











May 2024

# La Crosse Senior Life

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

PRST STD  
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Platteville, WI 53818  
Permit No. 124

 <p><b>OLDER AMERICANS MONTH</b></p> <p>POWERED BY CONNECTION: MAY 2024</p>		<p>It is <b>Older Americans Month</b> and this year's theme is <b>Powered by Connection</b>, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Join us in connecting with others throughout the month as well as promoting the benefits of connecting with others.</p> <p><i>Below are some ways you can participate during the month of May!</i></p>
5/1:	 <p><b>Open House</b></p>	<p>Check out local resources, talk with staff, and explore assistive/adaptive technologies at the Aging &amp; Disability Resource Center (ADRC) of La Crosse County's open house from <b>10:00 am to 4:00 pm</b>. The ADRC is located on the first floor of the Health &amp; Human Services building (300 4th St N, La Crosse). Free, no registration required.</p>
5/6:	<p><b>Movie Screening: The Color Purple</b></p>	<p>Attend the La Crosse County Library's movie screening, <i>The Color Purple</i>, at their Holmen Public Library facility (121 W Legion St, Holmen) at <b>2:15 pm</b> or <b>6:00 pm</b>. Free, no registration required.</p> 
5/14:	<p><b>Aging Advocacy Day</b></p> 	<p>Join citizens from around the state to share personal stories with legislators to help them learn more about issues impacting older adults. This event is held in Madison beginning at <b>10:00 am</b>. To register, go to <a href="http://gwaar.org/aging-advocacy-day-2024">gwaar.org/aging-advocacy-day-2024</a> or call the ADRC at 608-785-5700 for assistance and/or if transportation is needed.</p>
5/15:	<p><b>Senior Fair: Life in Full Bloom</b></p>	<p>Learn about local resources and volunteer opportunities at the Onalaska Public Library (741 Oak Ave S, Onalaska) from <b>10:00 am to 11:30 am</b>. Free, no registration required.</p>
5/17:	<p><b>Healthy Aging Conference: Aging Strong</b></p>	<p>Explore what it takes to age with good health, including both physical and mental well-being at Gundersen Health System's annual Healthy Aging Conference from <b>8:00 am to 12:00 pm</b> at the Radisson Hotel (200 2nd St S, La Crosse). Registration required, along with \$30 fee. For more info, or to register, go to <a href="http://www.gundersenhealth.org/events/aging-healthy-aging-conference">www.gundersenhealth.org/events/aging-healthy-aging-conference</a> by May 10th.</p> 
5/21:	<p><b>Caregiver 101: Resources</b></p>	<p>Learn about caregiver resources and connect with other caregivers from <b>1:00 pm to 2:30 pm</b> at the Hazel Brown Leicht Memorial Library (201 Neshonoc Rd, West Salem). Event hosted by the ADRC of La Crosse County and La Crosse County Caregiver Coalition. Free, registration required. To register, call the ADRC at 608-785-5700.</p>
5/23:	<p><b>Mental Health Awareness</b></p> 	<p>Join community members as they walk for mental health awareness beginning at <b>12:00 pm</b> at La Crosse County Health &amp; Human Services (300 4th St N, La Crosse). The event will begin with a brief opening ceremony and conclude with education, community resources, and refreshments. Free, no registration required. Wear green, color of hope.</p>
5/29:	<p><b>National Senior Health &amp; Fitness Day</b></p> 	<p>"Make Fitness Your Friend for Life" and join us for National Senior Health &amp; Fitness Day from <b>12:00 pm to 3:00 pm</b> at All Abilities Trane Park (1500 Chase St, La Crosse). Enjoy the park's walking path and pickleball courts (first come, first serve) as well as:</p> <ul style="list-style-type: none"> <li>• Health screening and education including blood pressure checks, balance assessments, stroke prevention education, and nutrition education, and more!</li> <li>• La Crosse Park &amp; Recreation FITLOT class (12:30-1:15 pm, weather dependent)</li> <li>• La Crosse Exercise &amp; Health Program class (2:15-2:30 pm)</li> <li>• Drift Cycle bikes (12:00-3:00 pm, weather-dependent)</li> </ul> <p>Free, no registration required. For more information, call the ADRC at 608-785-5700.</p>
5/31:	<p><b>SENIOR SHINDIG</b></p> 	<p>Join us for board and card games, trivia, live music, pie and ice cream along with some outdoor fun, weather permitting, from <b>1:00 pm to 3:00 pm</b> at the Onalaska Community Center (515 Quincy St, Onalaska). Free, registration encouraged, 608-785-5700.</p>

*Connectedness plays a vital role in supporting independence and aging in place by combatting isolation and loneliness.*

*Older adults with close connections and relationships tend to live longer and have a better quality of life! ♥*



Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs? If you are over the age of 60, or perhaps an adult with a disability, we can help. Whether it is for medical, nutrition (groceries), or employment, we can help you with some options:

**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.

**La Crosse County ADRC** (Abby Vans) offers transportation for La Crosse County residents rides in La Crosse County

Monday-Saturday from 7am-6pm and 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 and electric scooters accessible.

**Cost varies by zones:**

Zone 1A- La Crosse and Onalaska South \$3.50 each direction.

Zone 1B- Onalaska North, Holmen and French Island \$4.00 each direction.

Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard.

\$4.50 each direction.

You must first register with the ADRC before calling Abby Vans directly for your rides.

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.

**Abby Vans: 1-800-236-8438** (once registered)

**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 is the cost of a monthly bus pass.

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

The lobby at Grand River Station (314 Jay Street) is open daily Monday-Friday from 9:00am to 5:00pm.



**MTM Medical Rides**

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

Monday—Friday, 7am - 6pm

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

Visit the website at [wi.ridewithveyo.org](http://wi.ridewithveyo.org)



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 **\$4.00 (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)



The La Crosse County ADRC Office, Meal Sites and Abby Van Transportation will be closed Monday, May 27th.



**Have Extra Time on Your Hand this Summer?**

The Aging & Disability Resource Center is looking for help to deliver meals to our seniors.

- ◆ Days are flexible. Hours are from 10:30am-12pm, Mon. thru Fri.
- ◆ Mileage reimbursements monthly.
- ◆ Help packaging meals also available at our various meal sites.
- ◆ Great way for students/ families to give back to their community.

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



**Help us fill the Aging Advocacy Bus to Madison!**

**Aging Advocacy Day** is Tuesday, **May 14th** and we want to fill a bus with La Crosse County constituents!

Join citizens from around the state to share personal stories with legislators to help them learn more about issues impacting older adults and caregivers.

Event registration is now open. To register, go to [gwaar.org/aging-advocacy-day-2024](http://gwaar.org/aging-advocacy-day-2024) or call ADRC at 608-785-5700 for assistance. To reserve a spot (no cost) on the bus, call the ADRC ASAP.

**Contribution Designation Form**

I want to help the Aging & 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 do so, you can complete the donation form above and mail to the address on the form, along with a check written to **ADRC of La Crosse County**, or to use a credit card, you can go to our website at [www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc) and click on the yellow "Donate" button toward the bottom of the page. Either way, thank you for your support!

**La Crosse Senior Life Newspaper**

Mailing List Request

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

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



38th Annual Wisconsin State Conference

**Pioneering HOPE**

May 5-6

Kalahari Resort, Wisconsin Dells

For healthcare professionals and family caregivers.

Register: alzconference24.eventbrite.com



Free Programs for people living with early to mid-stage memory loss and their care partners. Please register 2 days prior to program to ensure adequate supplies and accommodations if necessary.

**SPARK! on the Go!**

Second Monday – **May 13**, 1:00pm-2:30pm

The Nature Place, Myrick Park

Call the Aging & Disability Resource Center 608-785-5700

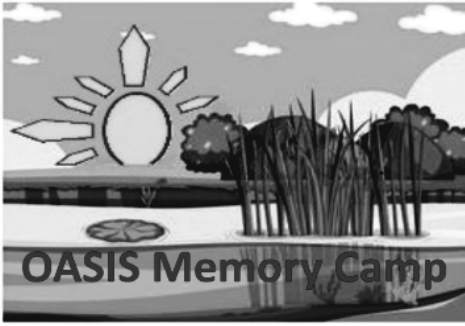
Hosted by EndAlz Fest Foundation in partnership with the Aging & Disability Resource Center Dementia Care Specialist Program.

