

# La Crosse Senior Life



MARCH 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

## March into Balance: Tai Chi Returns!

### Tai Chi Prime is back! Register today!

Tai Chi is a slow, graceful exercise that promotes calm focus and alignment while improving strength, endurance, and stability. The Aging and Disability Resource Center (ADRC) of La Crosse County, in partnership with the La Crosse County Library, will offer a six-week Tai Chi Prime class—an evidence-based program designed for all ages and abilities, with chairs available for support.

Certified instructor Marsha Bateman will lead two 90-minute sessions each week, featuring:

- **Basic Moves:** Simple exercises to promote posture and balance, building blocks for Tai Chi.
- **Tai Chi Fundamentals Short Form:** A flowing sequence of simplified Tai Chi movements.
- **Mind/Body Skills Training:** Integrated techniques to foster attention and focus.
- **Home Practice Planning:** Encouragement to practice 5-15 minutes daily.

Classes will run **Monday, March 23** through **Wednesday, May 6** (with one week off), meeting from **1:00 pm -2:30 pm** at the Hazel Brown Leicht Memorial Library in West Salem, near Exit 12 on I-90. Participation is limited to 20 individuals age 60 or older who are living independently and new to Tai Chi.

To learn more, visit [taichihealth.com](http://taichihealth.com). To register, call the ADRC at 608-785-5700. Registration is first come, first served.

Suggested donation: \$10 which includes two weekly, 90-minute sessions for six weeks and a DVD or online access for at-home practice.



Tai Chi can reduce the number of falls among older adults by **20%**

IT'S BACK!



# TAI CHI PRIME



Proven program to help with fall prevention.



Hosted by the ADRC of La Crosse County in collaboration with the La Crosse County Library.

### What is Tai Chi?

A slow, graceful Chinese exercise that promotes calm mental focus and alignment while building leg strength, endurance, and balance.

**MONDAYS & WEDNESDAYS, MARCH 23–MAY 6, 1–2:30 PM**  
Hazel Brown Leicht Memorial Library, West Salem

### IN 6 WEEKS, PARTICIPANTS IMPROVE:

- Balance
- Cognitive Function
- Strength
- Mobility

**\$10 SUGGESTED DONATION INCLUDES DVD OR ONLINE ACCESS FOR AT-HOME PRACTICE**

➔ Reserve your spot, call the ADRC at 608-785-5700. Space is limited.

To learn more about Tai Chi Prime, visit [taichihealth.com](http://taichihealth.com).



**Celebrate the Senior Nutrition Program**  
[ACL.GOV/SNP/CELEBRATE](http://ACL.GOV/SNP/CELEBRATE)



Every March, the Administration for Community Living (ACL) celebrates its Senior Nutrition Program and the vital services it has provided to millions of older Americans since 1972. The 2026 theme, *Serving Up Solutions*, emphasizes the creativity, innovation, and collaboration that define the Senior Nutrition Program. It spotlights how local programs continue to adapt and respond to community needs—from providing nutritious meals to offering opportunities for us to stay engaged and independent. With every meal, programs are serving up solutions that support health, well-being, and stronger communities.

Here in La Crosse County, the Senior Nutrition Program is making a real difference every day. In 2025, the program served 41,164 home-delivered meals to older adults who may otherwise struggle to access nutritious food, and provided 12,030 meals at congregate dining sites—creating spaces for connection and community. Each month, nearly 340 participants benefit from these services, supported by 142 dedicated volunteers who contributed almost 7,000 hours of their time. These numbers represent more than meals—they reflect care, independence, and the power of neighbors helping neighbors.



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 that offers:

- ◆ **Person-Centered Programs**
- ◆ **Engaging Wellness Activities**
- ◆ **Bee Well Program – First in the U.S**
- ◆ **Social & Intergenerational Connections**
- ◆ **Caregiver Support**

Questions? [hleadultprograms@ywcalax.org](mailto:hleadultprograms@ywcalax.org)  
 or 608-781-2783 ext. 251

**Healthy Living with Mild Cognitive Impairment Education Series Support**

**March 6th, 9am-11:30am**

Topic: Unpacking Ultra-Processed Foods presented by Beth Olson, PhD  
 Learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Gain confidence in making food choices that supports brain health and overall well-being.  
 The program will end with a Q&A session.

**Hillview Healthcare Campus**  
**3501 Park Lane Dr.**

Join us for research and education presentations and stay afterwards for camaraderie and discussion with complimentary refreshments.

Free, registration required: 608-785-5700

**Monday Coffee Connect**  
*Virtual Support to Fill Your Caregiving Cup*

**Caring for someone living with dementia?**

Connect with local dementia specialists virtually from the comfort of your home!

Join to ask questions, gain support, and brainstorm.

Come as you are, come as you can to interact via Microsoft Teams. Video or by phone. Open to WI caregivers.

Fill your cup and start your week off right! Held every Monday.



**Mondays\***

**10:00 – 11:00 am**

*\*Group does not meet on holidays*

Register: [kflock@lacrossecounty.org](mailto:kflock@lacrossecounty.org)

After registering you will receive orientation email and the connection info Monday mornings.

*Facilitated by Dementia Care Specialist from ADRC La Crosse County (606-386-0767), ADRC Eagle Country (608-548-3954) & ADRC of Waukesha (262-548-7354)*

*If needing support for virtual platform, please call.*



Your Bridge to Support

**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.



**March 9, 1pm-2:30pm**  
 Pump House Arts Center  
 119 King St. La Crosse  
 Exploring Texture!

Register with Amber @ 608-385-4819



**SPARK!**  
 CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS

**Spark at Clearwater Farms**

**March 16th, 10:30am-12pm**

**Clearwater Farm**  
**760 Green Coulee Rd. Onalaska**

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

**Join the Coulee Region Giving Hearts Choir**  
 Creative support through your journey for people living with dementia and caregivers.

Engage socially...Have fun together...Contribute to our community. We are a non-profit group for those in the early to mid-stages of memory loss along with their caregivers. No singing experience required.

**Rehearsals on Fridays at 10:00am**  
**North Presbyterian Church La Crosse**  
 Please call Ruth at 608-792-8608 for more information.

