



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

Building Strength and Connection: StrongBodies Expands in La Crosse County

One of the goals of our La Crosse County 2025–2027 Aging Plan is to expand opportunities for older adults to stay active through the **StrongBodies** program. While *StrongBodies* has been available in La Crosse County for some time, we are working with partners to make it more regularly available—similar to what the former *Strong Seniors* program offered prior to the pandemic. Our aim is to empower older adults to stay active, build strength, and foster social connections—all important parts of healthy aging.

The Aging Plan is shaped directly by the voices of older adults in our community. Through surveys and listening sessions, many of you told us that opportunities for safe, affordable exercise and connection are important. In response, we have been working with partners to strengthen and expand *StrongBodies* offerings throughout La Crosse County.

Last month, six new facilitators completed training to lead *StrongBodies* classes. These facilitators represent four community partners: **City of Onalaska Parks and Recreation Department; La Crosse Public Library; Mayo Clinic Health System; Onalaska United Methodist Church.** With their commitment, we are taking steps toward offering accessible sessions in different locations on a more consistent basis. We have also been organizing equipment and creating start-up kits to make it easier for facilitators to begin classes.

We are excited to share that one of the first scheduled classes will begin soon at the **Dash Center in Onalaska.** Details about registration can be found in the announcement below—we hope you will check it out and consider joining!

What is StrongBodies?

StrongBodies is more than just an exercise class—it is a proven way for older adults to build strength, improve balance, and stay independent, all while connecting with others in the community.

Developed through research at Tufts University and offered in partnership with UW–Extension, *StrongBodies* is an **evidence-based progressive strength training program** designed especially for midlife and older adults.

Here is what participants can expect:

- **Strength and Bone Health.** Resistance exercises help maintain muscle and bone density.
- **Balance and Flexibility.** Movements improve stability and reduce the risk of falls.
- **Energy and Independence.** Staying strong makes daily activities easier and safer.
- **Friendship and Support.** Classes are small and welcoming, offering encouragement and new social connections.

No prior fitness experience is needed—just comfortable clothing, supportive shoes, and a willingness to try something new. Equipment, such as hand weights, is provided.

The best part? *StrongBodies* is about more than physical health. It is about creating a supportive environment where participants thrive physically, mentally, and socially.

**StrongBodies
Now Offered at
the Dash Center!**



When: Wednesdays and Fridays, 8:00 am - 9:15 am

Dates: October 8-December 19 (No class November 26 or 28)

Location: Dash Center, 515 Quincy St, Onalaska

Class Size: Limited to 10 participants

Cost: Free, but pre-registration is required

Register online at onalaska.recdesk.com/Community/Home

OR call the Parks and Recreation Office at 608-781-9560

Participants Should:

- Wear comfortable, loose, breathable clothing
- Wear closed-toe shoes with rubber soles, preferably athletic shoes
- Bring a water bottle
- Bring a yoga mat or towel

Strong Bodies, Strong Minds: How Group Exercise Boosts Well-Being

Exercise is not just about muscles and bones—staying active can also have a big impact on mental health. Group-based physical activity offers benefits that go beyond the physical:

- **Social Connection.** Participating in a class allows you to meet others, share encouragement, and build friendships, helping reduce feelings of isolation.
- **Mental Stimulation.** Learning new exercises, following class routines, and tracking progress keeps the brain active.
- **Confidence and Motivation.** Working out in a group provides support and accountability, making it easier to stick with a routine.
- **Mood Boost.** Regular movement releases endorphins, which can improve mood and overall sense of well-being.

**STRONGER TOGETHER,
INSIDE AND OUT.**



TRANSPORTATION OPTIONS

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



Shared Ride/ DriftLink Transit Service

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

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

ADRC of La Crosse County

(provided by 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.



The focus of this regional bus transit service is for commuters, elderly and disabled residents & general public.

You pay only **\$5.00 (cash) one way.**

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**

Looking for a Fall Activity?

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

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

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

Please make checks payable and send to:

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

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

*With an ID card issued by MTU or a Medicare Card

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

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



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

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm

Download MTU's new app **TRANSIT** at <https://qrco.de/bdWSLP>



MTM Medical Rides

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

Monday—Friday, 7am - 6pm

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

Visit the website at www.mtm-inc.net/wisconsin



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

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____ Zip _____

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



DEMENTIA LIVE

Experience what it may be like to live with dementia

October 14, 9:15am at Black River Beach Neighborhood Center

November 3, 6pm at Holmen Area Community Center

November 4, 10am-12:15pm at Eagle Crest South

November 13, 1pm at DASH Center-Onalaska

Open to family caregivers ONLY.

Call the Aging and Disability Resource Center at 608-785-5700.

Dementia Live® offers an 'inside-out' understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. This experience is free and great for caregivers to better understand and interact with their loved one.

Learn & Connect – Cognitive & Memory Loss Education

October 15 & 22, 10am-11:30am

Gundersen Health East Bldg.– Neurology (3rd Floor)

Register by calling the ADRC at 608-785-5700

*Only two family members per person with dementia

Dementia Diagnosis: What Now? Join us for this informative class series for patients and care partners. Ideal for newly diagnosed, early-onset and early-stage dementias.

October 15 (register by 10/8): Maximize Independence & Connect Local

October 22 (register by 10/15): What else should I be thinking about? – Social supports, safety, setting boundaries, grief

For more information and to register, call the ADRC at (608) 785-5700 or email: kflock@lacrossecounty.org

Rejuvenate & Recharge for Caregivers Caregiver Retreat

Thursday, November 6

Black River Beach Neighborhood Center- Maplewood Room
Registration required, free.

Call the Aging & Disability Resource Center at 608-785-5700. Unique opportunities that welcome current and former caregivers for a variety of gatherings throughout the year. Program seeks to offer well-being, self-care, and fun activities that foster new connections for all caregivers.

Embrace

12:30pm-2pm

October 8– Music with Joe Cody

October 22– Harp with Shari Sarazin

Black River Beach Neighborhood Center

To register call 608-789-8640

Embrace is a 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. Free

Aging Well: Maintaining Wellness, Supporting Brain Health, and Navigating the Healthcare System

Thursday October 9, 10:00am-11:30am

Black River Beach Neighborhood Center - Maplewood Room

Complimentary lunch provided by Kathy & Jack Lucey Family Event is free but please RSVP to the Aging and Disability Resource Center at 608-785-5700 by Friday, October 3.