**SPARK! at Clearwater Farms**

Third Wednesdays monthly – **May 15**, 10:30am-12pm

Clearwater Farm 760 Green Coulee Rd. Onalaska

To register- [anna@clearwaterfarm.org](mailto:anna@clearwaterfarm.org) OR Call the Aging & Disability Resource Center 608-785-5700



Oasis Memory Camp is free for individuals in the beginning to mid stage of a dementia diagnosis.

Each camp features in/outdoor learning experiences, a delicious lunch, and socialization.

Register with Oasis for every week or as your calendar permits.

Oasisrespite

program@gmail.com

**Respite Care with a Camp Experience**

For Loved Ones with Dementia

Wednesdays

May 1st - June 5th

10:30am to 1:30pm at

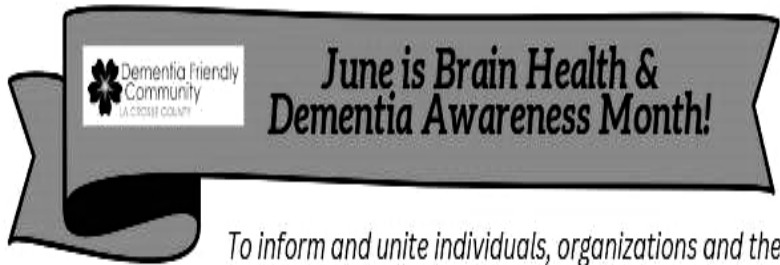
The Nature Place

789 Myrick Park Drive, La Crosse

Unlimited fun but limited space, register right away!

**608.780.0471**

**Stay Tuned for Upcoming Schedule for June is Brain Health & Dementia Awareness Month**



To inform and unite individuals, organizations and the community with brain health opportunities, awareness of dementia and the variety of supports and resources available in La Crosse County.

We invite the public to attend!

**Learn & Connect – Cognitive & Memory Loss Education**

For new diagnosis, early-stage caregiving.

Wednesday's May 1-22

10:30am –12pm

GHS East Building,

3rd Floor Neuro.

Call to register:

ADRC at 608-785-5700

**Day Respite Program for Individuals with Mild to Moderate Symptoms Associated with Alzheimer's, Dementia or Brain Related Impairments**

OASIS respite is a safe place for loved ones, allowing caregivers to make time for themselves along their caregiving journey.

This program is designed to be affordable, through daily suggested donations, and provide purpose, social connections and stimulation for its participants.

**Mondays 9am-11am and Thursdays 11am—3:00 pm**

**@ First Free Church in Onalaska**

Every Thursday is Discovery Day- come check it out, and see if it's a fit for you and your loved one.

Must REGISTER for discovery time AND before attending respite: **608-780-0471**



**LOCAL DEMENTIA SUPPORT GROUPS**

For questions on these support groups please call the ADRC 608-785-5700

**Are you on the Dementia Newsletter Mailing List?**  
 "The Guided Light"  
 La Crosse County's Dementia Newsletter  
 To sign up email [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org) or call 608-785-5700.

GROUP, TIME & LOCATION	DESCRIPTION & CONTACT
<b>All-Stages Caregiver Group</b> 2nd Tuesday monthly, 1:15pm-2:30pm Good Shepard Church 4141 Mormon Coulee	For caregivers only. Contact- Kathy 608-386-8908
<b>Parkinson's Disease Group</b> 1st Monday monthly, 5pm-6:30pm Black River Beach Neighborhood Center	For care partners and persons living with Parkinson's disease. Register with La Crosse Park & Rec. 608-789-8640
<b>Connect Smart Group</b> (April only) 2nd & 4th Wednesdays, 12:30pm-2pm Community Connections 1407 St Andrew St	Group activity for people living with dementia. Care partner support and education in a separate room. Register with La Crosse Park & Rec. 608-789-8640
<b>Frontotemporal Dementia Group</b> 2nd Wed/Month, 2pm-3:30pm Holmen Area Community Center	Open to caregivers and persons with FTD. Education and sharing. Questions? Call ADRC 608-785-5700
<b>Conversations with Kathy</b> 4th Tuesday monthly, 1:15pm-2:30pm Black River Neighborhood Center, La Crosse	Informal sharing with those who are on a similar journey. For caregivers only. Kathy 608-386-8908.
<b>Circle of Support –Virtual</b> 3rd Tuesday/Month, 2pm-3pm <b>Evening Conversations</b> -Every Thursday, 7:30pm-8:30pm, virtual	Led by dementia care specialists from WI. For the virtual link: <a href="mailto:Teresa.gander@vernoncounty.org">Teresa.gander@vernoncounty.org</a>
<b>Monday Coffee Connect - Virtual</b> Weekly; Every Monday, 10am-11am	Group for all stages of disease. Led by dementia care specialists from WI. For link email: <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a>
<b>Caring for a Relative with Dementia-Virtual</b> 1st Monday monthly, 7pm-8pm	For adults proving care for aging parents or family of any stage of disease. For link: <a href="mailto:scott.seeger@adrc-cw.org">scott.seeger@adrc-cw.org</a>
<b>Aging &amp; Down Syndrome-Virtual</b> 3rd Wednesday monthly, 5pm-6pm	For people who care for aging individuals with Down Syndrome. Hosted by DSAW & ALZ. <a href="mailto:Info@dsaw.org">Info@dsaw.org</a>
<b>Lewy Body Dementia– Virtual</b> 2nd & 4th Wednesday monthly, 1:30pm-3:30pm	For caregivers of individuals with Lewy Body Dementias. For link: <a href="mailto:rgriesel@co.dodge.wi.us">rgriesel@co.dodge.wi.us</a>



Sunday, May 19th

11am - 2pm

The Hatchery located within Riverside Park

Tickets: \$25

Unique games, raffles, and food await you on the shores of the beautiful Mississippi!

Fundraising event to benefit Causeway Caregivers Volunteer OASIS Day Respite Program.

Questions or Donations – Call Sara, 608-780-0471

**Social Security Basics – Applying for Disability**

“Get helpful tips on how to apply for adult disability benefits. Understand what information is needed for the application, what the process looks like, and what resources are available to help you.”

**May 13, 4pm-5:30pm** at La Crosse Main Library Auditorium or VIRTUAL

**July 15, 12pm-1:30pm** at Human Services Basement Auditorium, 300 4<sup>th</sup> St. N, La Crosse or VIRTUAL

**September 16, 3:30pm-5pm** at Holmen Area Community Center or VIRTUAL

Registration required by calling the Aging & Disability Resource Center at 608-785-5700.

**May is National Stroke Awareness Month**

*By the GWAAR Legal Services Team (for reprint)*

Strokes can happen to anyone, regardless of age. If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!

**F** = Face Drooping. Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?

**A** = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S** = Speech Difficulty. Is the person's speech slurred?

**T** = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.

**Resources for Individuals Fighting Cancer**

*By the GWAAR Legal Services Team (for reprint)*

According to the National Cancer Institute, nearly 40% of Americans will be diagnosed with cancer sometime in their lifetime. This means that there is a high likelihood that you or someone you love has been affected by cancer. Below are some resources for individuals and their families who are fighting cancer together:

- One of the largest organizations with resources available is the **American Cancer Society** (<https://www.cancer.org/>)
- The **Wisconsin Cancer Collaborative**, in partnership with **Covering Wisconsin**, has Health Literacy Tools for Patients available here: <https://wicancer.org/resources/how-to-sheets/>. These Health Literacy Tools help patients and families answer questions about cancer risk factors, screenings, and insurance coverage. Most are available in English and in Spanish.
- There are also **Cancer Support Communities** (<https://www.cancersupportcommunity.org/>). The Cancer Support Community in Wisconsin is **Gilda's Club Madison** (<https://www.gildasclubmadison.org/>). There is also a **Gilda's Club in Minneapolis, MN** if that is closer for you (<https://gildasclubmn.org/>).
- Organizations dedicated to the specific cancer you are fighting can be a great resource and sometimes even offer financial assistance or grants to help bridge the gap when you're fighting cancer. Some examples of organizations like this are below. This is not an exhaustive list, so you will want to do a web search for any other potential resources out there.
- ◇ **Leukemia and Lymphoma Society** (<https://www.lls.org/>)
- ◇ **American Lung Association** (<https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer>)
- ◇ **Susan G. Komen for Breast Cancer** (<https://www.komen.org/>)
- ◇ **Project Purple** (<https://www.projectpurple.org/>) for Pancreatic Cancer or the **National Pancreatic Cancer Foundation** (<https://www.npcf.us/>)
- ◇ **The Prostate Cancer Foundation** (<https://www.pcf.org/>)
- ◇ **The American Brain Tumor Association** (<https://www.abta.org/>) or the **National Brain Tumor Society** (<https://braintumor.org/>)

