTBRITE.COM/E/SNOW-BALL-2026-TICKETS](https://www.eventbrite.com/e/snow-ball-2026-tickets)

Dr. Martin Luther King Jr.
COMMUNITY CELEBRATION



Monday, January 19
7pm

Viterbo Fine Arts Center Main Theatre
 Presenter: Rev. Adam Russell Taylor, president of Sojourners, and author.

Protect Your Hard-Earned Money from Scammers

These simple tips will help protect your hard-earned cash and help you stay a step ahead of fraud.

Wisconsinites lost \$109 million to fraudsters in 2024, according to the Federal Trade Commission. As our use of technology to manage our money increases, so does the potential for fraud. Financial scams are constantly evolving, so it's important to stay informed.

Here's how you can avoid becoming a victim.

Imposter scams from an organization

The most common type of fraud, imposter scams have common themes:

- Someone calls claiming to be from your financial institution, credit card company, the county sheriff, the IRS, a charity or a similar type of trusted entity.
- Using "spoofing" technology, they make it look like the call is coming from a legitimate institution.
- The caller tries to convince you to send money as a donation, to cover fraudulent charges on your account or because of a violation or debt you've incurred.
- They ask you for personal information like verification codes or login credentials.
- They create a sense of urgency.

If you receive a phone call like this, especially if it's unsolicited or unexpected, pause. Do not feel pressured to respond right away. Hang up and contact the organization the caller says they represent using a verified number from a legitimate website – or send a secure message through the legitimate organization's app or website. It's unlikely that government officials and agencies would call you about official business or ask you to wire money or purchase gift cards.

Imposter scams from a loved one

Beware of calls from people attempting to sound like a family member such as a grandchild or relative asking you to wire money or provide credit card numbers to help them get out of trouble.

These calls often occur late at night to confuse the call recipient and may use enhanced technology to mimic a loved one's voice.

Resist the pressure to act immediately. Instead, end the call and independently contact the person who allegedly made the call, to verify the details.

Romance scams

Sweetheart scammers pretend to fall in love with people to win their trust and steal their money. These scams may unfold over a year or more. They are often initiated on dating websites and apps, or via social media. Common reasons for requesting money include airline tickets, tuition, medical costs or paying off debt.

Even if someone has professed their love to you or you feel like you've established a bond, be reasonably cautious before reacting. Don't wire money to someone you've never met, or someone you've only known for a short amount of time.

Phishing and smishing

Using email (phishing) or texts (smishing), scammers send messages that appear to be from your financial institution, popular merchants or someone you know. They create a sense of urgency to convince you to click a link, open an attachment, take an action such as wiring money or share confidential information like account numbers, login credentials or personal information.

Red flags to watch for:

- Email addresses with domain names (the segment after the "@" symbol) that don't match the company's real domain, which is typically the homepage of the company's website.
- Generic greetings ("Hello user").
- Frequent misspellings, bad grammar or word choices that seem off.
- Links or attachments that stress acting quickly.

Never click the link or open the attachment. This is a common tactic for downloading malware or spyware to your device and tracking your confidential information.

When in doubt, conduct an online search to verify the website or phone number, and independently contact the entity to confirm the validity of the email or text you received.

Ransomware

Ransomware is a kind of software that holds your device hostage by restricting access until you pay a ransom. Ransomware spreads to your devices when you click on an infected email attachment or a link that leads to a contaminated file or website. Ransomware also can affect a network of computers in the workplace or be passed around on a contaminated thumb drive.

- Never click on attachments or links in unsolicited emails or texts.
- Avoid using thumb drives from others.
- Run antivirus software to search for and remove malicious software on your computer.

Fake check and overpayment scams

These scams might begin with a merchant reaching out to say you've overpaid for something, and they need to issue you a credit.

However, when you initiate the credit process, suddenly the \$50 you were supposed to be credited shows as \$50,000 and now they're instructing you to send that money back.

Or someone messages you on Instagram about using your photo or modeling, then they "accidentally" send you a check for too much and ask you to send back the extra money.