CAREGIVER WISH GRANTS

Do you or someone you love currently care for a loved one suffering from Alzheimer's or Dementia?

You could be considered for one of the grants for \$1,000 caregiver wish grants provided by the EndAlzFest Foundation. More information and to apply go to <https://endalzfest.com/>



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.

Memory Camp



Free for individuals in the beginning to mid stages of dementia.

Tuesdays, October 7, 14 & 21

10:30am -1:30pm

The Nature Place – 780 Myrick Park Dr. La Crosse
REGISTRATION REQUIRED with OASIS Program: 608-780-0471

Mark your calendars!

Winter Camp Tuesdays, Jan 13 - Feb 17!



SPARK! are creative engagement programs for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through creative engagement, workshops and programs.

Spark on the Go:

October 13, 1pm-2:30pm

Wild West Saloon at The Pump House Register with Amber at 608-385-4819.

Spark at Clearwater Farms:

October 20, 10:30am-12pm

An October Harvest Fest

Clearwater Farm 760 Green Coulee Rd. Onalaska

info@clearwaterfarm.org
Must pre-register.

Call Amber at 608-385-4819.

Dementia Caregiver Support Group Listing

IN PERSON	VIRTUAL
<p>Parkinson's Disease Group 1st Monday Monthly: 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295</p>	<p>Monday Coffee Connect Every Monday: 10am Contact Kelsey at kflock@lacrossecounty.org</p>
<p>All Stages Caregiver Groups 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee Rd. LaX Contact: Kathy at 608-386-8908</p>	<p>Monday DISH 1st Monday of the month: 7pm-8pm Contact Carla cbersheit@chippewacounty.org</p>
<p>Men's Caregiver Support Group 1st Tuesday of the month: 1pm-2:30pm Contact Alison at 608-240-7496 or resch.alison@countyofdane.com</p>	<p>Aging & Down Syndrome Caregiver Support 3rd Wednesday of the month: 5pm Contact DSAW info@dsaw.org</p>
<p>Living with Cognitive Impairment Support Once a month. Located in La Crosse Contact Kelsey Flock at 608-386-0767</p>	<p>Family Caregivers of Loved Ones Living at a Facility Every Other Friday: 10am-11:30am Contact Alz. Assoc. 1-800-272-3900</p>
<p>Grief Therapy Group Pre-Registration Required. Offered annually. Call Kelsey, to inquire 608-386-0767</p>	<p>Wednesday Conversations Those with MCI 1st and 3rd Wednesday: 10:30am-12pm Contact Rob at rgriesel@co.dodge.wi.us</p>

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

This program is geared towards seniors new to Medicare in the next year.

**November 19th
10am or 6pm**

**Black River Beach Neighborhood Center
Register by calling 608-789-8640**

Be Prepared for the Medicare Open Enrollment Period

Every year Medicare has an Open Enrollment Period (OEP) from **October 15 to December 7**. During this time period, you may change your Medicare enrollment. The list below outlines the changes available during OEP.

- 1) You can join a new Medicare Advantage Plan or Part D prescription drug plan;
- 2) Switch from Original Medicare to Medicare Advantage; or
- 3) Switch from Medicare Advantage to Original Medicare (with or without a Part D plan).

Understanding what Original Medicare covers is essential in helping you decide and compare the coverage options for Advantage Plans. You can use the Medicare & You Handbook found at <https://www.medicare.gov/publications/10050-medicare-and-you.pdf>.

Before the OEP, there are a few things to do. In September, if you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will receive an Annual Notice of Change (ANOC). The ANOC will have information about changes to coverage, benefits, costs, and service areas that your plan intends to make in the upcoming year. It's essential to review this document so that you understand what your plan will offer, enabling you to make a better-informed decision about whether it meets your needs. If you have questions about the notice, please contact your plan directly.

Starting in October, you can begin to compare plans. It's important to take the time to review your options to ensure that you get the most out of your Medicare benefits. During this time, you can also find more information about Medicare and your options at <https://www.medicare.gov/medicare-and-you>.

Enroll before December 07, 2025 with the plan that best fits your health coverage needs. Once you have enrolled, your plan coverage will begin January 1, 2026. If you didn't enroll in a new plan, any changes to your current plan will take effect on January 1, 2026. If you find that you need assistance during the OEP, there are several options available to you, listed below:

- ▶ **Contact the Medigap Helpline**, Call 1-800-242-1060
- ▶ **Contact the Medigap Part D & Prescription Drug Helpline**, Call 1-855-677-2783
- ▶ **Call your local Benefit Specialist**,
For La Crosse County please call the **La Crosse County Aging and Disability Resource Center at 608-785-5700 for part D comparisons**.
These comparisons will be done by mail, email or by telephone only. Remember, Benefit Specialists are not licensed insurance agents so they are not able to help you choose or compare a Medicare Supplemental plan but can compare prescription plans and Medicare advantage options using the www.Medicare.gov website tool that is available to anyone.

If you would like a telephone appointment with the ADRC, please call 608-785-5700 to schedule that appointment. You may need to leave a voice message and someone will call you back to schedule a time.

If you would like to receive the information by regular mail or email, please mail or email this information:

- Your name and contact information
- Your current medications and dosages
- Your preferred pharmacy

Email to: tina.johnson@lacrossecounty.org or

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

New Wheel Tax: Onalaska Municipal Vehicle Registration Fee

On July 8, 2025, the Onalaska Common Council approved a municipal vehicle registration fee (also referred to as a wheel tax) in the amount of **\$25 for each vehicle** customarily kept in the City of Onalaska. This fee will go into **effect on November 1, 2025** and is scheduled to end on December 31, 2028. This fee was implemented to generate a sustainable revenue source for the maintenance and improvement of roads, sidewalks, and bridges; and for overall improvements to our transportation infrastructure as our City experiences increased growth and traffic.

FREQUENTLY ASKED QUESTIONS:**1. What is a municipal vehicle registration fee?**

Wisconsin law allows a town, village, city or county to collect an annual vehicle registration fee in addition to the State's regular annual registration fee paid for a vehicle. The fee applies to vehicles "customarily kept" in the municipality that implements the fee.