The website for **Wisconsin's Family Caregiver Support Programs** also has a listing of cancer specific resources available here: <https://wisconsinaregiver.org/cancer-specific-resources>

**Looking to Move this Spring?**

211 has information and referrals to help! If you are a low- or moderate-income individual looking for a new place to live, consider asking 211 about some of these options: Housing Search Assistance, Barrier Free Home Rental Listings, Public Housing, Low Income or Subsidized Private Rental Housing, and Section 8 Housing Choice Vouchers. We can also guide you to a Housing Authority in your area which can help provide affordable housing opportunities. In the case that you may be facing eviction or having conflict with your landlord, there may be resources available to help such as: Eviction Prevention Legal Assistance, Tenant Rights Information and Counseling, and Landlord/Tenant Dispute Resolution. Individuals and families who are homeless or at risk of homelessness may want to inquire about whether there is a Coordinated Entry program in their area, to be screened for and placed on a prioritization list for housing assistance. If you are currently without housing, please also ask about Community Shelters, Transitional Housing, or Homeless Motel Vouchers. 211 believes all people deserve housing.

**Simply Dial 2-1-1 \* Get Connected, Get Answers** column is provided by Great Rivers 2-1-1, an information & referral and crisis line service. Professionally trained staff can answer your questions about local, statewide, and national resources and can assist you with life situations and challenges.

Available 24 hours a day, 7 days a week  
Free and Confidential

**North American Squirrel Association  
Outdoor Fun For Seniors and the  
Physically Challenged**

A pontoon is available at no charge to anyone with a disability and their family and friends, veterans, senior citizens over the age of 72, nursing facility groups, adult foster home groups, high school special education groups, youth groups, and other organizations working with the elderly, youth, or persons with disabilities.

Pontoon Rentals available for June- August only

- **Reservations open May 1, and reserved 30 days in advance**
- Mon. - Fri only, no weekends
- First rental at 8 am ... Last rental ends at 5pm
- Pontoon Rental limited to 1-2 hours
- The boat will only hold 9 passengers plus our captain. We can hold up to two wheelchairs at one time.
- To sign up for a pontoon cruise visit: [www.nasasquirrel.org](http://www.nasasquirrel.org)

COMMUNITY LUNCH & LEARN

**BUILDING AWARENESS  
RELEVANT AGING TOPICS**

*Hearing Loss & Cognitive Decline  
Elder Abuse Prevalence*

**TUESDAY, MAY 14**

**10:30AM-2:30PM**

**Black River Beach**

**Neighborhood Center**

**1433 Rose St. La Crosse**

**Agenda: 10am-Doors Open**

**10:30am-Hearing Loss' Connection to Dementia**

**12pm- Lunch provided**

**12:45pm-Elder Abuse with Adult Protective Services**

**2pm-Discussion, Q&A**

**OPEN TO THE PUBLIC.**

**FREE, REGISTRATION REQUIRED**

**CALL THE ADRC, 608-785-5700**

**3rd Annual Vernon County Senior Fair  
May 1st, 10am—2pm**

Vernon County Fairgrounds, Expo Center- Viroqua

Resources, Bingo, Music, Food, Tai Chi Demo, Covid Boosters, Blood Pressure Checks and Giveaways

For more information or in need of transportation, please contact Vernon County ADRC at 608-637-5201





**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)

- Knitting Group:** Thurs, 5pm-7pm; \$1/week.
- Mah Jongg Club:** Tues, 12pm-3:30pm; \$2/session.
- Zumba w/Lynne:** Mons. & Weds, 5:30pm-6:30pm, register
- Staying Active Together:** On site or at home w/live link to instructor; Mons. & Thurs, 9:30am-10:30am; no class May 27
- Art Club:** First and third Thurs. each month, 12pm-3pm; \$2/session (no class May 2).
- International Folk Dance:** Wed. May 1 & Sat. May 18, 7pm-9:30pm; \$2/session.
- Health Matters-Harm Reduction:** Mon. May 6, 10am-11am; register 1 day prior. Free
- Parkinson's Disease Support Group:** Mon. May 6, 5pm-6:30pm
- Dine at 5 – Prairie Smoke:** Thurs. May 16, 5pm-7pm.; register
- Rebuilding American Civics-First Amendment:** Wed. May 29 (Religion) & Fri. May 31 (Speech/Press), 12:30pm-2pm; registration deadline May 22. Free
- Monthly Card Creations:** Wed. May 29, 12pm-7pm; register Friday prior; \$12/session.

**COMMUNITY CONNECTIONS CENTER**

1407 St. Andrew Street, La Crosse

Most programs require registration: 608-519-2088

**Coulee Region Wood Carvers:** Tuesdays, 12pm-7pm

DUE TO THE CLOSING OF THE COMMUNITY CONNECTIONS CENTER, FITNESS PROGRAMS AND OTHER OFFERED PROGRAMS WILL BE HELD IN OTHER NEIGHBORHOOD CENTERS.

**South Side Neighborhood Center**

1306 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/live virtual link to instructor, Mondays & Thursdays, 9:30am-10:30am; register.

**Yoga with Renae:** On site or w/live virtual link to instructor, Wednesdays, 5:30pm-6:45pm; registration deadline May 31.

**Wise Wednesdays:** Wednesdays, May 1 & 15, 10:30am-12pm; register. Free

**Bingo:** Wednesdays, May 1 & 15, 12:30pm-1:30pm; register 1 day prior. Free

**Better Connection Through Self-Love:** Thursday, May 2, 4:40pm-5:30pm; register 1 day prior. Free

**Recipe Rally-Cooking with Kids:** Thursday, May 2, 6pm-7pm; register Monday prior. Free

**Pets, Poems, & Prose:** Monday, May 6, 1pm-2pm; register Thursday prior. Free

**Coping with Grief:** Wednesday, May 8, 10am-11:30am; register 1 day prior. Free

**Shuffle Together:** Friday, May 10, 2pm-3:30pm; registration deadline May 8. Free

**Connect2Nature-All About Horse Sense:** Tuesday, May 14, 12:30pm-2pm; register 1 day prior. Free

**Great River 211:** Thursday, May 16, 5pm-6pm; register 1 day prior.

**What Seniors Should Know...Selling Their Home:** Tuesday, May 21, 10:30am; register 1 week prior. Free

**Senior Meal Site Open:** Lunch served in dining hall 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 also offered .