**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 Shepard 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>

Save the Date  
 3rd Annual Conference

**BRINGING HOPE & LIGHT TO THE DEMENTIA JOURNEY**

August 12, 2026  
 8am-4pm  
 First Baptist Church  
 Medford, WI

**FREE CONFERENCE FOR DEMENTIA CAREGIVERS, PROFESSIONALS AND THOSE LIVING WITH MILD DEMENTIA OR MILD COGNITIVE IMPAIRMENT**

Breakout Sessions/ Vendors/ Lunch  
 Contact Aging and Disability Resource Center of Taylor County  
 715-748-1491

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

**Medicare Coverage for In-Home Health Services**

By the GWAAR Legal Services Team

Medicare covers part-time home health care when it's medically necessary, ordered by a doctor, and provided by a Medicare-certified home health agency. Skilled services such as skilled nursing care or physical therapy are covered but custodial care that helps with daily living activities is not covered if it is the only type of care you need. You also need to be considered "homebound," which means that leaving your home is difficult or not recommended because of your medical condition(s). These requirements are explained further below.

**Skilled Services**

Skilled care is nursing or therapy care that can only be safely and effectively performed by, or under the supervision of, professionals such as nurses or licensed therapists. Examples of skilled services include:

- Skilled nursing care such as wound care, intravenous medications, feeding tube care, injections, or monitoring of a serious illness or condition
- Physical therapy, occupational therapy, and speech-language pathology services
- Part-time or intermittent home health aide care such as help with bathing, grooming, and feeding but only if you're also getting skilled nursing care, physical therapy, speech-language pathology services, or occupational therapy. Otherwise, Medicare does not cover these types of services when it's the only type of care you need.

These services must be needed on an intermittent basis or part-time. This means less than 8 hours each day and 28 hours or less each week. There is no maximum number of days covered, but payment and care needs are assessed every 30 days.

**Homebound**

If you're homebound it means that you have trouble leaving your home without help or it requires a significant effort. It could also be that you're normally able to leave your home, but it isn't recommended due to your current illness or injury. This does not mean that you can never leave home like to go to church or a doctor appointment, just that it is very difficult for you to do so. Your doctor will document this when they order the care.

Finally, you must make sure the home health agency is Medicare-certified. To find a home health agency, you can visit the Wisconsin Department of Health Services website at <https://www.dhs.wisconsin.gov/guide/home-health.htm>, and for more information on Medicare coverage of home health services, visit <https://www.medicare.gov/coverage/home-health-services>.

**How Social Security Determines Disability**

By the GWAAR Legal Services Team

If you've applied or thought about applying for Social Security disability benefits, you may have heard about the five-step process the Social Security Administration (SSA) uses to decide whether someone is disabled. Understanding how SSA makes disability determinations can help you understand why a claim was approved or denied. Read on to learn more about the process.

**Step 1: Are you working?**

Social Security first looks at whether you are working and earning over a certain monthly amount. If you are earning too much, SSA usually decides that you are not disabled. If you are not working or earn below the limit, SSA will send the application to the Disability Determination Bureau (DDB) for the remaining steps.

**Step 2: Is your condition severe?**

Next, the DDB looks at your medical conditions. To qualify, your condition must be serious enough to limit your ability to do basic work activities, such as standing, lifting, remembering instructions, or concentrating. If the condition is not considered severe, the claim is denied. If it is severe, the DDB continues to Step 3.

**Step 3: Is your condition on SSA's list?**

SSA has a list of medical conditions that are considered automatically disabling. If your condition meets or equals one of these listings, you are determined to be disabled. If it does not, the DDB will move on to the next step.

**Step 4: Can you do your past work?**

At this step, the DDB reviews the jobs you have done in the last 15 years. They decide whether you can still do any of that work based on your medical limits. If you can still perform your past work, your claim is denied. If you cannot, the DDB goes to the final step.

**Step 5: Can you do any other work?**

Finally, the DDB looks at whether you can do any other type of work that exists in the national economy. They consider your age, education, work experience, and physical or mental limitations. If SSA decides you cannot adjust to other work, you are found disabled. If they decide you can work, the claim is denied.

For more information, please see:

<https://www.ssa.gov/benefits/disability/qualify.html>

**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*

**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: Schedule an appointment in La Crosse or Onalaska**

La Crosse	Onalaska
<ul style="list-style-type: none"> <li>• <b>Location:</b> REACH Services and Resource Center</li> <li>• <b>Address:</b> 212 11th St S, La Crosse</li> <li>• <b>Schedule online:</b> <a href="http://www.aarpfoundation.org/taxaide">www.aarpfoundation.org/taxaide</a> or email <a href="mailto:laxtaxquestions@gmail.com">laxtaxquestions@gmail.com</a> to receive a link to the La Crosse Scheduler</li> </ul> <p><b>For Scheduling Help:</b> call 608-588-6124</p> <p><b>Intake Packets:</b> available at the Main La Crosse Public Library or email <a href="mailto:laxtaxquestions@gmail.com">laxtaxquestions@gmail.com</a> to receive a link</p> <ul style="list-style-type: none"> <li>• Appointments available Mon, Tues, Wed from Feb 9-Apr 8</li> </ul> <p><b>DO NOT contact Reach Services about Tax-Aide</b></p>	<ul style="list-style-type: none"> <li>• <b>Location:</b> Great Rivers United Way</li> <li>• <b>Address:</b> 1855 E Main St, Onalaska</li> <li>• <b>Schedule online:</b> <a href="http://www.aarpfoundation.org/taxaide">www.aarpfoundation.org/taxaide</a> or email <a href="mailto:onataxaide@gmail.com">onataxaide@gmail.com</a> to receive a link to the Onalaska Scheduler</li> </ul> <p><b>For Scheduling Help:</b> call 608-501-2544</p> <p><b>Intake Packets:</b> available at Onalaska and Holmen Public Libraries or email <a href="mailto:onataxaide@gmail.com">onataxaide@gmail.com</a> to receive a link</p> <ul style="list-style-type: none"> <li>• Appointments available Mon, Tues, Wed from Feb 9-Apr 9</li> </ul> <p><b>DO NOT contact United Way about Tax-Aide</b></p>

**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](http://www.healthcare.gov)
- 2024 Tax Return, if available
- 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



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

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

**Wednesday, March 18th**  
**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 Mar. 3 & 12)  
**Before the After:** Wednesday, March 11, 10am-12pm. Register by 1 day prior. Free  
**Wise Wednesdays:** Wednesdays, March 4 & 18, 10:30am-12pm. Register by 1 day prior. Free  
**Bingo:** Wednesdays, March 4 & 18, 12:30pm-1:30pm. Register by 1 day prior. Free  
**Coping Skills:** Friday, March 6 & 20, 10am-11:30am. Register by 1 day prior. Free  
**Music Café** - various performers: Thursdays, March 5, 12, 19, & 26, 1pm-2pm. Free  
**Shuffle Together** (cards): Friday, March 13 & 27, 2pm-3:30pm. Register. Free  
**Grief & Loss Support Group:** Wednesday, March 11, 10am-11am. Register by 1 day prior. Free  
**La Crosse Area Parkinson's Social Night:** Wednesday, March 18, 5:30pm-7pm. Call STAR CENTER for details: 608.797.6295  
**Ukulele Lessons**—Beginner 1: Tuesday, March 3 & 10, 9:30am-10:30am OR 6:30pm-7:30pm. Register