Just like with imposter scams, pause before agreeing to do anything with your money. Don't send money back to someone who sent you a check. If a company claims they need to access your account to process a refund, hang up and do some research to determine if this is a legitimate situation.

Overall, following a few basic rules can help you avoid being the victim of financial fraud:

- Always listen to your intuition if something feels off.
- Take time to thoughtfully respond rather than reflexively react.
- Never share account details or personal information.
- Create a unique username and password for every online account.

You've worked hard to earn a living, build your savings and pursue your financial goals. Stay up to date and be aware of ways to protect what you've achieved by taking smart steps to avoid the growing number of financial scams out there.

Source: <https://wisconsinwatch.org/>

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

**National Alliance on Mental Illness
of La Crosse County**
Dedicated to improving the lives and fostering the
dignity of all individuals and families affected by mental ill-
ness through support, education and advocacy.

<http://namilacrossecounty.org>
or by calling 608-785-9658

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

- Urgent assessment of safety in home, school, hospital or other settings
- Safety planning and risk reduction

Consultation & Follow Up

- Providing guidance following hospitalization or crisis assessment
- Identify and build support systems for adults, children, and families
- Helping to connect with mental health resources within our community

Crisis Stabilization

- Short term voluntary placement (generally, from 1 to 3 days)
- Long term planning

**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 by scheduling a Financial Review with our billing department.*



Trialta offers an incredible library of resources designed to support family caregivers in their journey. From expert tips to practical skills, this platform empowers you with the tools you need to confidently provide care and take care of yourself, too.

What You'll Get:

- ☑ On-demand caregiver training
- ☑ Interactive lessons and guides
- ☑ Stress management techniques
- ☑ Expert insights on dementia care, mobility, and more

Whether you're new to caregiving or a seasoned pro, Trialta has something for everyone.

The website is <https://wisconsincaregiver.trualta.com>. If you had an account previously, you do not need to create a new one. Your account has been reopened to you. If you did not have an account in the past, please set up an account, you will not be disappointed. Check out the new information, along with some virtual support groups and classes!

Indoor hypothermia sends thousands of seniors to the hospital every winter. Most of them never saw it coming. The good news? This is completely preventable. And it takes less than 5 minutes to check. Here's what's happening: aging reduces the body's ability to sense temperature changes. Your parent genuinely feels comfortable, but their body is slowly getting too cold.

The warning signs aren't obvious:

- Cool hands or feet (even when they say they're warm)
- Extra layers or blankets appearing around the house
- Confusion or unusual sleepiness (advanced stages)

The problem? By the time symptoms are obvious, hypothermia is already setting in.

What to do:

Check the actual room temperature with a thermometer—not just what the thermostat says. Different rooms can be 10+ degrees colder than the main area.

Feel their hands. If their hands are cold, their body is cold, even if they insist they're comfortable.

Look for behavioral changes—are they spending more time in bed? Piling on blankets? These are adaptation strategies that signal they're colder than they realize.

This isn't about taking over their thermostat. It's about giving them information they can't sense themselves, so they can make informed decisions about their comfort and safety. ~Revised from *Graying with Grace*

Family Caregiver Support Group

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

January 8 and February 12

1:30pm-2:30pm

Franciscan Spirituality Center

920 Market St. La Crosse

Contact Kristine Meyer at 608-386-0922 or email kmeyer@lacrossecounty.org with questions.

2026 Caregiver Education Series

DASH Center
515 Quincy St. Onalaska
Time: 1pm-2:30pm

March 17: Caregiving 101: The Roadmap

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 with questions.

UWL OT NEURO EMPOWERMENT GROUP

MISSION STATEMENT: Our mission is to build an inclusive community for individuals with neurological conditions, offering adaptable activities that enhance wellness, quality of life, and participation. Through movement, teamwork, and social interaction, we create a space of belonging where each person is empowered and valued.



Are you interested in joining a neurological support group organized by UWL occupational therapy students?

Sessions will include social participation activities such as adaptive art, yoga, tai chi, cognitive games, and interactive time with our facility support dog!

Our program will support participants with various neurological conditions including **TBI, SCI, Stroke, Parkinson's, Dementia, MS/GBS, Vision impairments**, and others!