HOLMEN AREA  
COMMUNITY CENTER

600 N Holmen Dr.

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

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

- Indoor Walking:** Monday - Friday: 7am-10am (Summer hours)
  - Line Dancing Classes:** Mondays from 4pm- 5pm
  - Mindful Yoga:** Tuesdays & Thursdays at 8:45am
  - Muscles in Motion:** Tuesdays at 9am
  - StrongBodies Virtual Strength Training:** Mon & Wed at 9am
  - Chair Yoga:** Mondays at 9:15am
  - Let's Move! Adult Fitness:** Tuesdays at 10am
  - Walking in Place for Fitness:** Thursdays at 10am
  - Bingo:** Wednesdays & Fridays at 1pm
  - Euchre & Cribbage Tournament:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays at 6pm
  - Mah Jongg Club:** Mondays at 1pm
  - Good Morning Holmen!** 3<sup>rd</sup> Friday each month from 9am-10am (May 17<sup>th</sup> - Giving Hearts Concert at 10am)
  - Crafting with Pam & Jackie:** Tuesday, May 21st at 1pm
  - Diamond Art:** Wednesdays at 9am
  - Crafternoon Social – Knit & Crochet:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays at 1pm
  - I Heart Art:** Mondays at 9am
  - Wafer Mobile Pantry:** 4<sup>th</sup> Tuesday each month 12:30pm-1:30pm
  - Hearing Evaluations:** 1<sup>st</sup> Tuesday each month at 10am – 12pm
  - Instrument Checks:** 3<sup>rd</sup> Tuesday each month at 10am – 12pm
  - Medicare 101:** Thursday, May 23<sup>rd</sup> 5pm- 6pm
  - FREE Blood Pressure Checks:** 4<sup>th</sup> Wednesday from 11am-1pm
  - Music with Greg Grokowsky:** 2<sup>nd</sup> Tuesdays at 11:30am
  - Rebuilding American Civics with Sam Scinta:** (virtual site) May 29<sup>th</sup> & 31<sup>st</sup> 12:30pm- 2pm
  - FTD Support Group:** 2<sup>nd</sup> Wednesday of each month at 2pm
  - Veterans Services Hours:** 1<sup>st</sup> Thurs of each month, 12:30pm- 4pm
  - Holmen Area Historical Society:** May 5 at 6pm. Topic: Growing Up in Holmen
  - AA Meetings:** Every Thursday from 6pm-7pm
  - Let's Cook Together:** Thursday, May 2<sup>nd</sup> at 5:30pm
- \*Family friendly program, registration required.

**La Crosse County Law Enforcement Memorial Ceremony**

Wednesday, May 15th at 10am. West Salem Village Park

**HARRY J OLSON CENTER**

1607 North St. La Crosse

608-781-2122

Email: [harryjolson@gmail.com](mailto:harryjolson@gmail.com)

- Monday: 9:30am **Chair Yoga/Tai Chi Class**
- 9:30am **Defense Bridge**
- Tuesday: 9am **Strong Seniors** –call to register
- 1pm **500** register at 786-1114
- 7pm **Duplicate Bridge-** 797-3587
- Wednesday: 1pm **Euchre** register at 786-1114
- 7pm **Live Band Dance** –public welcome
- Thursday: 9am **Strong Seniors** –call to register
- 10:30am **Chat Bridge**– call to register
- 12:30pm **Duplicate Bridge**
- Friday: 9:30am **Chair Yoga/Tai Chi Class**
- 10:45am **VIP Coffee Connection**– 1st Friday/mo.

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

**Craft Corner Monday:** May 13, 1pm

**Wednesday for Lunch:** May 15, 11am-12:30pm

**Maid-Rite Fundraiser:** Friday May 17, 10:30am-2pm or til gone

**POKENO:** Monday May 20, 1pm

**Onalaska Park & Rec Dept**

415 Main St.

Onalaska / 608-781-9560

[cityofonalaska.com/parkrec](http://cityofonalaska.com/parkrec)

**Learn to Play Pickleball**– May 1, 6pm

**Mentor Play Pickleball**– May 8, 6pm

**Community Garden**– 20x20 garden plots available on first come first serve basis. Stop into the Park & Rec office for more info.

**Van Ripper Dog Park**– fenced in area with obstacles, bridges, tunnels, water, dog toys and picnic area. \$2/day or \$15/annual.

**Pickleball Courts**– located at 2011 Craig Lane W. Borrow equipment from the Park & Rec office today!

**Senior Nutrition Program**– Mon-Fri at 11:30am at the Community Center. Call 608-317-9870 to reserve a meal.

**Great River Sound at Dash-Park**– starring June 4, every Tuesday

**ONALASKA OMNI CENTER EVENTS**

255 Riders Club Rd.

608-781-9566

**Mah Jongg:** Wednesday's 1pm - 4pm

**Bridge:** Monday's 1pm-4pm, Call Rita 608-780-7810

**Brews & Tunes**– 2nd Friday, 5pm-8pm

**BBB Bingo-** Wednesday's at 6pm, vendors, raffles, fun May 10– **Brews & Tunes**

5/14– **Beer & Brewery Collectible Show**, 8am-2pm

6/7-6/9– **Pickleball Tour**

**SENIOR FARMER'S MARKET VOUCHERS**

The Senior Farmer's Market Nutrition Program, coordinated locally by the Aging & Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with \$45.00 vouchers to purchase fresh grown fruits & vegetables from local participating Farmers Markets.

This year, vouchers will be distributed at various locations (see below), including the ADRC, or individuals may call the ADRC at 608-785-5700 after **May 13th** to request a form to be mailed.

Eligible participants must live in La Crosse County, be 60 years of age or older (native Americans, 55 years of age or older) and at or below a monthly income of \$2,321.75 if single or \$3,151.16 for couples.

Because there are a limited number of vouchers, the program is first come first serve and processed in the order received. Please be advised there may be a wait at time of distribution. If requested by phone and form is received and completed, vouchers will be mailed after June 1st, or within two weeks of paperwork completion.

Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf. **ONLY ONE SET OF VOUCHER (\$45) PER PERSON.**



- 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** 11am-12pm 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
- Huber Court Neighborhood** 10:30am-11:30am 2nd Thursday
- 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
- Holmen Community Ctr** 12:30pm-1:30pm 4th Tuesday
- Pinedale Apts.** Onalaska 9am-10am 4th Wednesday
- Greendale Apts.** Onalaska 10:15am-11:15am 4th Wednesday
- Schu-Mullen Neighborhood** 10:30am-12:00pm 4th Thursday

Clients may either receive a food package at the WAFER in-house pantry **or** at the Mobile Food Pantry, not both. Questions regarding this service or to sign up for volunteering at a site, please contact the Mobile Food Pantry Manager at [wafermobile@waferlacrosse.org](mailto:wafermobile@waferlacrosse.org) or **782-6003**. **NEW LOCATION- 1603 George St. La Crosse**  
**Drive thru pick up available Wednesday & Thursdays 10am-12pm**

**DISTRIBUTION LOCATIONS & DATES**

Stokke Tower—421 6th Street South La Crosse	Monday, June 3	10:30 am—11:30 am
Onalaska Meal Site 515 Quincy Street	Tuesday, June 4	10:30 am—11:30 am
F J Roberts Library 2548 Lakeshore Dr, La Crosse	Tuesday, June 4	3:00 pm —4:00 pm
South Side Neighborhood Center—1300 6th St. S	Wednesday, June 5	10:30 am—11:30 am
Forest Park—1230 Badger Street, La Crosse	Thursday, June 6	10:30 am—11:30 am
Hazel Brown Library 201 Neshonic Rd, West Salem	Thursday, June 6	2:00 pm—3:00 pm
Holmen Meal Site 600 Holmen St N	Friday, June 7	11:00 am—12:00 pm
John Bosshard Library—1720 Henry Johns Blvd. Bangor	Monday, June 10	10:30 am—11:30 pm
Sauber Manor—1025 Liberty Street, La Crosse	Tuesday, June 11	10:30 am—11:30 am
Onalaska Public Library—741 Oak Ave S	Wednesday, June 12	10:30 am—12:00 pm
Holmen Public Library—121 Legion St. W	Thursday, June 13	10:30 am—12:00 pm
La Crosse Public Library—800 Main St	Wednesday, June 19	10:30 am—12:30 pm
Aging & Disability Resource Center (ADRC) 300 North 4th Street, La Crosse—1st Floor	Daily Beginning Monday, June 1	8:00 am— 4:00 pm



3rd Wednesday of the month  
**4:30pm—6pm**  
 Journey Lutheran Church  
 2703 Sand Lake Rd. Onalaska  
**May 15 / June 19 / July 17**

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](http://www.rubyspantry.org)

**Bone Health: Tips to Keep your Bones Healthy**

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too. Your bones are continuously changing — new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.