**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.

**HARRY J OLSON CENTER**

1607 North St. La Crosse

608-781-2122

Monday:	9:30am	<b>Chair Yoga/Tai Chi Class</b>
	12pm	<b>Coulee Region Woodcarvers</b>
Tuesday:	9am	<b>Strong Seniors</b>
	1pm	<b>500 Cards</b> register at 786-1114
	7pm	<b>Duplicate Bridge-</b> 797-3587
Wednesday:	1pm	<b>Euchre</b> register at 786-1114
	6:30pm	<b>Live Band Dance</b> –public welcome
Thursday:	9am	<b>Strong Seniors</b>
	10:15am	<b>Chat Bridge</b> — register 797-3587
	12:30pm	<b>Duplicate Bridge</b>
Friday:	9:30am	<b>Chair Yoga/Tai Chi Class</b>

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

**Sons of Norway:** 1st Thursday at 6pm.**Variety Singers:** 1st Thursday at 10:15am**Wednesday for Lunch:** March 18, 11am-12:30pm, 55+ yrs**Foot & Nail Clinic:** call for date and appointment**Tech Help Drop-In:** March 18, 10:30am-12pm**ONALASKA PARK & REC EVENTS**

608-781-9566 Omni, 608-781-9560 Park &amp; 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**— March 5, 1pm-3pm  
**Chair Yoga**— Tues & Thurs at 2pm. Register  
**The Psychology of Spending** w/ Altra CU— March 19, 10:30am  
**Older Adult Basketball**— Thursdays, 1pm-2pm

**OMNI CENTER EVENTS**

255 Riders Club Rd

**Bingo:** Wednesdays at 6pm  
**Ace in the Hole Cornhole Tournament:** March 7, 10:30am  
**Family Fun Expo:** March 8, 11am-3pm  
**Indoor Garage Sale:** March 14, 8am-2pm  
**Model Train Show:** March 14-15  
**Hairball Concert:** March 21, 6pm  
**Home Show:** March 27-29  
**Altra Easter Egg Hunt:** April 4

**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 Mar. 3 & 12)  
**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register. (No class Mar. 2 & 4)  
**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session. (No class Mar. 17)  
**Art Club:** Thursdays, 12pm-3pm. Register. \$2/session. (No class Mar. 5)  
**Knitting Group:** Thursdays, 1pm-3pm. \$1/week. (No class Mar. 5)  
**Parkinson's Disease Support Group:** Monday, March 2, 5pm-6:30pm. Call STAR CENTER for details: 608.797.6295.  
**International Folk Dance:** Saturdays only, March 14 & 21, 7pm-9:30pm. Register. \$2/session.  
**Embrace** (for those with dementia & care partners): Wednesdays, March 11 & 25, 12:30pm-2pm. Register. Free  
**Special Needs Planning** - ABLE Accounts & Medicaid: Thursday, March 19, 6pm-7:30am. Register by 1 day prior. Free  
**Medicare 101:** Wednesday, March 18, 1am-11am OR 6pm-7pm. Register by Friday prior. Free

HOLMEN AREA  
COMMUNITY CENTER

600 N Holmen Dr.

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

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

\*Registration required for some programs.

**Indoor Walking:** M,W,F 7am-10am, 11am-1pm; T, TH 7am-10am, 11am-12pm  
**Pickleball Open Play:** Tuesdays & Thursdays, 12pm-2pm (Hours may vary)  
**Holmen Area Historical Society:** March 2, 6pm. Gundersen Midwifery  
**StrongBodies:** Strength Training Video: Mondays & Fridays, 10am  
**Fun with Watercolor:** Mondays, 8:30am-11am  
**Chair Yoga Video:** Mondays, 9:15am  
**Beginner Line Dancing:** Mondays, 1pm  
**Intermediate Line Dancing:** Wednesdays, 1pm Registration  
**Mah Jongg Club:** Mondays, 1pm-4pm  
**Muscles in Motion:** Tuesdays, 9am-10am  
**Community Crafts:** March 3, 1pm (Easter Wall Hanging) Registration  
**Mindful Yoga Video Sessions:** Tuesdays, 8:45am  
**Cardio & Strength Fitness:** Tuesdays, 10am  
**Hearing Evaluations:** March 3, 9:30am-11:30am (appointments)  
**Hearing Instrument Checks:** March 17, 9:30am-11:30am (appointments)  
**Connect2Nature:** March 17, 12:30pm Topic: Holmen Community Garden  
**Evening Euchre Open Play:** March 3 & 17 at 6pm  
**Holmen Ukelele Group (HUG):** Tuesdays, 12pm-1pm Registration  
**HUG Spring Concert:** March 24, 12pm. FREE and Open to the Public  
**Family Fun Night** – Blast to the Past: March 10, 5pm-7pm, Registration  
**Cardio Fitness Video Workout:** Wednesdays, 10am  
**Bingo:** Wednesdays & Fridays, 12:30pm  
**A Joyful Life:** March 4, 2pm-3pm  
**Cozy Readers Book Club:** March 25, 2pm "The Women of Oakridge"  
**La Crosse County Veterans Service Hours:** March 5, 12:30pm-4pm  
**Total Body Conditioning Series:** March 5, 12, 26 at 8:30am Registration  
**Beginner Pilates Series:** March 5, 12, 26 at 9:45am Registration  
**Options Connection:** Thursdays, 10am-1pm  
**Resources 101:** March 12, 11am Resource options in our community  
**Fun & Games:** Thursdays, 1pm-4pm  
**Crafternoon Social** – Knit & Crochet: Thursdays, 1pm-3pm  
**JoyRise Art Session:** March 26, 6pm-7:30pm Registration  
**AA Meetings:** Thursdays, 6pm-7pm  
**Hello Holmen!** March 19, 8:30am, Topic: "One Woman's River"  
**Coping with Grief Support Group:** March 12, 12:30pm  
**Intro to Improv "Becoming Your Playful Self":** March 12, 6pm Registration  
**Music with Greg Grokowsky:** March 6, 11am  
**Gentle Yoga for Beginners:** March 13 & 27 at 8am Registration  
**Chair Yoga with Samantha:** March 13 & 27 at 9:15am Registration  
**Yoga Nidra and Sound Bath:** March 27, 10:15am Registration  
**Senior Safety Session:** March 6, 2pm  
**Ukrainian Eggs for Beginners:** March 3 at 1pm or March 8 at 1pm Registration

**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](mailto:mjnylander@icloud.com) or [britney.hodson@gmail.com](mailto: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](mailto:wafermobile@waferlacrosse.org) or 782-6003  
 1603 George St. La Crosse

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



Every other Saturday  
 March 7 & 21  
 9am-noon  
**New Location:**  
**La Crosse Center**  
 608-769-5564

**EAT WELL, AGE WELL. Potatoes and Chives**

**Did you know....** There are over 4,300 varieties of potatoes that come in many sizes, shapes and colors.

Chives are rich in phytochemicals that help control cholesterol and blood pressure.