Sessions will be held **Mondays** from **12:15-1:45 PM** on **February 9th, 16th, 23rd** and **March 2nd and 9th**

Location: UW La Crosse Health Science Center rooms 4008 & 4014

RSVP here! Scan this link with your phone to sign up!



OR call McKenzie at (715) 313-3062 to sign up if you prefer!

For any questions or feedback, contact: ryan8255@uwlax.edu

UNIVERSITY of WISCONSIN
LA CROSSE
OCCUPATIONAL THERAPY

Virtual Working Families Caregiver Support Group

First Wednesday of the month

Starting February 4, 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



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.

- January 30: Who Loves You - A Jersey Boys Tribute – Legacy Theatre
- February 5: Beehive – Fireside Theatre
- February 13: Garden Expo – Alliant Center
- February 21: Barricade Boys - A Broadway Party – Middleton
- February 27: Dancing Queen, ABBA Salute – Legacy Theatre
- March 10: Minnesota Art Museum Tours – Minneapolis



Viterbo University Fine Arts Center

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

- Jan 19: MLK Community Celebration
- Jan 23: A Johnny Cash Tribute (Weber Center)
- Jan 29-Feb 1: I Love You Because
- Feb 28: Steely Dane (Weber Center)
- Mar 1: Puppy Pals (Weber Center)
- April 11: Tribute to Creedence Clearwater Revival (Weber Center)

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

- Friday, January 9, 6pm, **Game and euchre night**
- Saturday, January 17, 2pm, **Sound of Music movie**
- Sunday, January 18, 2:30pm, **Pam Kelly, piano concert**
- Saturday, January 24, 7pm, **Dalila Palmer singer**
- Friday, January 30, 7pm, **You Can't Take It With You**

Arnold House at East Side Farm

19408 Silver Creek Rd. Galesville
608-865-1047

- January 1, 8am-12pm, **New Years Breakfast**
- February 7 & 8, **Sweet Heart Dinners**

TOLAND THEATER- UWL

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

Feb 27-Mar 8: **MACHINAL**

Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

March 19 & 20: Singing All About that Bass

Senior Citizen Social

9am-11am

1st & 3rd Thursdays

Pizza Ranch 3130 Chestnut Pl.
La Crosse



Meet new friends! A free gathering w/coffee & treats.

Pump House Regional Arts Center

119 King Street La Crosse, WI 54601
608.785.1434 contact@thepumphouse.org

1/9-1/10: Johnsmith Concert, 7:30pm



FEBRUARY 14, 2026 LA CROSSE CENTER
GENERAL ADMISSION DOORS OPEN AT 12:00 PM

HORSESHOES & HAND GRENADES

GREGG HALL & THE WRECKING BALL

REED GRIMM & HEATBOX BRYCE THOMASCHEFSKY BAND

COPPER BOX RYAN HANIFL & SAMMY ALLEN DAN SEBRANEK & MARY

GARY'S RIDGELAND DUTCHMEN

BLOODY MARY EXPERIENCE

MARIE HEIDER CENTER FOR THE ARTS

405 E Hamlin St. West Salem
608-786-2550 www.heidercenter.org

Jan. 17: **Mason Dixon Line**

Feb 14: **Seraph Brass**

Mar 21: **Let's Hang On**



Concordia Ballroom

1129 La Crosse St. La Crosse
608-782-7049

www.concordiaballroom.com

Dances every Sunday, 1pm-4pm.

Zumba & dance classes available.