2. What can revenue from the municipal vehicle registration fee be used for?

Fees collected would be placed in a segregated fund to be used only for transportation related purposes. This includes roads, bridges, snow/ice removal, sidewalks, traffic markings, pedestrian safety, lights/signals/signs, and related operational expenses.

3. What determines where a vehicle is "customarily kept"?

When applying for an original title and registration, the purchaser will be asked to designate the county and city/village/township where a vehicle is "customarily kept" or domiciled. This information is entered into the WisDOT record keeping system. When it is time to renew your registration, this information is listed on the registration renewal notice. Renewal notices instruct the customer to change their address, or where the vehicle is customarily kept, if it is incorrectly stated on the notice. If no municipality or county of domicile is listed, the owner or lessee's post office address is used to determine municipality or county of domicile, per administrative rule Trans 126.01(c). Any person who gives a false or fictitious location where a vehicle is customarily kept may be fined not more than \$200 or imprisoned not more than six months or both (section 341.60).

3. What if my address is Onalaska but I live in a town or village?

The fee will not apply to you. Check your renewal notice to confirm that the county and city/village/township where your vehicle is customarily kept is correct. If you recently changed your address, WisDOT records for the vehicle location will update automatically. If you renew online, any vehicle registration fee due will display on the itemized list of fees. If you believe the fee charged is not due, cancel the transaction and contact WisDOT. If you renew by mail or in person, indicate the correct information on the notice and submit it with the appropriate fee.

4. What vehicles are included or excluded in the fee?

Included: Automobiles, vans, SUVs, and trucks (with a gross weight of 8,000 lbs or less).

Excluded: Buses, motorcycles, mopeds, motor homes, driver education vehicles, low-speed vehicles and trailers.

Contact the City of Onalaska for any other questions at **608-781-9530**.

Source: www.onalaskawi.gov

Please be AWARE of Scams During the Medicare Open Enrollment Period

- No one should be cold calling you to change or compare plans.
- No one should be going door to door to change plans.
- Research anything you see on television as the information is often misleading and may not be available in our area.
- Be aware of email scams during this time as well. Do not open or click on any links in emails from companies you are not familiar with.
- Be aware of post cards and other advertisements in the mail that sound too good to be true as they may be misleading about the types of benefits offered and may not be available in our area.

By Tina Johnson - Benefits Specialist, Aging and Disability Resource Center of La Crosse County

COLD WEATHER IS APPROACHING**Wisconsin Home Energy Assistance Program**

provides assistance for:

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

Income Guidelines for 2025-2026:

- 1 household: \$3,201 month
- 2 household: \$4,186 month
- 3 household: \$5,172 month
- 4 household: \$6,157 month



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

homeenergy+

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640
www.cityoflacrosse.org/parks

Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class October 8.)

Shin Jin Do: Mondays & Wednesdays, 6:30pm-8pm. Register.

Mah Jongg Club (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session.

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

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

International Folk Dance: Wednesday, October 1 & Saturday, October 18, 7pm-9:30pm. Register. \$2/session.

Parkinson's Disease Support Group: Monday, October 6, 5pm-6:30pm. (Call Star Center : 608.797.6295.)

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

Social Security & Medicaid Planning: Thursday, October 16, 10am-11:30am. Register by 1 day prior. Free

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

South Side Neighborhood Center

1300 6th Street, La Crosse

Most programs require registration: 608-789-8298
www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class October 8.)

Expressive Drawing: Tuesdays, 1pm-3pm. Register.

Before the After: Wednesday, October 1, 10am-12pm. Register, free

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

Bingo: Wednesdays, October 1 & 15, 12:30pm-1:30pm. Register, free

Music Café: Thursdays, October 2, 9, 16, 23, & 30, 1pm-2pm. Free

Coping Skills: Fridays, October 3 & 17, 10am-11:30am. Register, free

La Crosse Area Parkinson's Social Night: Wednesday, October 15, 5:30pm-7pm. Call Star Center for details: 608.797.6295.

Myths and Misconceptions of Hospice: Wednesday, October 15, 10am-11am. Register by 1 day prior. Free

Healing Through Sound: Thursday, October 16, 6pm-7:30pm. Register.

Shuffle Together (cards): Friday, October 24, 2pm-3:30pm. Register.

Ukulele Lessons: Tuesday, October 28; Beginner 1: 9:30am-10:30am or 6:30pm-7:30pm. Register by October 24.

AARP Smart Driver Course: Friday, October 31, 10am-2:30pm. Register by October 28.

Senior Meal Site: Lunch served 11:30am, M-F. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation \$4.50



HARRY J OLSON CENTER

1607 North St. La Crosse
 608-781-2122

Monday:	9:30am	Chair Yoga/Tai Chi Class
	12pm	Coulee Region Woodcarvers
Tuesday:	9am	Strong Seniors
	1pm	500 Cards register at 786-1114
	7pm	Duplicate Bridge- 797-3587
Wednesday:	1pm	Euchre register at 786-1114
	6:30pm	Live Band Dance –public welcome
Thursday:	9am	Strong Seniors
	10am	Chat Bridge – register 797-3587
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga/Tai Chi Class
Saturday:	9am	Bridge lessons \$20/book, register at bloedornjc@gmail.com

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

Sons of Norway: 1st Thurs, 7pm

Wednesday Oct.1, 11am-12:30pm - **Oktoberfest Lunch** hosted by 2025 Torchlight Parade Marshall. Free, RSVP.

Tech Help Drop-in: Oct 8, 10:30am-12pm

ONALASKA PARK & REC EVENTS

255 Riders Club Rd.
 608-781-9566 Omni, 608-781-9560 Park & Rec Dept

DASH CENTER EVENTS 515 Quincy St. Onalaska

Open Pickleball: M/W/F, 6am-8am or 11am-3pm; T/TH 9am-1pm

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

Bridge Group: Mondays from 12:30pm -4pm

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

Simple Steps to Technology: Oct 9 & Oct 23, 12:30pm. Register

StrongBodies: Oct 8 - Dec 19, W/F at 8am. Register, free

Nickel Bingo: T/F at 10:30am prior to Senior lunch

Pumpkin & A Pint: Oct 4, 11am-3pm. Fun for all ages

Halloween Bash: Oct 30, 4pm-6:30pm

Senior Center Lunch: 11:30am, Monday-Friday.