If you are striving to eat a more plant-based diet and purchase locally grown, in-season foods.

Wisconsin is a major player in the United States potato market. Wisconsin is ranked 3rd in the nation for shipping fresh potatoes and total potato production. Contrary to popular belief potatoes are high in several vitamins and minerals. Just be aware of how you prepare them and the toppings you add. Different colors mean different nutrients, so a variety is always healthy.

- **Storage:** Store in a cool, dark place with low humidity, like a basement.
- **Preparation:** Wash before cooking. Potatoes can be roasted, mashed, fried, pureed, stuffed, baked, grilled, steamed, or boiled.

Chives are easy to grow and make a delicious pairing with potatoes. While they are grown in the summer, chives can be chopped and frozen on a cookie sheet or in ice trays for year-round use. Chives are a good source of many vitamins, minerals, and phytochemicals.

- **Storage:** Stores well in refrigerator for several days if wrapped loosely in paper towel

Learn more at [www.eatright.org](http://www.eatright.org)

**Cheesy Potato Soup**

- 1 medium onion, chopped
- 1/4 cup celery, chopped
- 1 tsp vegetable oil
- 2 cups potatoes, bite-size diced
- 2 cups low-sodium broth (any type)
- 1/4 tsp pepper
- 3 Tbsp cornstarch
- 1 1/2 cups 1% or nonfat milk, divided
- 3/4 cups (3 ounces) cheddar cheese, shredded
- 1 Tbsp bacon, cooked and crumbled (optional)
- Chives, chopped, for garnishing

In a large saucepan over medium-high heat, sauté onions and celery in vegetable oil until onions are clear or translucent. Add diced potatoes, broth, and pepper. Bring to a boil and stir, then reduce heat to low.

Cover and simmer until potatoes are tender, 15-25 minutes. In a small bowl, stir together cornstarch and 1/4 cup milk until smooth. Add remaining milk to bowl. Stir the cornstarch mixture into the potato mixture. Cook and stir until thickened and heated through, about 5 minutes. Do not let boil. Remove from heat. Stir in cheese until melted.

MARCH 10th  
 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.*

TUESDAY, MARCH 10TH  
 DASH CENTER 515 QUINCH ST. ONALASKA

THURSDAY, APRIL 23RD  
 EAGLE CREST SOUTH 622 BENNORA LEE CT. LA CROSSE

**CATHOLIC CHARITIES FOOD PANTRY & MENS CLOSET**

508 5th Ave S. La Crosse  
 608-782-0710  
 Mondays, 9am-12pm & 1pm-3pm  
 No appointments necessary.



**NEED WORK? JOIN WISE**



Provide training and part-time work to those 55+ who are unemployed and income limited



Resume, cover letter, and mock interviewing assistance to obtain permanent employment






Build a professional network and develop skills on the job



Contact **Wanda Palmer** to learn more: 608-790-8136



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatloaf 2 Au gratin potatoes Green beans, Fresh fruit Carrot cake	Rosemary pork loin 3 Mashed potatoes & gravy Squash, Applesauce  Marble cake, Dinner roll	Sloppy Joes on bun 4 Calico beans Mixed vegetables Apple crisp w/ raisins	Chili w/ beans 5 Baked potato w/ sr cream Spinach salad, Banana Corn muffin	Penne cheese casserole 6 Cauliflower Fresh fruit, Apple juice Sugar cookie, Garlic knot
Pulled pork on a bun 9 Hashbrown bake Baked beans Fruit salad	Spaghetti 10 Romaine salad Ambrosia cup Cookie, garlic bread stick	Baked 1/4 chicken 11 Garlic mashed potatoes Country blend veggies Fruited jello, Roll	Ham w/ pineapple 12 Sweet potato bake Broccoli, Rye bread Chocolate pudding	Baked cod 13 Potato wedges Creamy coleslaw Peaches, Dinner roll
Beef stroganoff 16 Asparagus Rosy applesauce Grape juice, Dinner roll	Corned beef 17 Potatoes, Carrots, Cabbage Pears, Rye bread  Lime poke cake	Chef salad 18 Bean & ham soup Muffin, Crackers Sugar cookie	Turkey & gravy 19 Sage & celery stuffing Green bean bake Jello, Pumpkin bar	Vegetable lasagna 20 Romaine salad Black bean brownie Fruit cup, Garlic toast
Roast pork & gravy 23 Mashed potatoes Buttered peas Pineapple	Turkey Tetrazzini 24 Romaine salad Peaches, Dinner roll Peanut butter cookie	Tator Tot casserole 25 Broccoli Fruit salad Frosted marble cake	MushroomSwiss burger26 Baked beans Baby carrots Fruit cup, Bun	Lemon pepper cod 27 Baked sweet potato Peas, Coleslaw Fruit salad, Dinner roll
Sweet & sour chicken 30 Rice blend Green beans Blueberry muffin Melon cup, Soy sauce	Salisbury steak 31 Mashed potatoes & gravy Calico beans Peaches		WHAT DOES A LEPRECHAUN ORDER FOR DINNER? A PADDY-MELT 	*All meals include milk or juice & bread. *Substitutions may occur.

### Scottish Rumbledethumps

- 4 medium Yukon Gold potatoes, chopped
- 1/2 teaspoons salt, divided
- 1/2 tablespoon canola oil
- 1/2 large onion, chopped
- 1/2 cabbage, thinly sliced
- 1 pinch pepper
- 1 teaspoon white wine vinegar
- 2 tablespoons unsalted butter
- 1/4 cup whole milk
- 1 tablespoons Dijon mustard
- 4 ounces sharp cheddar cheese, grated



Preheat oven to 425°. Place potatoes in a large saucepan; add cold water to cover. Stir in dash of salt. Bring to a boil over medium-high heat; cook until soft enough to mash, about 15 minutes. Strain; set aside. Heat oil in a large skillet over medium heat. Add onion; cook, stirring occasionally, until lightly browned, 4-5 minutes. Add in cabbage, salt and pepper; continue cooking until cabbage has wilted, 4-5 minutes. Add vinegar; stir, scraping up the browned bits from the bottom of the pan, until mostly dissolved. Remove from the heat.