**What negatively affects my bone health?**

- Smoking
- Physical inactivity for long periods
- Lack of calcium/vitamin D
- Small body frame or underweight BMI
- Family history of fracture
- Age

**What can I do to keep my bones healthy?**

- **Include plenty of calcium in your diet.** Good sources of calcium include dairy products, almonds, broccoli, kale, canned salmon with bones, sardines and soy products, such as tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about supplements.
- **Pay attention to vitamin D.** Good sources of vitamin D include oily fish, such as salmon, trout, whitefish and tuna. Additionally, mushrooms, eggs and fortified foods, such as milk and cereals, are good sources of vitamin D. Sunlight also contributes to the body's production of vitamin D. If you're worried about getting enough vitamin D, ask your doctor about supplements.
- **Include physical activity in your daily routine.** Weight-bearing exercises, such as walking, jogging, and climbing stairs, can help you build strong bones and slow bone loss.
- **Avoid substance abuse.** Don't smoke. If you are a woman, avoid drinking more than one alcoholic drink each day. If you are a man, avoid drinking more than two alcoholic drinks a day.

Adapted from: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/bone-health/art-20045060?pg=2>

Karie Johnson FoodWise Nutrition Education Coordinator  
 Coulee Region Farm to School Coordinator

**May 14th**  
 5pm-6pm  
 Onalaska  
 Methodist Church  
 212 4th Ave N.



ONALASKA, WISCONSIN  
**COMMUNITY DINNER**  
 In-person dining & Drive-thru available!

**Cameron Park Farmers Market**  
**Fridays: 4pm-Dusk**  
**May 10-October**  
**5th and King Street**  
[cameronparkmarket.org](http://cameronparkmarket.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Menu subject to change		Meatloaf 1 Rice pilaf Peas & carrots Fruited jello	BBQ Ribbette 2 Garlic mashed potatoes Corn Orange wedges, Rye bread	Gilled chicken breast 3 Roasted sweet potato Asparagus Peach cobbler
Hot dog on a bun 6 Baked beans Peas Rosy applesauce, Cookie	Turkey & gravy 7 Stuffing w/ apples Broccoli Cranberries, Pumpkin pie	Baked 1/4 chicken 8 Baby red potatoes Glazed carrots Cake w/ strawberries	Chef salad w/dressing 9 Sliced peaches Blueberry muffin Fruit pie, Breadstick	Spaghetti 10 Romaine salad w/ dressing Mixed fruit Garlic breadstick
Meatballs & gravy 13 Mashed potatoes Broccoli Pears	Chicken broccoli Divan 14 Baked sweet potato Green beans Fruited jello	Pork loin 15 Rice pilaf Mixed vegetables Black bean brownie	Hamburger on a bun 16 Potato wedges Baby carrots Watermelon, Cookie	Ham 17 Scalloped potatoes Beets, Cornbread muffin Banana pudding
Sweet & sour chicken 20 Brown rice blend Broccoli, Cranberry juice Chocolate chip cookie	Chicken craisin salad 21 Bed of lettuce Pineapple orange salad Muffin, Ice cream	Salisbury steak 22 Mashed potatoes/ gravy Carrots Fruited jello	Pulled pork on a bun 23 Rosemary potatoes Baked beans Pumpkin bar	Baked fish 24 Baked sweet potato Coleslaw, Dinner roll Applesauce spice cake
 <b>Closed For the Holiday</b> 27	Polish sausage 28 Potato salad Baked beans Sauerkraut & fixings	Stuffed green pepper 29 casserole Spinach salad Strawberry fluff	Beef stroganoff 30 Noodles Peas & carrots Rosy applesauce	Turkey Tetrazzini 31 Romaine salad Peaches Peanut butter cookie Breadstick

### Kentucky Derby Banana Pudding

- 1 (12 fluid ounce) can evaporated milk
- 1 1/2 cups milk
- 1 cup white sugar
- 1/4 cup cornstarch
- 1 egg, beaten
- 2 teaspoons vanilla extract
- 1 (12 ounce) package vanilla wafers
- 4 banana, sliced



Combine evaporated milk, milk, sugar, cornstarch, and egg in a saucepan over medium heat. Cook and stir until thick. Remove pudding from heat; add vanilla and mix well. Arrange a layer of wafers in a large bowl or casserole dish. Pour pudding over wafers and top with banana slices. Refrigerate until chilled, about 1 hour. Serves 8

### Alcohol Free Mint Julep

- 1/4 cup water
- 1/4 cup white sugar
- 1 tablespoon chopped fresh mint leaves
- 2 cups crushed ice
- 1/2 cup prepared lemonade
- fresh mint sprigs, for garnish



Combine water, sugar, and 1 tablespoon of chopped mint in a small saucepan; cook and stir until mixture has boiled and sugar has dissolved. Remove from heat and set aside to cool for about an hour; strain out mint leaves. Fill 2 cups or frozen goblets with crushed ice. Pour 1/2 of the lemonade into each glass and top with a splash of cooled sugar syrup. Garnish each with a mint sprig and a straw. Serves 2

### Memorial Day Meat and Potato Patties

- 3/4 lb ground beef
- 3/4 c. shredded potatoes
- 1/4 c. chopped onion
- 2 T chopped green pepper
- 1 large egg, beaten
- 1/4 t. salt
- 1 T oil
- 1 c. tomato juice
- 1 T flour
- 1/4 c. water



Combine the first 6 ingredients. Shape into 4 patties; press to flatten slightly. In a large skillet, heat oil over medium heat. Brown patties on both sides; drain. Add tomato juice. Simmer covered until a thermometer reads 160 degrees, or 20-25 minutes. Remove just the patties to a platter and keep warm. Whisk flour into water; gradually add to the tomato juice in the skillet. Reduce heat to medium low. Cook and stir constantly until thickened. Spoon over patties and serve immediately. Serves 4

### Mother's Day Swedish Pancakes

- 3 eggs
- 1 1/4 cups milk
- 3/4 cup all-purpose flour
- 1 tablespoon white sugar
- 1/2 teaspoon salt
- 1 tablespoon butter, or as needed



Beat eggs in a bowl with an electric mixer until thick and lemon-colored, 3 to 5 minutes. Stir in milk. Sift together flour, sugar, and salt in a separate bowl. Add to egg mixture; mix until batter is smooth. Grease a griddle with butter; heat over medium heat. Drop tablespoonfuls of batter on the griddle; spread to make thin pancakes. Cook until light brown on bottom, 1 to 2 minutes. Flip and continue cooking until second side is light brown, 1 to 2 minutes more. Repeat with remaining batter.


To test if the spaghetti is done, throw one piece at the wall or cupboard. If it sticks, it is done.



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 being the suggested donation.

### Want to check out our meal sites? Need a ride?

Transportation is available to our meal sites. Call the ADRG 608-785-5700, to arrange a ride.



**Do you qualify for the Home Delivered Meal Program through the ADRG 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:

- 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 ADRG at **(608) 785-5775**.

ADRG NUTRITION OFFICE PHONE IS 608-785-5775			
MEAL SITES	TIME	ADDRESS	PHONE
DOWNTOWN DISTRIBUTION		HOME DELIVERED	792-4487
SOUTHSIDE NEIGHBORHOOD CENTER	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR., HOLMEN	317-8104
ONALASKA	11:30AM	515 QUINCY ST., ONALASKA	317-9870
WEST SALEM		HOME DELIVERED	785-5775

**La Crosse Main Library**

**800 Main Street | 608-789-7100**

**Music in May:** Mondays from 10am-11am, variety of music each week  
**Creation Space Open Lab:** Mon 3pm-5pm, Tues 1pm-3pm, Wed 5pm-6:30pm, Thurs 10am-12pm, Sat 9am-12pm.  
**Yoga for All:** May 11, 10:30am  
**Chair Yoga:** May 2 & 16, 10am  
**Social Security Basics:** May 13, 4pm. Applying for disability  
**Courtyard Chapters:** May 8, 1pm. and May 11, 10am. *The Guncle*  
**Culture Chronicles:** Our Diverse Community Now & Then-May 5, 10a  
**Islands of Brilliance: The Fellowship:** Thursdays at 4:30pm  
**Gluten Free Baking with Sarah:** May 23, 5:30pm  
**Tech Help:** May 15, 11am-12pm. Smart Watches  
**Friends Book Sale:** Mondays 9am-12pm  
**Veteran Services:** May 7, 1pm-4:30pm  
**Qigong:** May 8, 11:30am  
**BookTok Bingo:** May 14, 6:30pm  
**The Bizarre Bazaar:** May 4, 10am-12:30pm.  
**Community Volunteer Fair:** May 7, 4pm-6pm.  
**Footsteps of La Crosse History Tour:** Wednesdays at 5:30pm  
**Protecting Our Night Skies:** May 9, 5:30pm with Scott Lind  
**Blood Drive:** May 9, 10am-2pm  
**Homebound Delivery Service:** Free home delivery to any person who is temporarily or permanently unable to come to the library and lives within the city of La Crosse. 608-789-7125.