Call 608-785-5775 to reserve a meal 24 hrs in advance.

OMNI CENTER EVENTS

BBB Bingo: Wednesdays at 6pm

Oct 11 & 12– **Fall Gift & Craft Show**

Oct 18 & 19– **Quilt Fest**

Oct 19– **Pet Expo**

Oct 23– **Holmen Ducks Unlimited Gun Bingo**

Oct 23– **Patsy Cline Tribute**, 6pm (La Crosse Professional Police Association Benefit) Open to public



HOLMEN AREA
 COMMUNITY CENTER

600 N Holmen Dr.

608-399-1870 www.holmencc.org

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

*Registration required for some programs.

Indoor Walking: Monday-Friday: 7am-10am; 11am-1pm (Hours may vary)

Pickleball Open Play: Tuesdays & Thursdays 11am-1pm (Hours may vary)

StrongBodies Virtual Strength Training: Monday & Wednesday at 9am, Friday Video at 10am

Fun with Watercolor: Mondays, 8:30am-10:30am (open to all levels)

Chair Yoga: Mondays, 9:15am and Friday, Oct 10 & 24 at 9:15am

SimpleSteps Tech Help: Oct 6 & 20 10:30am- 12pm

Beginner Line Dancing: Mondays and Wednesdays, 1pm-2pm

Mah Jongg Club: Mondays, 1pm

Muscles in Motion: Tuesdays, 9am

Community Crafts with Jackie & Pam: Oct 7, 1pm. Pumpkin buttons

Public Health Nurse Visits: Oct 14, 8:30am-11am

Cardio & Strength Fitness: Tuesdays and Thursdays, 10am

Connect2Nature: Oct 21, 1pm (Bruce Bartel, Colors of the Refuge)

Hearing Evaluations: Tuesday, Oct 7, 9:30am – 11:30am. Register

Hearing Instrument Checks: Tuesday, Oct 21, 9:30am-11:30am. Register

Caregiving 101 – Financial Matters: Oct 7, 1pm-2:30pm

Euchre Tournament: Oct 7 & 21, 6pm

Family Fun Night – Spooktacular Family Fun: Oct 14th, 5p-7pm

Ukulele Lessons for Beginners: Oct 28, Nov 4 & 11, 12pm-1pm

Relax and Rejuvenate for Whole Body Wellness: Oct 28, 1pm-4pm. Reg.

Fall Gospel Concert – Good News Singers: Oct 22, 10am. Free

Horse Racing Game: Oct 8 & 22, 2pm-3pm

Intro to Watercolor I: Oct 2-30, 1pm-3pm. Register

Diamond Art: Wednesdays at 9am

Bingo: Wednesdays & Fridays at 12:30pm

“A Joyful Life” Monthly Group for Women: Oct 1, 2pm-3pm

Cozy Readers Book Club: Oct 15, 2pm-3pm

Veteran's Benefits Check Up Event: Oct 9, 8:30am-11:00am

Mocktails & Me – How to Care and Still Be a Fun-gi! Oct 2, 6:30 pm

Wellness Checks: Oct 2, 9,16 & 23, 8:30am-2pm

La Crosse County Veterans Service: Oct 2, 12:30pm-4pm

Fun & Games: Thursdays, 1pm-4pm

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

AA Meetings: Thursdays, 6pm-7pm

Music with Greg Growsky: Oct 3, 11am-12pm

Gentle Yoga for Beginners: Oct 10 & 24, 8am

Good Morning Holmen! Oct 17, 9am “Creative Women Roundtable”

Pumpkin Fest Event: Saturday, Oct 25 10am-6pm (Craft, Art, Maker Market 8am-1pm)

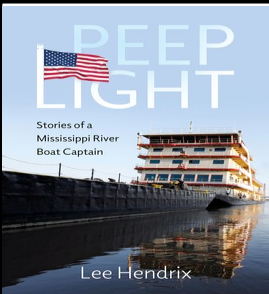


Healthy Living with Diabetes

Virtual, on Mondays
 Nov. 3 until Dec. 8
 9:30am- 12pm
 Cost \$30.00.

To register call 608-775-6870

A 6-week workshop proven to help people with diabetes better manage their condition.



“STORIES OF A MISSISSIPPI RIVER BOAT CAPTAIN”
 OCTOBER 4, 10:30AM-12PM
 MISSISSIPPI REFUGE VISITOR CENTER
 N5727 CTY Z, BRICE PRAIRIE
 FREE ADULT PRESENTATION BY LEE HENDRIX WHO WILL CAPTIVATE THE AUDIENCE WITH HIS EXPERIENCES OF WORKING ON THE MISSISSIPPI RIVER.



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
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
Pinedale Apts. Onalaska 9am-10am 4th Wednesday
Greendale Apts. Onalaska 10:15am-11:15am 4th Wednesday
Schu-Mullen Neighborhood 11am-12:00pm 4th Thursday
Christopherson Apts. 9am-10am 4th Thursday

wafermobile@waferlacrosse.org or 782-6003

1603 George St. La Crosse

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

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



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!



FLU SEASON

Flu Season Ahead

Getting a flu shot every year helps protect you from getting the flu. If you do get sick, the flu shot can help you feel less sick and lower your chances of going to the hospital or getting very sick.

Everyone 6 months old and older should get a flu shot every year.

Some people need the flu shot even more, like:

- People with long-term health problems (like asthma, diabetes, or heart disease)
- People who work in health care
- People who live with or take care of others who could get very sick from the flu

Babies under 6 months are too young to get the flu shot, but they can get very sick from the flu. People who take care of babies should get the flu shot to help keep them safe. It is also safe to get the flu shot while you are pregnant.

Try to get your flu shot starting in September, and before the end of October if you can. Call your doctor or local pharmacy to make an appointment for your flu shot and other fall vaccines.

For questions about flu vaccine, call the La Crosse County Health Department at 608-785-9872.

UWL
 RECREATIONAL THERAPY

FREE Neurocognitive Support Group

A weekly one-hour program

Wednesdays 2:30pm-3:30pm

Health Science Center
 1300 Badger St.
 La Crosse
 Room 2030



About the Clinic

Connect with compassionate student coaches, **socialize** with fellow attendees and **interact** with UWL facility dog Rossi as we engage in interactive games to **explore** various wellness topics

Parking passes provided.
 Caregivers are welcome to attend.