In a large bowl, combine cooked potatoes, butter, milk and mustard, mash. Add cabbage and onion mixture; stir to combine. Transfer mixture to a lightly greased 13x9-in. baking dish. Sprinkle the top with grated cheese. Bake 15 minutes or until the cheese is bubbly and lightly browned. Serves 4

### Copycat Shamrock Shake

- 1-1/4 cups vanilla ice cream
- 1/2 cup 2% milk
- 1/4 teaspoon peppermint extract
- Green food coloring, optional
- 1/3 cup whipped cream
- 1 maraschino cherry



Place the ice cream and milk in a blender. Add in the peppermint extract and squeeze in a few drops of green food coloring. Blend and taste to desired peppermint flavor. Pour into a tall, chilled glass. Top it off with whipped cream and a cherry. Serves 1

### Easy Corned Beef Hash

- 2 cups finely chopped peeled potatoes
- 2 tablespoons butter
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 2 cups finely chopped cooked corned beef
- 2 tablespoons canola oil
- 1/4 teaspoon onion powder
- 1/4 teaspoon coarsely ground pepper
- Minced fresh parsley, optional



Place potatoes in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until just tender. Drain and set aside. In a large skillet, heat butter over medium heat. Add potatoes; cook and stir until edges begin to brown. Add onions; cook and stir until tender, 3-4 minutes. Add garlic; cook 1 minute longer. Stir in corned beef, oil, onion powder and pepper. Reduce heat; cook and stir until heated through, 8-10 minutes. If desired, garnish with parsley. Serves 4

### Rueben Soup

- 1/2 cup chopped onion
- 1/2 cup sliced celery
- 2 tablespoons butter
- 1 cup chicken broth
- 1/2 teaspoon baking soda
- 2 tablespoons cornstarch
- 2 tablespoons water
- 3/4 cup sauerkraut, rinsed and drained
- 2 cups half-and-half cream
- 2 cups chopped cooked corned beef
- 1 cup shredded Swiss cheese



In a large saucepan, saute onion and celery in butter until tender. Add broth and baking soda. Combine cornstarch and water until smooth; gradually add to pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add sauerkraut, cream and corned beef; simmer for 15 minutes. Add cheese; heat until melted. Add salt and pepper. Garnish with rye croutons if desired. Serves 6



### 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

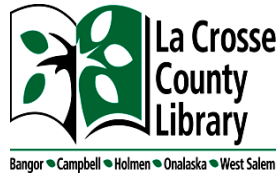
MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN LA CROSSE		HOME DELIVERED	792-4487
SOUTHSIDE	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR.	317-8104
ONALASKA	11:30AM	515 QUINCY ST	317-9870
WEST SALEM		HOME DELIVERED	785-5775
WEST SALEM LIBRARY	2ND & 4ND THURS	720 INDUSTRIAL DR.	785-5775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

**La Crosse Main Library**

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

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

- Grand Opening Celebration:** March 11, 10am-6pm
- Chair Fitness:** Mondays, 9am-9:30am
- Chair Yoga:** Thursdays, 10am-10:45am
- Monday Mornings at Main:** Mondays, 10am-11am
- Friends Book Sale:** Mondays, 9am-12pm
- La Crosse County Veteran Services:** March 3, 9am-12pm
- Storytime for Adults:** March 3, 6:30pm at Turtle Stack Brewery
- Strong Bodies Fitness:** Wednesdays & Fridays, 10am-11:15am
- Chapter Book:** March 11, 1pm or March 14, 10am. *The Once and Future Witches*
- Tea & Technology Tools for Curious Minds:** March 10, 11am-12pm
- Boggle Poetry:** March 12, 5:30pm-6:30pm
- Crochet Basics for Adults:** March 16, 5:30pm-6:30pm
- BookTok Bingo:** March 17, 6:30pm at 608 Brewery
- Community Blood Drive:** March 17, 11:30am-3pm
- Repair Café:** March 21, 10:30am-12:30pm, limit 3 items
- Qigong:** March 7, 9:30am-10:30am
- Knit & Needle:** March 10, 5pm-7pm
- Adult Crafts:** March 20, 10am-11am, decorative beaded plants



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

- Bangor** movie on March 19 at 2:30pm and 6pm.
- Campbell** "Macrame Rainbows" on March 11 at 6pm. Registration required.
- Holmen** "Jigsaw Puzzle Battle" on March 7 at 10am. Registration required.
- Holmen** movies March 9 and March 23 at 2:15pm and 6pm.
- Holmen** "Drop-in Tech Help" on March 19 from 11am-12pm and 4:30pm-5:30pm.
- Onalaska** "Hmong Story Time for All Ages" on March 4 at 6:30pm.
- Onalaska** movies March 5 and March 19 at 6pm.
- Onalaska** "Senior Moments" on Wednesdays at 10am:
- March 4:** Badger Talk: Chasing the Stars
- March 11:** Navy Seabees and the Cold War
- March 18:** Irish Legends & Folklore with Chad Lewis
- March 25:** Aldo Leopold's Shack with Nancy Hunt
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- West Salem** "Local Archaeology" on March 3 at 10:30am.
- West Salem** movies on March 12 and March 26 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](http://www.natureplacelacrosse.org)

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

- EnviroWednesday:** March 4, 7pm-8:15pm
- Nature Saturday:** March 7, 9:30am-11:30am, free, all ages
- Free Birding Program:** March 18, 7pm for ages 14+.
- FREE Sled Library:** outside main entrance 24/7
- Destination Junior:** Mar 14, 9am-12pm. Come and shop junior businesses.

**NARVRE**

National Association of Retired and Veteran Railroad Employees, Unit 047 meet **March 10th**, 10am at the Onalaska American Legion. Speaker: Sara Wrobel from Causeway. Patty Burr at 608-781-6032.

*Music for the Soul*

Music has proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia.  
 Call the ADRC at 608-785-5700 for a referral to receive personalized music devices.



**The La Crosse Retired Educators' Association**

next luncheon is on  
**Wednesday, April 1 at 11:10am** at Cedar Creek Country Club.  
 Cost is \$20.  
 Reserve at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com) by March. 24th.  
 Speaker is Chloe Wise. Please bring your own leftover containers.