1/9: Continental Dancers, 8pm

WEBER CENTER
FOR THE PERFORMING ARTS
608-784-9292



www.webercenterarts.org

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

Jan 23: **A Johnny Cash Tribute**

Jan 24: **Late Nite Catechism**

Feb 20: **The Mousetrap**

36TH ANNUAL
VAL BALL

Waterfront
La Crosse
Tickets:
608-783-2121

THE RED CARPET

Valentine's Day
SATURDAY,
FEBRUARY 14, 2026
5:30 PM

La Crosse Symphony Orchestra

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



The 4th Street Coney Island in La Crosse, opened in 1922 at 114 S. 4th Street and has been a family-run business since its founding. Founded by Jim Kapellas and Tom Sideras, it has been in continuous operation at the same location. Today, the business is run by the Kapellas family, including members of the third and fourth generations, and has expanded to include other locations in the area. Back in the day you could get 5 dogs and a bottle of pop for 80 cents. 14 cents a dog and a dime for the soda.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
- Tuesdays:** 6pm Bingo @ Features West Salem
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall (Jan 7)
- Wednesdays:** Bridge, 2:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Thursdays:** 6pm Bingo @ Holmen American Legion
- Sundays:** 2:30pm Bingo @ Drugan's Holmen
- 12/31:** Skyrocket's from Grandad Bluff, 6pm and midnight
- 1/2:** Downtown Art Walk, 4pm-7pm
- 1/3:** The Remainders, Leo & Leonas in Bangor, 7pm
- 1/5:** Bingo, West Salem American Legion, 6:30pm
- 1/9:** Cabin Fever Bash, The Vault in Rockland, starts at 6pm
- 1/9:** Justin Trails Winter Market, 9am-1pm. Sparta
- 1/10:** Acafest, 7pm at G.E.T. High School Theater
- 1/16:** The Impossible Magic Show, Le Chateau, 7pm
- 1/17:** Chaseburg Trail Days and Poker Run, Village Hall. Chicken and parade on 1/18.

SNOW
Much Fun

X S Z D I Q N U D E E D F H B M Q K N K
Z V F L S C H R H T E B O G L I G R W T
E G V Q E I A C A C N D O N I S Q E H W
B H N D D O N N E S H P T G Z T R P F Q
N K R I B A R M O R Z M P M Z L V M O D
P L Z W L E B G V A L Z R I A E P J M G
K K O A B E Y Z I Y H A I M R T I D B N
P N V I R R V I Q N H Y N F D O A H S I
S A H I O J D O W Y G H T I K E Q N B N
C H I M N E Y G H O C E S S D K L N T E
I T F Y G L I A O S N H R J T R C W E T
P O L A R O M O N U L D U B R H A F K S
E L S C Q A P O I L A H E E R U P C A I
I Y C H G W N V U G I I P R F E Y N L L
J L B I Q Q Y R G Z V W I C L H A E F G
Q B C O M U A X N G V B E Y G A D D W D
G A I R H N I O E T O B O G G A N O O X
L H K L E C A L P E R I F W Z R T D N Z
H G I E L S Y F T Q Z N O K S L D H S G
Z M W V Y X I V Q D Y U J C Z Z R J D K

Coulee Region MARDI GRAS

Celebrate the reveal of Rex and Queen XXXIV!
34th Mardi Gras Masquerade Ball:
Saturday, January 31st, 4:30 PM
Midnight, Radisson Ballroom
Newly crowned Rex and Queen XXXIV host a night of frivolity, dinner, dancing, auctions, cavorting, and fun for all.
Visit www.lacrossemaidigras.com for information.



Snowflake Ski Jumping Tournament 2026
Feb 6, 2026 – Feb 7, 2026
WESTBY, WI



We Have an Amazing Group of Volunteers!
The Aging and Disability Resource Center would like to extend our deepest gratitude to all the volunteers who generously gave their time in 2025. You may not always hear the words of thanks, but please know that the appreciation from our seniors is heartfelt and sincere. Whether you deliver hot meals, prepare them, serve at our meal sites, or lend a hand at community events—your efforts do not go unnoticed. Because of you, the world is a little brighter, and our community is stronger.
Thank you for making 2025 a wonderful year—for us and for those we serve.



The ADRC Office and Meal Sites will be closed January 1st for New Years and January 19th for Martin Luther King Day
Abby Vans will also be closed January 1st.



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| AVALANCHE | BLIZZARD | CARDINAL |
| CHIMNEY | DECEMBER | FIREPLACE |
| FOOTPRINTS | QUILT | GLISTENING |
| HIBERNATE | MAGICAL | MISTLETOE |
| PENGUIN | POLAR | GINGERBREAD |
| SHOVELING | SLEIGH | SNOWBOARD |
| SNOWFLAKE | TOBOGGAN | WONDERLAND |