Contact Lauren at wiseman3130@uwlax.edu or 608-785-8203.

October is Breast Cancer Awareness Month

This month we seek to raise awareness about breast cancer, learn how to detect it early, and find ways to better support those affected by it. Breast Cancer is one of the most common cancers among women and early detection combined with timely treatment can make a significant difference.

Cancer can affect more than just the body. It can also cause stress, anxiety, and feelings of sadness or fear. Many people with cancer need help dealing with these feelings. That's why emotional support is especially important during cancer treatment and recovery. Treatment options may be only partially covered by insurance, so out of pocket expenses can often add financial strain to an already challenging time.

If you or someone you know has breast cancer or another type of cancer, finding the right help can be overwhelming. That's where 211 can assist. 211 is a free, confidential service that connects you with information about a wide range of services and supports in your community.

You can contact 211 to find out about funding for treatment expenses that are not covered by insurance, rides to doctor visits, and help with paying other bills. The people who answer the phone are ready to help you 24 hours a day, 7 days a week. They can connect you to counseling resources, support groups, and other services to help with the emotional challenges of cancer, too. This October, during Breast Cancer Awareness Month, remember that 211 is here to help. Just dial 211 to find the support you or a loved one may need.

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 & confidential.

Simply dial the three-digit telephone number 2-1-1 or (800) 362-8255 to learn more.

Language Interpretation is available. www.greatrivers211.org

La Crosse County Veteran Services

Health and Human Services Building

300 4th Street N, La Crosse

608-785-9719 lacrossecounty.org/veterans

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

Appointments are encouraged, but if you need help sooner, we offer **Community Office Hours** where you can meet with our coordinator at one of the community locations on a **walk-in** basis! Check out our website or call the office to make an appointment or to get information on where the next Community Office Hours will be held.

What is VA Disability?

Veterans can apply for disability through the VA for diagnosed conditions that were caused by, began, or were aggravated by their active-duty service. La Crosse County Veteran Services assists veterans through this process by guiding the veteran through required paperwork and troubleshooting or advocating for the veteran as their claim is being processed. Once a claim for disability is complete the veteran may receive a monthly compensation and may become eligible for additional ancillary benefits.

Give us a call to set up a time to talk about how we can help you file for these benefits!

Veterans Dental Clinic

Hosted by La Crosse County Veterans Services, the Health Department, and WTC.

Services are free and limited to procedures that can be completed in one visit (ongoing care is not available through the clinic).



Veterans will need to commit to two appointments:

Treatment planning: Oct. 20 or Nov. 3
Treatment: Nov. 10

All appointments will take place at the La Crosse Medical Health Science Consortium (1300 Badger Street, La Crosse).

Call 608-785-9719 for more information.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.	October 1st– Onalaska Congregate (Dash Center) will be closed. Home delivered will occur.	Chef Salad 1 Ham & Bean soup Bran muffin, Crackers Peanut butter cookie	BBQ meatballs 2 Rice blend Broccoli, Peaches Apple juice	Beef stroganoff & noodles 3 Peas & carrots Fresh fruit Mandarin orange fluff
Chicken, broccoli, rice 6 Squash Fresh fruit Ice cream sundae	Pork roast & gravy 7 Mashed potatoes  Monte Carlo veggies Bishops cake, Applesauce	Spaghetti 8 Romaine salad Garlic toast Lemon bar, grape juice	Chicken & gravy 9 Biscuits Mixed vegetables Fruit salad, Apple crisp	Brat on a bun 10 German potato salad Baked beans Oatmeal cookie, Fresh fruit
Ham w/ pineapple 13 Sweet potato bake Baby carrots Ambrosia salad	Egg sausage potato bake 14 Warm applesauce Blueberry muffin Orange juice	Hamburger on a bun 15 Potato wedges Romaine salad Banana pudding	Scalloped potatoes/ham 16 Beets Applesauce Snickerdoodle cookie	Sloppy Joes on a bun 17 Baked beans Broccoli w/ cheese sauce Peaches, Brownie
Turkey & gravy 20 Mashed potatoes Green beans Fruit salad, pumpkin bar	Tuna noodle casserole 21 Peas & carrots Rosy applesauce Fruited jello	Pulled pork on a bun 22 Baked beans Potato wedges Pears, frosted cake	Chili & crackers 23 Baked potato, sour cream Spinach salad Orange wedges	Meatloaf 24 Dairy potato bake Corn Carrot cake, Apple juice
Fish sandwich on bun 27 Potato wedges Carrot coleslaw Banana Tartar sauce, ketchup	Beef taco salad w/ chips 28 Fresh fruit Corn bread muffin Sugar cookie Taco sauce, sour cream	Pepper steak 29 Garlic mashed potatoes Glazed carrots Fruited jello	Grilled chicken breast 30 Roasted sweet potatoes Asparagus Peach cobbler	Witches brew beef stew 31 Chilling coleslaw Eerie orange wedges  Boo! Biscuits Cauldron baked cookie

PUMPKIN BARS

4 large eggs, room temperature
1-2/3 cups sugar
1 cup canola oil
1 can (15 ounces) pumpkin
2 cups all-purpose flour
2 teaspoons ground cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt

In a bowl, beat the eggs, sugar, oil and pumpkin until well blended. Combine the flour, cinnamon, baking powder, baking soda and salt; gradually add to pumpkin mixture and mix well. Pour into an ungreased 15x10x1-in. baking pan. Bake at 350° for 25-30 minutes or until set. Cool completely. Continue to make the icing...

6 ounces cream cheese, softened
2 cups confectioners' sugar
1/4 cup butter, softened
1 teaspoon vanilla extract
1 to 2 tablespoons 2% milk

For icing, beat the cream cheese, confectioners' sugar, butter and vanilla in a small bowl. Add enough milk to achieve spreading consistency. Spread icing over bars.