**Closed for Memorial Day Holiday May 25-27**



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

Stop by any location during the month of May to enjoy our first multigenerational story stroll featuring haikus submitted by patrons. "Birdwatching for Beginners" meets May 7 at 8am at Great River Landing. Registration recommended.

- Bangor** "Game Day" second Thursday of the month at 1:30pm.
- Bangor** "Author Visit: Sue Berg" on May 9 at 6:30pm. Sue will discuss her latest Driftless mystery and have books to sell (cash/check).
- Bangor** movie on May 16 at 2:30pm and 6pm.
- Campbell** Book Club, second Tuesday of the month at 6pm.
- Campbell** movie on May 17 at 1:15pm.
- Holmen** movie on May 6 and May 20 at 2:15pm and 6pm.
- Holmen** Book-to-Screen Club, third and fourth Tuesday of the month at 1pm. We have spots open for new members; email [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org) if interested.
- Onalaska** movie on May 2, May 16, and May 30 at 6pm.
- Onalaska** Senior Moments on Wednesdays at 10am:
- May 1:** Booth Girls **May 8:** Wisconsin Railroads
- Onalaska** Senior Fair on May 15 from 10 am to 11:30 am.
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- West Salem** Afternoon Book Club meets the second Wednesday of the month at 1:30pm.
- West Salem** Evening Book Club, third Monday of the month at 7pm.
- West Salem** Midday Movies on Thursdays at 2:15pm.

**The La Crosse Area Retired Educator Association**

May luncheon meeting at Cedar Creek Country Club beginning at 11:30 on **May 2nd**. Speaker: La Crosse Park & Rec. The cost of the meal is \$15. All who have retired in public education in WI are invited to come. Contact Sherry at 608-788-3875 or email at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com).

**NARVRE**

National Associates of Retired and Veteran Railroad Employees, Unit 047, at the Onalaska American Legion on May 14th at 10 AM-LaX Swat Team. Contact Patty Burr at 608-781-6032.

**American Legion Post 52**

711 6th St. S., La Crosse  
 608-782-3232



- 5/5- S.O.S Breakfast, 7:30am-11am
- 5/10-RCCW Wrestling, Doors 6pm, Show 7pm
- 5/17 & 5/24- Fish Fry 4:30pm, 5pm Carry Outs & Dine in
- 5/17- Karaoke With Rose 6pm-10pm
- 5/23- Stand Up Comedy, Doors 6:30pm, Show 7:30pm, \$20.00
- 5/24- Live Music 6:00 pm to 9:00 pm
- 5/25- Stand Up Comedy, Doors 7pm, Show 8pm, \$10.00 but free to those with a military ID



**Plant Sale**

GROW YOUR GARDEN

STARTING  
**MAY**  
 15<sup>th</sup>

Plant sale is ongoing while supplies last.

Location:  
 Habitat ReStore  
 3181 Berlin Drive  
 La Crosse, WI 54601

Hours:  
 Wednesday-Saturday  
 10 am to 6 pm



**American Legion Post 417**

700 Fisherman's Rd. French Island  
 783-1838



**Chicken Que- May 4**

**West Salem American Legion Post 51**

West Salem 608-786-0051



- 5/6- Bingo, 6:30pm
- 5/11- Purse Bingo
- 5/12- Breakfast Buffet, 8am-11am
- 5/3, 5/17, 5/24- Fish & Shrimp
- 5/27- Memorial Day Service, 10am

**Onalaska American Legion Post 336**

731 Sand Lake Rd. Onalaska 783-3300



- Tuesdays-** Bingo at 6pm, Taco specials
- Thursdays-** Euchre, 12pm-3pm. \$4 burgers
- Fridays-** Fish Fry, 11am-2pm & 4pm-8pm, Live Music
- Saturdays-** Breakfast, 9am-12pm
- SAL Breakfast-** May 12, 7:30am-11am
- Kentucky Derby Party-** May 4, 4pm-7pm
- Car Show and Breakfast-** May 26, 7am-4pm
- Memorial Day Program-** May 27, parade at 9:30am

**Holmen American Legion Post 284**

419 1st Ave W. Holmen 608-526-4444



- Tues & Weds-** Lunch served, 11am-3pm
- Wednesdays-** Euchre at 6:30pm
- Thursdays-** Bingo at 6pm
- Fridays** Fish Fry- 4pm-7pm,

**Blood Drives for MAY**

- 5/1- Bangor High School, 12pm-5:30pm
- 5/2- Hogan Admin Center Gym, 807 East Ave S., 9am-2pm
- 5/2- Altra Credit Union 1700 Oak Forest Dr Onalaska, 8am-1pm
- 5/3- Onalaska American Legion, 9am-1pm
- 5/3- Trinity Lutheran Church La Crosse, 9am-2pm
- 5/6- Roncalli Newman Center Parish 1732 State St, 11am-4pm
- 5/6- St Joseph Ridge Town Hall, 1pm-6pm
- 5/6- Bethel Lutheran Church 1931 Loomis St, 12:30pm-5:30pm
- 5/9- La Crosse Public Library, 10am-2pm
- 5/9- Journey Lutheran Church Onalaska, 10am-3pm
- 5/13-Cashton Town Hall, 12pm-5pm
- 5/14- Moose Lodge, 11:30am-5pm
- 5/14- La Crosse YMCA, 9am-2pm
- 5/15- Moose Lodge, 7am-12pm
- 5/16- Moose Lodge, 9am-2pm
- 5/16- Church of Latter Day Saints Onalaska, 1pm-6pm
- 5/17- St Matthews Lutheran Church Stoddard, 12:30pm-4:30pm
- 5/20- Coon Valley Lutheran Church, 1pm-6pm
- 5/20- Our Redeemer Lutheran Church, 12pm-5pm
- 5/21- West Salem Presbyterian Church, 12:30pm-5:30pm
- 5/23- Valley View Mall, 11am-4pm
- 5/23- Luther High School Onalaska, 10am-3pm
- 5/23- Onalaska YMCA, 10am-3pm
- 5/31- Moose Lodge, 12pm-5pm



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



**MAY IS MENTAL HEALTH AWARENESS MONTH**

**Warning Signs & Symptoms:**

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)

- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
  - Overuse of substances like alcohol or drugs
  - Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
  - Thinking about suicide
  - Inability to carry out daily activities or handle daily problems and stress
  - An intense fear of weight gain or concern with appearance
- Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral.

**Symptoms in children may include the following:**

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

**Where to get help:** Reach out to your health insurance, primary care doctor or state/county mental health authority for more resources.



**SAVE THE DATE**

Healthy Aging Conference 2024  
**Agging Strong**

Friday, May 17, 8 a.m. to noon  
Radisson Hotel, La Crosse

Cost is \$30 Register online:  
Questions? Call (608) 775-4717. Register online:  
Funding provided by Gundersen Medical Foundation  
<https://bit.ly/3T5t3My>

**GUNDERSEN HEALTH SYSTEM**

**Free Brain Checks**  
May 13th, 10am-3pm  
Bangor Library




**BrainCheck**

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning.