**LA-CROSSE CENTER**

- Mar 6-8: Badger Brawl Wrestling**
- Mar 8: Wedding World**
- Mar 12: Josh Turner**
- Mar 13-15: Custom Auto Show**
- Mar 27: Bob Dylan**
- Apr 3: BoDeans**

**St. Patrick's Day Sudoku**

Fill in the grids so that each letter in each word listed at the top of the grid appears only once in a row, column and block.

**SHAMROCK**

S		O		A			R
		A	K	R		S	H
				C			M
M			O				
A	K		R	H	O		
R			H		C		A

**Blood Drives for MARCH**

- 3/3: Aquinas High School, 8:30am-1:30pm
- 3/5: La Crescent High School, 9:15am-3:15pm
- 3/5: Melrose Mindoro High School, 12pm-5pm
- 3/9: St. Matthews Stoddard, 12:30pm-4:30pm
- 3/9: Onalaska Armory, 12pm-4pm
- 3/10: St Joseph Cathedral, 11am-4pm
- 3/11: Bangor High School, 12pm-5:30pm
- 3/12: Moose Lodge, 10am-3pm
- 3/16: St. Paul's Church Onalaska, 11am-4pm
- 3/18: Onalaska American Legion, 10am-2:30pm
- 3/19: Holmen Library, 12:30pm-5:30pm
- 3/20: Onalaska Omni Center, 9am-2pm
- 3/24: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
- 3/24: YMCA La Crosse, 9am-1:30pm
- 3/24: Onalaska Methodist Church, 1p-5:30pm
- 3/25: Onalaska Library, 11am-4pm
- 3/27: Valley View Mall, 11am-4pm
- 3/27: Luther High School, 10am-3pm
- 3/30: Presbyterian Church West Salem, 11:30am-4:30pm



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

**Appointed Representative vs. Representative Payee:****What are the differences?** *By the GWAAR Legal Services Team*

There are two types of representation when you are dealing with the Social Security Administration (SSA). There are appointed representatives or representative payees that are appointed for you by SSA. There are key differences between the representative's duties, how they are appointed, and what they can do. Knowing the difference between the two will help you understand your rights to a representative and what they can do to help you.

**Appointed Representatives**

An appointed representative is someone that you, the beneficiary, appoint to act on your behalf when working with SSA. They can access your Social Security file, help you collect records and information, come with you to conferences or hearings, request a reconsideration or waiver, and help you prepare for hearings. They can work with SSA on your behalf on most issues. You do not need to appoint a representative for general help like filling out forms.

The representative can be an attorney or non-attorney and will have a set of qualifications they must meet. The representative must follow SSA's Rules of Conduct and Standards of Responsibility. These rules include things like submitting evidence in a timely manner and providing competent representation. These rules are in place to ensure that you are represented by an individual that is competent and responsible.

You must inform SSA about your request for a representative in writing.

The form SSA-1696 can be found at <https://www.ssa.gov/representation/>, and can be filled out in a paper or electronic format.

Before you fill out this form you need to have your representative register with SSA using the form SSA-1699 that can be found at the same website above. When your representative is finished representing you, they must complete the form SSA-1969-SUP 1.

**Representative Payee**

A representative Payee is a person or organization that is appointed by SSA to receive and manage your benefits. The representative payee will receive your benefits then will be required to use them to provide for your basic needs and save any excess benefits for future needs. The representative payee can be a friend, family member, or an organization. If someone wants to be your representative payee, they should contact their local SSA field office for more information on the process.

A representative payee is required for most minor children and people that are found legally incompetent who are receiving SSA benefits. A representative payee is required to manage benefit payments for those individuals that are not capable of managing them alone. It is important to note that a person with a power of attorney (POA) is not automatically a representative payee.

A representative Payee has specific duties and responsibilities to ensure that the beneficiary's needs are met and to safeguard the benefits. The main duty is to make sure the beneficiary's current needs are met. This means that the benefits will be used to secure food, clothing, housing, and personal comfort items. The representative payee must provide for needs that are reasonably foreseeable. When needs are met and there are left over benefits, the representative payee should conserve or invest those benefits to meet future needs of the beneficiary. To ensure that the benefits are being used properly there is a reporting requirement.

Essentially the representative payee must use their best judgment to use the benefits for what is in the best interest of the beneficiary.

It's also important to remember that there are limitations on what a representative payee can and cannot do. They can sign SSA documents on behalf of the beneficiary, but they cannot sign other legal documents. They can use the benefit income on the beneficiary's needs, but they cannot use the beneficiary's earned income or pension. They can get reimbursed for reasonable out-of-pocket expenses incurred on behalf of the beneficiary, but they cannot have the beneficiary's money in their personal accounts or spend it for personal reasons.

Both appointed representatives and representative payees help SSA beneficiaries but in different ways. If you need assistance with an appeal or someone to help with conferences and collect records, an appointed representative can help. If you need assistance with managing your benefits, then a representative payee will be appointed to you by SSA. When you understand the difference between the two representatives you can prepare for your specific needs and avoid benefit interruption.

**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

**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

**Mental Health Resources** *By the GWAAR Legal Services Team*

Your mental health is just as important as your physical health. One in five Americans are living with a mental illness according to the National Institute of Mental Health. Many things like stress, lack of sleep, isolation due to colder weather, and current events can trigger mental health issues. You may experience changes in your sleep, changes in your appetite, mood swings, social withdrawal, low energy, and cognitive issues. Some people may feel physical pain, irritability, confusion, and feelings of hopelessness. If you notice these changes in yourself or a loved one, reach out to your healthcare provider or find immediate help. Most health insurance plans cover mental health services whether you have a Marketplace plan, Medicare, or Medicaid.

Medicare and Medicaid cover mental health services. They cover the diagnosis and treatment of mental health issues like anxiety and depression. It's important to contact your plan or call 1-800-MEDICARE to find out what is covered and where the services are covered. Understanding your plan's mental health coverage will help you avoid costly bills. If you don't have medical coverage, there are programs that help individuals meet their mental health needs.

There are nonprofit organizations that provide resources to those who need them in Wisconsin. One organization is the National Alliance on Mental Illness (NAMI) which helps individuals find support and care. They have information about finding a provider, treatment, and crisis resources. Their Wisconsin guide has a lot of information to help individuals get the care they need. Another organization is Mental Health America of Wisconsin (MHA). They help individuals find providers that accept Medicaid, provide information about support groups, and have general information about mental illness. If you need assistance finding a provider that will see you without insurance, use the FindHelp.org website to search for providers near you that may have reduced fees.