SLOW COOKER CHICKEN & DUMPLINGS

6 boneless skinless chicken thighs, chopped
 1/2 teaspoon salt, divided
 1/2 teaspoon pepper, divided
 1 tablespoon canola oil
 3 celery ribs, chopped
 2 medium carrots, peeled and chopped
 1 large onion, chopped
 3 garlic cloves, minced
 2 tablespoons tomato paste
 1/3 cup all-purpose flour
 4 cups chicken broth, divided
 2 bay leaves
 1 teaspoon dried thyme


DUMPLINGS:
 2 cups all-purpose flour
 3 teaspoons baking powder
 1 teaspoon salt
 1/4 teaspoon pepper
 1 cup whole milk
 4 tablespoons melted butter

Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Meanwhile, in a large skillet, heat oil over medium-high heat. Add chicken; cook and stir until no longer pink, 6-8 minutes. Transfer to a 6-qt. slow cooker.

In same skillet, cook celery, carrots and onion until tender, 6-8 minutes. Add garlic, tomato paste and remaining salt and pepper; cook 1 minute. Stir in flour; cook 1 minute longer. Whisk in 2 cups chicken broth; cook and stir until thickened. Transfer to slow cooker. Stir in bay leaves, thyme and remaining chicken broth.

For dumplings, whisk together flour, baking powder, salt and pepper in a large bowl. Stir in milk and butter to form a thick batter. Drop by 1/4 cupful's over chicken mixture. Cook covered, on low until bubbly and dumplings are set, 6-8 hours. Discard bay leaves. Let stand, uncovered, for 15 minutes. Serves 8





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.

Want to check out our meal sites? Need a ride?
 Transportation is available to our meal sites.
 Call the ADRC 608-785-5700, to arrange a ride.

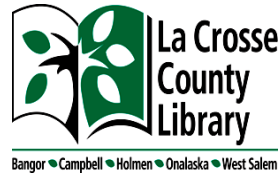
WHAT DOES A SKELETON SAY BEFORE DINNER?
BONE APPETIT

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



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

Some workshops require registration. Contact the library.

Library Closure: October 20th for Staff Development Day, all branches

- Chair Fitness:** Mondays, Oct 6, 13 & 27, 9am-9:30am
- Chair Yoga:** Thursdays, 10am-11am
- Friends Monday Book Sale:** Mondays, 9am-12pm (closed Oct 20)
- Monday Mornings at Main:** Mondays, 10am-11am. Oct 6- Wreck of the Edmund Fitzgerald, Oct 13- Coulee Region Human Society, Oct 27- A Year at Beaver Pond
- Adult Fall Clothing Swap:** Oct 18, 2pm-4pm
- Storytime for Adults:** Oct 7, 6:30pm at Saxon Hall. Monster Mash
- Decouped Flower Pumpkins:** Oct 14, 1pm for Adults
- Under/Beyond the Bridge: A Solution to Homelessness:** Oct 5, 1:30pm & Oct 14, 6pm at the Weber Center. Register
- BookTok Bingo:** Oct 21, 6:30pm at 608 Brewery
- Chapter Book:** Oct 8, 1pm and Oct 11, 10am. *Vampires of El Norte*
- Dungeons & Dragons:** Oct 22, 5pm. Adults
- Movies with a Mission:** Private Violence-Oct 22, 5pm
- Community Volunteer Fair:** Oct 9, 4pm-6pm
- Art: Introduction to Charcoal:** Oct 16, 1pm
- Qigong:** Oct 4, 10am-11am

Read books and win prizes with our **October Mini Read!**
 Pick up your bingo card to play along!

- Bangor** movie on October 16 at 2:30pm and 6pm.
- Bangor** "Identity Theft: Protect and Prevent" on October 23 at 6:30pm.
- Campbell** Book Club meets the second Tuesday of the month at 6pm.
- Holmen** movie on October 6 and 20 at 2:15pm and 6pm.
- Holmen** "Gluten-Free Baking with Omega Bakery" on October 9 at 6pm.
- Holmen** "Drop-in Tech Help" on October 16 from 11am-12pm and 4:30pm-5:30pm.
- Onalaska** "Senior Moments" on Wednesdays at 10am:
- October 1:** My Two Elaines with Martin Schreiber
- October 8:** Mount Rushmore
- October 15:** Dale Evans
- October 22:** Birds of Prey with River Valley Raptors
- October 29:** WWII Propaganda Animation
- Onalaska** "Genealogy Workshop with Carlon Genealogical Services" on October 4 at 10am. Registration required; see website for details.
- Onalaska** Book Sale on October 16 from 9am-6pm, October 17 from 9am-5pm, and October 18 from 9am-12pm.
- Onalaska** "Able Reads Book Club" for adults with disabilities meets Wednesdays at 1:30pm.
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- Onalaska** movies on October 2 and 9 at 6pm.
- West Salem** movies on October 9 and 23 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.

Myrick Park Center/ The Nature Place

789 Myrick Park Dr, La Crosse 608-860-6864
www.natureplacelacrosse.org

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

- Oct 1: **EnviroWednesday**, 7pm, free for ages 14+
- Oct 1: **The Gallery Open House**, 5:30pm-8:30pm, free
- Oct 4: **Nature Saturday**, 9:30am, free
- Oct 7: **Jack's Jog 5K**
- Oct 11: **Walk to Remember**, 10am-12pm, in honor of babies who died and awareness of perinatal death
- Oct 13: **Indigenous Peoples' Day**, 11am-3pm. Vendors, fun
- Oct 15: **Birding Program**, 7pm, free for ages 14+

NARVRE
 National Association of Retired and Veteran Railroad Employees Unit 047; Meeting **October 14th**, 10am at the Onalaska American Legion.
 Call to reserve to Jeanne 608-526-3304.

BADGER TALKS GRADUATE & EXTENDED LEARNING | **UWE**
Dementia Prevention

October 8, 2025
 6 p.m. | Cleary Alumni & Friends Center
 615 East Ave N. La Crosse



Join Alexis Eastman, M.D., a leading expert in geriatric medicine, for a dynamic, one-hour session exploring the latest scientific findings on how to reduce your risk of developing dementia.

The La Crosse Retired Educators' Association
 next luncheon is on Wednesday, **November 5**
 Cedar Creek Country Club, Onalaska
 Our speaker will be Sue Graff with WINN. (What I Need to Know) Anyone who has retired from an area educational institution in any capacity is welcome to join our group. Cost \$20
A reservation must be made by emailing lacrosserea@gmail.com by Oct 28th.