Call for your 30 minute appointment.  
608-785-5700

**MENTAL HEALTH AWARENESS WALK**  
MAY 23, 12PM-3PM  
La Crosse County Human Services Bldg 300 N 4th St  
Walk Downtown, Speaker, Resources, Refreshments

**M.M.I.W. 5K**  
May 5th  
Burns Park, La Crosse  
(Missing & Murdered Indigenous Women)

**MS Walk**  
May 11  
La Crosse Center  
10am  
  
[www.explorelacrosse.com](http://www.explorelacrosse.com)

**Community Luncheon!**  
**Building Awareness for All: Less Talked About Aging Topics**  
May 14th, 10:30am-2:30pm  
Black River Beach Neighborhood Center  
Registration required by May 2nd  
Call the ADRC at 785-5700.  
**Two presentations and a free lunch, while raising awareness for issues impacting our aging community.**

  
**Saturday May 4**  
Riverside Park  
6am-1pm  
[LaCrosseMarathon.com](http://LaCrosseMarathon.com)

**La Crosse Area Parkinson's Walk & Awareness Event**  
May 4th, 10am-2pm  
Myrick Park Shelter, La Crosse  
**10am:** Walk registration,  
**11:15am:** Walk begins  
Live music, Resource booths, Crafts, Face painting, Food trucks  
Register the day of or by calling 608-797-6295

**AARP FITLOT ALL ABILITIES TRANE PARK**  
(#538100-104)  
**FitLot Fitness Classes:**  
Mondays & Wednesdays:  
May 6, 2024-September 25, 2024  
12:30pm-1:15pm  
All Abilities Trane Park  
All Ages  
Min: 1 Max: 20  
Registration Deadline: One week prior to attending  
Register by calling: 608.789.8640

**Heroes Café**  
Fridays,  
8am-10am  
Festival Foods in the Village  
Gathering veterans for free coffee & donuts  


### Tips to Make Mother's Day Special for Seniors

Mother's Day is a special occasion to celebrate the love, care, and support our mothers have given us throughout our lives. For seniors in aged care, this day can be an opportunity to connect with family, friends, and caregivers, and make lasting memories. Here are some tips to help you plan the perfect Mother's Day celebration.

#### Create a Festive Atmosphere

Decorate the common areas with balloons, streamers, and flowers to create a festive atmosphere. You can also play soft music or organize a sing-along to set the mood.

#### Plan Special Activities

Plan special activities that cater to the interests and abilities of seniors in your care. For example, you can organize a day spa session where seniors can receive pampering treatments, such as hand massages or nail painting. You can also conduct a Mother's Day quiz or trivia game to engage seniors and stimulate their cognitive skills.

#### Involve Family and Friends

Family and friends are an essential part of seniors' lives, and Mother's Day can be a great opportunity to strengthen these connections. Encourage families to visit or organize a virtual gathering if in-person visits are not possible. You can also set up a photo booth or a video call booth where seniors can take pictures or make video calls to their loved ones.

#### Make Special Meals or Treats

Serve special treats, such as cakes, cookies, or chocolates, to mark the occasion. A high tea session or a brunch where seniors can enjoy delicious food and drink. You can also invite family members to join their loved ones for a meal to make the day even more special.

#### Create Personalized Gifts

Handmade or personalized gifts can be a great way to show appreciation to mothers and other female residents. You could create personalized cards, flower arrangements, or even arrange for family photos to be displayed in their rooms.

#### Consider Personal Preferences

Remember that each senior has unique preferences and needs, and it's essential to tailor the celebration accordingly. Consider factors such as mobility, dietary restrictions, and cognitive abilities when planning activities and serving food.

In conclusion, Mother's Day is an excellent opportunity to show appreciation and love for seniors in aged care. With a little effort and creativity, you can create a lasting and positive impact on seniors' lives.

Source: memorylanetherapy.com

*Doctors diagnose, nurses heal, and caregivers  
make sense of it all.*

## Looking for a few good MEN...

### TO JOIN THE MEN'S CLUB STEERING COMMITTEE

What do men need to be active, engaged, sharing skills,  
having fun, and making contributions?

What opportunities would you like to see in your community?

**May 28 & June 25**

**2pm-3pm**

Monroe County ADRC Conference Rm. 315 Oak St Sparta  
kmeyer@lacrossecounty.org for more information

### CAREGIVER EDUCATION SERIES

The ADRC of La Crosse County and the Caregiver Coalition of La Crosse County are excited to announce a Caregiver Education Series. The series will start on May 21, 2024, and ends on October 15, 2024.

Each month there will be a different topic. Topics include Caregiver 101: Resources; Emergency Planning for Caregivers; Benefits; Financial Matters; Hiring Providers; and Technology Tips for Caregivers.

**May 21** Caregiver 101: Resources  
**June 25** Emergency Planning for Caregivers  
**July 16** Benefits: Medicare, Medicaid, VA... Oh my!

**Time: 1pm—2:30pm**

**Hazel Brown Leicht Memorial Library**  
201 Neshonoc Rd West Salem, WI 54669

Register by calling the ADRC of La Crosse County  
**608-785-5700 or 1-800-500-3910**

[kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org)



### Toileting: The Basics

*Reprinted from Trualta*

When helping a care recipient with toileting, here are the first things that you can do:

#### 1. Home Set Up

- If you have a low toilet, install grab bars, a toilet safety frame, or a toilet riser
- Declutter the bathroom and pathway to the bathroom to prevent falls
- Ensure good lighting, and add nightlights to reduce the risk of falls

#### 2. Routine Establishment

- Use an incontinence tracking sheet to see if there is a pattern
- Make changes to your care recipient's routine to prevent accidents.

For example:

- o Go to the bathroom every 3 hours, after each meal, and before bed.
- o Drink fluids earlier in the day; and avoid drinking them before bedtime

#### 3. Use Tools To Make The Task Easier

- Replace pants with zippers or buttons, with pants that are easy to get up and down
- Consider using adult incontinence briefs or pads

#### 4. Provide Verbal, Visual, Then Tactile Prompts

- Use simple verbal instructions like "It is time to go to the bathroom."
- Incorporate visual prompts, like pointing to the bathroom when it is time
- Say "Let's stand up" with a light touch on the shoulder while guiding them to the bathroom
- Point to where you're headed

### Kinship4Caregivers Program

Unique opportunities that welcome current and former caregivers for a variety of gatherings throughout each month.

**May 2nd:** 1:30pm, Growing Connections-Planting  
Black River Beach Neighborhood Center  
1433 Rose St. La Crosse

**May 16th:** 1:30pm, Caregiver Book Club  
"Keeping Love Alive" Chapters 5 & 6  
First Lutheran Church 410 Main St. Onalaska

Please Register: Call the ADRC at 608-785-5700



**La Crosse Parks & Rec Senior Excursions**

For ages 50+

Call 608-789-8640 to register.

- May 21: Kickapoo Valley Reserve and Driftless Bookstore
- June 16: Tina Turner Musical at the Overture Center
- June 20: See the Beautiful Mississippi River Up-Close!
- July 10: Little Shop of Horrors at the Guthrie
- July 17: Plummer House & Mayowood
- July 24: Fort Snelling & Padelford Riverboats



**WEBER CENTER FOR THE PERFORMING ARTS**

[www.webercenterarts.org](http://www.webercenterarts.org)  
608-784-9292

**May 3-19 Bright Star**  
**May 24 & 25 Enduring Families Project**

The La Crosse Community Theater sells **Senior Preview Tickets** to adults over the age of 62. These tickets are \$15 and must be paid for at the time of purchase. Tickets are available at the Black River Beach Neighborhood Center up to 12pm the day of the show. Tickets are only provided for select shows with limited quantities. Call for details.

**MYRICK PARK CENTER**

789 Myrick Park Dr, La Crosse 769-5766  
[www.natureplacelacrosse.org](http://www.natureplacelacrosse.org)

- Tuesdays at 5pm– Yoga, free
- April 28– Earth Fair, 11am-4pm
- May 1– Enviro-Wednesday, 7pm, free
- May 4– Nature Saturday, 9:30am, free
- May 4– Parkinson Awareness Walk, 10am
- May 15– Birding Program, 7pm, free

**LA CROSSE CENTER**

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

- 5/3– Flo Rida
- 5/4– Fleetwood Mac Tribute
- 5/23– Come Together for the Y
- 6/15– Scaled Up Reptile Expo

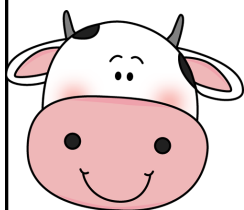


**Concordia Ballroom**

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

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

Dances every Sunday, 1pm-5pm



**June Dairy Days**

- May 31– June 2 West Salem Village Park
- May 31– Fireworks at 10pm, music
- June 1– Fun Run, parade at 12pm, music, magic show, minnow racing, carnival
- June 2– Bike tour, family fun

**Pump House Regional Arts Center**

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

Film Society– May 19, 5pm

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- Yoga – Tues, Weds, Thurs Qigong– Tues
- Board Game Social– 2nd Friday/month, 6pm-9pm
- April 27– Spring Thaw Event, 10am-2pm
- May 4– Ron’s Finds, 1pm-3pm
- May 5– Classical Norway Concert, 3pm

Save the Date for  
**ARTSPIRE 2024**  
Saturday, June 8th,  
10 am-7pm at Riverside Park



FREE TO ALL. NO TICKETS OR BUTTONS NEEDED.