Whether you have insurance or not, if you feel like you or a loved one are in a crisis, there are resources to help. If you or a loved one is in immediate physical danger, you can call **911**. Let them know that you are having a mental health crisis and ask for a mental health officer or request a Crisis Intervention Team or CIT. If you are in a mental health crisis, you can also call **988** to be connected to a trained mental health counselor. You can call the mental health hotline for Wisconsin at **(866) 903-3787** to talk to a mental health specialist. You can call the National Alliance on Mental Illness hotline at **(800) 950-6264** or text NAMI to **741-741** to talk through it and get help finding resources locally. Dialing **211** can help you find immediate assistance for acute mental health issues near you. Just remember that you are not alone, and there are resources available to you whether you have mental health coverage or not.

**Mental Health Resources:**

National Alliance on Mental Illness (NAMI)

Website: <https://namiwisconsin.org/>

Mental Health America of Wisconsin (MHA)

website: <https://www.mhawisconsin.org/home.aspx>

Find Help website: <https://www.findhelp.org/>

**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.*

**Essential Care Checklist** by Trualta

Caregiving can be overwhelming. Use this checklist to learn important considerations and make sure you're covering all your bases! Whether you're a new caregiver or have years of experience, it's important to make sure you're covering all your bases. Work your way through this checklist that includes important caregiving essentials. As you complete the checklist activities, you can feel confident that you're helping to keep your care recipient safe and making their everyday care a little easier.

**Research their diagnosis-** You'll learn important information like:

- How their condition progresses and what to expect.
- Treatments and therapies available.
- Challenges you might face.
- Helpful caregiving tips and strategies.

**Find out what to watch out for-** Talk to a doctor about signs and symptoms that mean your care recipient needs to seek medical attention or other urgent care. You can work together with your care recipient to create an action plan for what to do if this happens.

**Reduce medication mistakes & interactions-** As we age, our bodies metabolize medications differently. Regularly review medications with a doctor or pharmacist to ensure they're appropriate and safe for your care recipient. You'll also learn about side effects, risk factors, and changes to expect over time. This step is commonly missed, but very important to include to avoid problems like:

- Old medications interacting with new ones.
- Taking too many medications, or ones that have similar purposes.
- Poorly organized medications, leading to taking too many or not enough.

**List activities they need help with-** Finding out what your care recipient needs help with will can help you:

- Figure out what treatments or therapies they may benefit from.
- Find out what funding or supports they're eligible for.

**Organize important documents-** Power of Attorney (POA) is a legal document naming who can make healthcare or financial decisions if your care recipient is unable to. Without it, the healthcare team may ask someone else to make decisions based on state law. It may be someone they don't want making decisions for them. Getting documents like POA for healthcare and finances signed early can help them be in control of what happens and avoid future problems, especially if your care recipient has a progressive disease.

**Make the home safe & supportive-** Talk to a doctor or your Area Agency on Aging (edit: Aging and Disability Resource Center) about getting a referral for a home safety assessment. A healthcare professional will come to the home to look for safety hazards and recommend changes to make it safer for your care recipient. Consider if you need to make changes like:

- Rearranging the items in cupboards, closets, and drawers to avoid reaching and bending.
  - Moving their bedroom so that it's closer to the bathroom or to avoid using stairs.
  - Purchasing or renting safety equipment. For example, grab bars or shower chairs.
  - Preventing fall hazards by reducing clutter, clearing pathways, removing rugs or mats, and tucking away loose cords.
  - Improving lighting by adding brighter bulbs or adding night lights.
- Create a backup plan-** Consider who will provide care if you aren't able to. For example, in case you're sick, on vacation, or during emergencies. Keep contact information on hand, like in your phone. Consider setting up ways for those people to access important information about your care recipient. You can create a care binder or fill out Trualta's "Emergency Planning Workbook".

**Connect with local resources-** It's important to take steps to prevent caregiver burnout. Different supports may be available depending on your area and insurance plan. Some supports you can ask about include:

- In-home nursing support or therapy.
- In-home personal care support for activities like bathing/ toileting.
- Services like transportation or meal preparation.
- Respite care.

**Find caregiver support-** Remember—your needs are just as important as your care recipient's. Whether you're needing a break to care for other life responsibilities, support your emotional or mental health, attend to meaningful relationships and activities, or find time to relax and recharge, there are different kinds of support out there to explore:

- Caregiver support groups
- Online forums
- Counseling
- Respite care
- Caregiver education

**Make a list of questions-** Consider questions you have or tasks you want to learn to do better. Keep a running list for the healthcare team or when taking caregiver education opportunities.

**You Don't Have To Do It All At Once-** Use this list of our recommended action items as a starting point, knowing that you can add or take away items as they apply to your unique caregiving situation.

The list may seem overwhelming at first. Work with your care recipient to set goals for checking off each item on the list. They can be done in any order, and you can complete them over a period of time that works for you. It may be helpful to talk to other caregivers about their experiences and find out what was helpful for them.

**CAREGIVER WISH GRANT**

The Caregiver Wish Grant, provided by the EndAlz Fest Foundation, is designed to support caregivers who are caring for a loved one affected by Alzheimer's or another dementia by granting wishes up to \$1,000.

This grant aims to ease the challenges of caregiving and improve the quality of life for caregivers and their families.

For information and to apply go to <https://endalzfest.com>

**Caregiver's Quotes**

"Be in the moment with them. They may not remember you are there, but YOU do."

Joyce O. C.

"Take comfort in knowing you don't need to fill up the silence to have a visit be meaningful."

Margaret S.

"They may forget what you said, but they will never forget how you made them feel"

Carl W. Buechner

"I never would have asked for this life, but I am a better person for it." Jane Parks

**Family Caregiver Support Group**

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

March 12th

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.