FALL WORDSEARCH

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

WORD LIST

- | | | | |
|---------|---------|---------|---------|
| AUTUMN | GOLDEN | ORANGE | RED |
| BONFIRE | HARVEST | ORCHARD | SCARF |
| CHILLY | HAYRIDE | PIE | SMORES |
| CORN | LEAVES | PUMPKIN | SOUP |
| COZY | OCTOBER | QUILT | SWEATER |

Great Rivers UNITED WAY Murder Mystery Dinner
I LOVE THE 80'S TO DEATH
 Saturday, October 11
 6pm-9pm
 Radisson Hotel
 608-796-1400
 United Way

Blood Drives for October

- 10/3: Onalaska YMCA, 10am-2:30pm
- 10/6: St Joseph Ridge Town Hall, 1pm-6pm
- 10/7 & 10/8: UWL Student Union, 11am-5pm
- 10/8: Onalaska Public Library, 12pm-4:30pm
- 10/9: Moose Lodge, 10am-3pm
- 10/9: Luther High School, 10am-3pm
- 10/9: La Crosse County Human Services, 9:30am-2pm
- 10/10: La Crosse County Human Services, 9:30am-1:30pm
- 10/13: Coon Valley Lutheran Church, 1pm-6pm
- 10/17: Valley View Mall, 11am-4pm
- 10/17: Black River Beach Neighborhood Center, 10am-3pm
- 10/22: Roncalli Newman Center, 11am-4pm
- 10/23: St Patrick's Church Onalaska, 1pm-6pm
- 10/27: United Methodist Church Onalaska, 1pm-6pm
- 10/29: Bangor High School, 12pm-5:30pm
- 10/30: Central High School, 9am-2pm
- 10/31: First Free Church Onalaska, 9am-1:30pm

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

Free Brain Checks

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. Just like blood pressure, cancer, or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Open to the public. This is not intended for people with diagnosed dementias.



BrainCheck

October 9 at Onalaska Library

Call to schedule your 30 minute appointment, the ADRC to register at 608-785-5700.

Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers.

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

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

Contact Jeannie Nylander Phone: 608-781-3361
Email: mjnylander@icloud.com or
Britney Hodson at britney.hodson@gmail.com



DEER HUNTING SEASON AND TRAFFIC

During Wisconsin's deer season, drivers should be highly vigilant for increased deer activity, especially at dawn and dusk. While specific real-time alerts are not issued, officials warn that crash numbers peak in October and November during the deer rutting season.

Here are the dates and safe-driving tips for the 2025 deer seasons:
Archery and Crossbow: September 13–January 4, 2026
Gun: November 22–30, 2025

Safe driving alerts and tips:

Be extra alert at dawn and dusk. Deer are most active during these times. As daylight saving time ends in November, commutes are more likely to coincide with peak deer movement.

Scan the road ahead. Watch for dark silhouettes on the roadway and the reflection of your headlights in deer's eyes along the sides of the road.

Watch for multiple deer. If you see one deer cross the road, be aware that others are likely to follow. Deer often travel in groups.

Honk your horn. A long, continuous blast from your horn can sometimes scare deer off the road.

Brake firmly, but don't swerve. If a collision is unavoidable, brake firmly and stay in your lane. Swerving can cause you to lose control and potentially lead to a more serious crash with another vehicle or a fixed object.

Obey "Deer Crossing" signs. These signs are placed in areas with higher migration traffic and should serve as a strong reminder to pay attention.

After a collision:

Report. In Wisconsin, the driver of the vehicle that killed the deer has the first priority to take the carcass.

Use hazard lights to warn oncoming traffic.

Do NOT attempt to move the animal: Never try to handle a large injured animal as it could be dangerous.

Working Out Through Pain

Learn when to keep moving through exercise pain and when to stop when arthritis or related conditions hurt.

Exercise is crucial in the treatment of arthritis. But knowing just how much activity to do when you're hurting can be tricky. After all, research has shown that moderate activity can help prevent the progression of arthritis and improve overall function. But while mild muscle soreness after a workout is normal, sharp pain during or immediately after can signal injury. And sometimes simply the fear of pain can keep you from wanting to do any kind of exercise at all. Here's how to determine when it's OK to work out through exercise pain – and when it's not.

If you have mild to moderate pain in a specific joint area before you work out:

Some mild pain or discomfort is typical when you first start to move, but after a few minutes you'll usually start to feel better. Our joints and muscles get nutrition through movement. Once you start to move around a little you'll improve the lubrication and circulation around that joint. Start with some gentle, active range of motion movements and if that feels OK, progress to low-impact activity like walking.

If you have moderate to severe pain in a specific joint area before you work out:

You may need to focus on a different area for a day or two. For example, if your knees hurt, you should decrease the intensity of the leg workout. If the pain becomes worse, then stop the lower body moves and work your upper body instead. Continuing to put pressure on a joint when it's especially sore could contribute to joint damage, so it's best to ease up for a while.

If you have moderate to severe joint pain during exercise: Stop immediately. Most people with arthritis can work through mild pain safely. But if you're experiencing a lot of pain while you exercise, even if you're not doing a particularly joint-taxing workout, it may be a sign that you have inflammation in the joint, or even joint damage that requires treatment.

If you consistently have joint pain (not muscle pain) after exercise:

Switch to a workout that puts less pressure on your joints. If you need an elaborate brace or must pop ibuprofen constantly, it's a pretty good sign that your activity is too hard on your joints. Swimming, water aerobics and biking are all good options for people with joint pain.

If you occasionally have moderate to severe joint pain the day after you work out:

Cut back on the intensity of your workout. If you're really sore the next day, you probably were exercising too hard or too long. Try taking a day off, then doing a shorter, less strenuous workout. If your pain still doesn't let up, switch to a less intense form of exercise, such as trading your elliptical workout for water aerobics. And when in doubt, see your physician.

Source: arthritis.org

Free for *Quartz & Medicare Members!