Coulee Region Retired Senior Volunteer Program (RSVP)

**First Annual Fiber Arts Garage Sale**

Benefits the Handcraft Program of Coulee Region RSVP Search through hundreds of items donated by fellow crafters and local businesses, including yarn, fabric, floss, canvas, books, patterns, notions, stretchers, knitting needles, fabric paints & dyes, and more!

**Saturday, May 4, 9 am to 2 pm**  
2920 East Ave. South, La Crosse



**Cappella Performing Arts Center**

721 King St, La Crosse  
608-299-7248

**May 2 & 3– Silent Film: Four Horsemen of the Apocalypse**  
**June 1– La Crosse Symphony Chamber Orchestra Concert**

**Goose Island Grind**

**Sunday, June 2**

Join ORA Trails for a jam packed day of paddling at Goose Island Park.

All abilities and paddle craft welcome.

Race will be held at shelter #4

**\*Mandatory safety meeting at 9:15am & 12:45\***

**Morning race: 9:30am Afternoon race: 1:00pm**

**Lunch Provided: 11:30-12:30pm Awards: 3pm**

Visit [ExploreLaCrosse.com](http://ExploreLaCrosse.com) for more information and registration



*La Crosse Symphony Orchestra*

**May 4– Spring Finale & A World Premiere**

Viterbo Fine Arts Center, 929 Jackson St. La Crosse  
783-2121 [www.lacrossesympphony.org](http://www.lacrossesympphony.org)

**THE MUSE THEATRE**

1353 Avon Street La Crosse  
608-397-3752



**Church Basement Ladies 2**

April 26, 27 & May 3 & 4

THE LA CROSSE MENTAL HEALTH COALITION PRESENTS



*Sam Miltich*

AN EVENING OF HOPE THROUGH MUSIC



VITERBO UNIVERSITY FINE ARTS CENTER

**7:00 PM**

MAY 31, 2024  
900 Viterbo Drive  
La Crosse, WI 54601

**Free**



Rotary La Crosse—East

**June 7**  
**4pm-**  
**9:30pm**  
**Colgan Air**

For tickets contact [lobsterfestrotaryeast@gmail.com](mailto:lobsterfestrotaryeast@gmail.com) or call 608-796-95098

**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



The first **Kentucky Derby** was held on May 17, 1875, at Churchill Downs, a thoroughbred racetrack in Louisville, Kentucky. Did you know, the first female to ride a horse in the derby was Diane Crump in 1970. Many women had raced alongside men before then, but it took a lawsuit in the late 1960s to allow women to become licensed jockeys to raise the number of females in the sport. No female has ever won the Kentucky Derby. The Kentucky Derby requires that a jockey not weigh more than 126 pounds, including his or her equipment. The pressure to stay thin means eating disorders are common among jockeys.

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

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Wednesdays:** Ukulele Jam, 6pm-8pm Moose Lodge
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 1st & 3rd Thursday:** 6pm Bingo @ Moose Lodge
- 4/27-** Pancake Breakfast, 8am-12pm St. Elizabeth's Holmen
- 5/3- & 5/4-** Spring Market at Maple Grove West Salem
- 5/3-** First Friday Art Walk, 4pm-7pm. Downtown La Crosse
- 5/4-** Chaseburg American Cancer Society breakfast & bake sale, 7am-10:30am at the Village Hall
- 5/4-** Kentucky Derby, 5:45pm on channel NBC
- 5/4-** Altra Rocks II, Copeland Event Center, 4:30pm
- 5/4-** Coon Creek Conservation Day & Market, 8am-9pm. Coon Valley Dairy Supply. Music, raffles, market, food & drinks
- 5/4-** 3rd Annual Booster Bash, 2pm-11pm, Features Holmen with 3 bands, raffles, food and prizes.
- 5/5-** West Salem Firemen's Dance
- 5/5-** Trempealeau Fire Dept Chicken & Brat Dinner, 9am-gone
- 5/9-** Chicken Que, 11am-6pm at Mary, Mother of the Church
- 5/11-** Plant Sale, 9am-1pm at Clearwater Farms Onalaska
- 5/11-** Country "Thrill on the Hill" outdoor concert at Alpine Inn from 4pm-11pm.
- 5/14-** Nature Journaling Workshop, Norskedalen, 10am
- 5/15-** Chicken Q & Bakesale, 11am-5:30pm Holy Trinity Church
- 5/16-** Street Drags, 6pm at Interstate Fairgrounds West Salem
- 5/16-5/18-** West Salem Village Wide Rummage Sales
- 5/17-** Downtown Main Street Wine Walk, 4pm-7pm
- 5/17-5/19-** Westby Syttende Mai, Norwegian Heritage Festival
- 5/18-** Big Bikes for Little Tikes Run, 10am Harley Davidson
- 5/18-** Piano Fondue, 7pm Westby Performing Arts Center
- 5/19-** VFW Omelet Breakfast, 8am-12pm 630 6th St La Crosse
- 5/23-5/24-** Rummage Sale, Bethel Lutheran Church La Crosse
- 5/26-** Shrine of our Lady of Guadalupe Prism Concert, 3pm
- 5/27-** Memorial Day Parade & Program, 10:30am Coon Valley
- 5/31-6/1-** WIAA State Track & Field at UW-La Crosse
- 6/1-** Pride Fest- Chances R 417 Jay St. La Crosse, 11am-10pm



**May 1-May 31**

City of La Crosse Spring sustainability initiative. May is a critical period for growth for native plants, and establishment for bees, butterflies and other pollinators. Leaving your lawn to grow a little longer provides vital food sources for pollinators emerging from dormancy. To register please call 608-789-7533.

Friends of McGilvray Road 7 Bridges Anniversary Celebration  
Saturday, May 4th, 1pm-3pm  
N8327 Amsterdam Prairie Rd. Holmen



**Funny Things Kids Say about Moms**  
(This is true responses from first grade students)

**What kind of little girl was your mother?** I don't know because I wasn't there,

but my guess would be she was pretty bossy.

**How did your mother meet your dad?**

Mommy was working in a store and daddy was shoplifting.

**Why did your mother marry your father?**

Grandma says that mommy didn't have her thinking cap on.

**Describe the world's greatest mother?**

The greatest mother in the world wouldn't make me kiss my fat aunts!

**Is there anything about your mother that's perfect?**

Her teeth are perfect, but she bought them from the dentist.

**If you could change one thing about your mother, what would it be?**

I'd make my mother smarter. Then she would know it was my sister who did it and not me.

**What is one question your mother couldn't answer for you?**

"Why do we have to be born young and grow old, why can't we be born old and get young?"

**My Granddaughter** told me to sing the song again to her without all the bumps in my voice.



**PORKIN IN THE PARK!**

**May 11, 11am-5pm**

Gaylord Park, Rockland  
Car/Motorcycle Show, Music, Raffles,  
Pork Dinners, Bingo and Fun.

**Market on Market**

May 11, 11am-2pm

2102 Market St. La Crosse

Vendors, Live music, Food



**Market on the Mississippi**

FRIDAY, MAY 3, 12PM-6PM & SATURDAY, MAY 4, 9AM-3PM

MAPLE GROVE VENUE, WEST SALEM

HOMEMADE GOODS, FOOD TRUCKS, COCKTAILS



**Spring Vendor & Craft Fair**

**Sunday May 5th, 11am-4pm**

Magnolia Sunset Event Venues

W5450 Keil Coulee Rd. La Crosse



**May 27th**

**MEMORIAL DAY**  
CELEBRATE • HONOR • REMEMBER

**Deke Slayton Airfest**  
**La Crosse Regional Airport**  
**June 15-16**  
[www.airfest.com](http://www.airfest.com)