**2026 Caregiver Education Series**

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

March 19: Caregiving 101: The Road Map

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

March 4th, 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)



**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.

- March 10: Minnesota Art Museum Tours – Minneapolis
- March 18: Little Brown Church & Worlds Smallest- Nashua
- March 25: Bello's Circus Extreme– Legacy Theatre
- 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



**Viterbo University Fine Arts Center**

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

- Feb 28: Steely Dane (Weber Center)
- Mar 1: Puppy Pals (Weber Center)
- Mar 7: Guys on Ice
- Mar 11: Drum Tao
- Mar 22: Stomp
- April 11: Tribute to Creedence Clearwater Revival (Weber Center)

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- 3/7: You Can't Take it With You movie, 7pm
- 3/15: Cynda Solberg piano concert, 2pm
- 3/20: A Murder Has Been Renounced, Dinner 5:30pm
- 3/21: A Murder Has Been Renounced, 7pm
- 3/22: A Murder Has Been Renounced, 2pm
- 4/12: GEPS Scholarship Breakfast
- 4/25: Patina, 7pm

**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
- March 26: Dan Nelson, Mentalist Show

La Crosse Park & Recreation Figure Skating Club presents

# FLASHBACK FREEZE

Green Island Ice Arena

Friday, March 6 7:00pm      Saturday, March 7 2:00pm

Admission: \$5

**Candlelight Hikes**

March 3  
Gateway Trailhead  
5PM-7PM

**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)

Mar 13-29: **Come From Away**  
(Mar 12: Senior preview)

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



**MARIE HEIDER CENTER FOR THE ARTS**

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

- Mar 21: Let's Hang On– Frankie Valli Tribute
- Apr 9: Free and Easy Band

**Concordia Ballroom**

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

[www.concordiaballroom.com](http://www.concordiaballroom.com)

Dances every Sunday, 1pm-4pm.  
Zumba & line dance classes also available.

Senior Card Players: MWF, 1pm-3pm  
Continental Dance: March 13, 7pm

**STREET MARKET INDOOR GARAGE SALE**



OMNI CENTER

**MARCH 14  
8AM-2PM**

**Pump House Regional Arts Center**

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

- March 14: Celtic Stories & Songs
- March 19-29: Pool (no water)
- March 21: This Aint No Hollywood Show

[lacrossebantry.org](http://lacrossebantry.org)

Coulee Hoolie Ceili

Irish Ceili Dancing  
INSTRUCTION PROVIDED  
Coulee Hooligans, music  
Tim Jenkins, caller

Taste of Ireland  
Irish Dancer

Fun for all ages

**March 28, 2026 5-9 p.m.**

American Legion, 711 6th Street South, La Crosse  
Adults \$10 \* Seniors, Students or Military \$8 \* Families \$20  
Tickets will be available 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](mailto:seniorlife@lacrossecounty.org) or fax to 785-6135

**Blast from the past...**



**The Fireside Restaurant** .. 9402 Hwy 16 (today the site of Walgreens) .. opened 1946 - closed 1988

In the 1960s, the Fireside was a traditional Wisconsin supper club known for its formal atmosphere and classic American fare.

Its menu was highlighted by:

**Steaks and Seafood:** It was widely recognized as a "dress-up type" steakhouse serving prime cuts and fresh seafood.

**Fried Chicken:** A popular staple of the restaurant, it was noted for having "wonderful" or "really good" chicken.

**Relish Trays:** As a classic supper club, it typically served these as a standard accompaniment to meals.

**Cocktails:** It was a destination for "good cocktails" and social libations, maintaining a lively bar scene alongside its dining room.

Later in its history, specifically during the 1970s and 1980s, the establishment became well-known for its Friday night fish fry and all-you-can-eat specials.

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

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Monday:** First Monday, 6pm Bingo @ Valley View Mall, (March 2)
- 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 starting March 4th
- Thursdays:** 6pm Bingo @ Holmen American Legion
- Fridays:** 5pm-7:30pm, Fish Fry, St. Patrick's Church Onalaska
- Sundays:** 2:30pm Bingo @ Drugan's Holmen
- 3/1:** All U Can Eat breakfast at Bangor Elementary, 7am-12pm
- 3/6:** Downtown Art Walk, 4pm-7pm, 3rd & Main St.
- 3/6:** Midwest Race League Championships, 9am-4pm. Mt La Crosse
- 3/8:** Wingapalooza, 12:30pm at Radisson Hotel
- 3/14:** Gods Country Muskies Banquet, 4:30pm at Moose Lodge
- 3/14:** Winters Makers Market, 9am-1pm at Justin Trails Sparta
- 3/17:** Winter Market, 4pm-7pm, La Crescent Event Center
- 3/18:** West Salem Business Expo, 11am-3pm at WS High School
- 3/21:** Radiance & Relaxation: Empowering Women Everywhere 10am-3pm, Bangor American Legion \$25
- 3/21:** Spring Craft Show, 9am-3pm at Logan High School. Free
- 3/21:** Bingo for West Salem Fire Dept, 10am at Silverado's
- 3/22:** 8th Annual Autism Fundraiser at the Onalaska Amer. Legion
- 3/21:** Radiance & Relaxation for Women, Bangor Amer. Legion, 10am-3pm. Email [bangorlionsevents@gmail.com](mailto:bangorlionsevents@gmail.com) to register
- 3/26:** Grand Slam Magic Show, 6pm, Holmen High School. \$5

**St. Patrick's Day Word Search**

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

**45th Annual La Crosse & Three Rivers Model Railroad Show**



Art by James R. Matuska

**Sat., March 14, 2026  
9 am to 5 pm**

**Sun., March 15, 2026  
10 am to 3 pm**

**The Omni Center  
255 Riders Club Road in Onalaska, Wis**

Admission \$8.00 for Adults; \$7.50 with the donation of a non-perishable food item.

Children ages 11 and under are admitted FREE when accompanied by an Adult!

A Two-Day Pass for \$12.00 with the purchase of a band.

For more information on the 2026 show, please contact:

Belva Thompson - 608-780-7364 or email to [bthom@live.com](mailto:bthom@live.com)

MARCH 6-8, 2026  
HOUSTON, MN USA



*International Festival of OWLS*

[www.festivalofowls.com](http://www.festivalofowls.com)

**ST. PADDY'S DAY .01K**

Saturday, March 14th at 3pm in Downtown La Crosse!  
It's the World's Shortest Run/Walk to benefit The Hunger Task Force



**Daylight Savings starts Sunday, March 8th.**

Advance your clocks ahead 1 hour. The American Red Cross asks that everyone test their smoke alarms and change batteries as needed.



BLARNEY  
BUCKLE  
CABBAGE  
CHARM  
DUBLIN  
EMERALD

FOLKLORE  
GREEN  
IRELAND  
LEGEND  
LIMERICK  
SPRING

**POLAR PLUNGE**

SATURDAY, MARCH 7, 2026  
BLACK RIVER BEACH



REGISTER, DONATE & LEARN MORE



**SATURDAY, MARCH 14TH**

Parade will start at 12PM Freighthouse to 2nd turning on Main Street to 7th. Family fun, bands, Irish royalty and dancers. Post Parade Social following at the Freighthouse. Irish music and selected Irish fare will be served.



Parade starts at noon on 2nd & State traveling up Main St. to 7th St.