ACHIEVE LASTING WELLNESS

Find out if you're eligible today:



Join the Lifestyle Change Diabetes Prevention Program

Register for this year-long program starting:

- Dahl Y (La Crosse): Mondays, 12:00–1:00 pm starting October 6th
 - Houser Y (Onalaska): Wednesdays, 8:00–9:00 am starting October 8th
 - Dahl Y (La Crosse): Saturdays, 10:00–11:00 am starting January 17th, 2026
 - A year-long lifestyle change program to help you prevent type 2 diabetes.
 - Now covered by Medicare and other insurers!
 - Receive a 16-week FREE membership at the Y
 - Classes starting in October, and January.
- To register, please contact Bri Spicer. Phone: (608)-519-5496
Email: bspicer@laxymca.org

LA CROSSE COUNTY VETERANS SERVICES
Scan for Digital Flyer

2025 VETERAN'S BENEFITS CHECK-UP

- 2nd Annual Veteran's Benefits Check-Up Series
- Hosted by La Crosse County Veteran Services
- Mini Expo to Learn about VA Benefits and Healthcare
- Meet Local Veteran Focused Vendors

Holmen Community Center
Thursday, October 9th, 2025, from 8:30am -11am
600 N. Holmen Drive, Suite 200, Holmen, WI 54636
*Pastries and Coffee provided

Onalaska American Legion Post 336
Saturday, October 11th, 2025, from 11am-2pm
731 Sand Lake Road, Onalaska, WI 54650
*Lunch available for purchase

Hospice Care: 8 Things You Might Not Know

If you find hospice confusing, you're not alone. A better understanding can allow for better care and reduced stress. Check out the list below to see if you have any common misconceptions about hospice.

1. It's Not The Same As Palliative Care

Palliative care can be given at any stage of serious illness. It focuses on reducing pain and symptoms, supporting quality of life, and reducing stress. It can be received at the same time as curative treatments.

Hospice care has the same focus as palliative care, but people don't receive curative treatment for their illness because a doctor has determined they have 6 months left to live (or less). Instead, hospice care supports a person through their journey to the end of life.

2. Hospice Is Not A Place

Although there are some inpatient hospice facilities, hospice is usually delivered as a service in the home, the hospital, or another facility like a nursing home. Hospice provides Nursing visits to address physical symptoms

- Visits from a hospice aide to provide personal care, like bathing
- Social work visits to assist with resources and emotional support
- Spiritual or religious care, if needed
- Equipment, medications, and supplies
- Education for caregivers on providing care
- Therapies (like speech or occupational therapy), if needed
- Grief support services
- Access to short-term respite or inpatient care

3. It's Not Just For The Very End Of Life

People enrolled in Medicare can access hospice if the doctor predicts their life expectancy to be 6 months or less. However, most people receive hospice for less time than this, meaning they aren't accessing services as early as they could be. To avoid looking for hospice at a very late stage, an early referral is ideal to receive helpful services for longer. Studies show that people who receive hospice care live longer than those who don't.

4. You Don't Need A Doctor's Referral

Although a doctor often makes these referrals, you or your care recipient can self-refer to hospice if they feel they're ready. The hospice provider then assesses your care recipient and determines if they meet the criteria for receiving hospice care. Here are some basic tips to get the process started:

Start the conversation with their doctor. They can offer their perspective on your care recipient's prognosis and help you explore options.

Compare hospice providers. Although Medicare-participating hospices offer the same basic services, there may be some differences to consider like volunteer availability. The [Medicare Website](#) allows you to compare hospice providers in your area.

Meet with a hospice representative. You, your care recipient, nursing home staff, or the doctor can request this. Hospice representatives will provide information, complete an assessment of your care recipient, and provide paperwork to sign (if choosing that hospice).

Write down questions and expectations. Do this before the meeting so that you're both prepared. For example:

- How often can I expect hospice team members to visit?
- What if symptoms or care needs can't be managed at home?
- What kind of nursing support is available after business hours, weekends, and holidays?
- If I call with an urgent need, how long will it take for hospice to respond?

5. You Have Hospice Rights

Patients have rights when it comes to hospice. The National Hospice and Palliative Care Organization (NHPCO) has a document called Conditions of Participation, which all Medicare-certified hospices must follow. It includes a section on patient rights. Caregivers and care recipients can advocate for themselves if they aren't getting what they need from their hospice provider. They also have the right to revoke hospice at any time for any reason.

6. Not All Hospice Patients Are Given Morphine

This is a common misconception families have. Morphine or other opioids may be given to some people for pain management or difficulty breathing, usually starting as a very low dose and increased if needed. As someone nears the final hours of life, they may be given morphine to alleviate symptoms, **but it doesn't cause or speed up the dying process.**

7. Hospice Doesn't Mean You're Giving Up

Believing that receiving hospice care means giving up hope is one of the biggest misconceptions. It's difficult to shift perspectives from hoping for prolonged life to hoping for improved quality of life. Remember that hospice is a conscious choice to focus on one's end of life preferences and the opportunity to have some control.

8. Grief Support Is Available

Hospices typically offer bereavement (grief) support, sometimes even before the person dies. Depending on the hospice provider, it can come in the form of:

- Workshops
- Support groups
- Individual counseling
- Phone-based support
- Memorial services
- Newsletters

Reprinted from Trualta

CARING BETTER & BRAVER

A day of self-care & learning for family caregivers

Main Speaker:
Heather Quackenboss

Event Highlights:

- Compassion Resilience
- Stress & Wellbeing
- Future Planning
- Grief and Burnout
- HeartMath
- Navigating the Journey

October 25, 2025
10:00am - 3:30pm

University of Wisconsin - La Crosse
Health Science Center

1300 Badger St Suite #1030
La Crosse, WI 54601

NO COST!
Lunch Included

**Register
Now!**

Call the ADRC of La Crosse County to sign up
608-785-5700

Brought to you by:



Caregiver Stories Needed!

November is National Family Caregiver Month and we want to celebrate the endless devotion of our Family Caregivers!

The ADRC of La Crosse County and its partners throughout the State of Wisconsin are looking for Family Caregivers who wish to tell their stories.

We will collect the stories and pictures of you and your Care Partner to share throughout the month of November along with other opportunities and events.

Please contact Kristine Meyer, Caregiver Support Specialist, for more information at 608-386-0922 or kmeyer@lacrossecounty.org.



La Crosse Parks & Rec Senior Excursions

For ages 50+

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

October 7: St. Francis Hermitage & Gays Mills Orchards
November 16: Some Like it Hot – Overture Center
November 20: A Wonderful Life – Fireside Theatre
December 3: White Christmas – Chanhassen Dinner Theatre
January 11: Piano Men Generations – Fireside Theatre
January 18: Hamilton – Overture Center
 PLEASE NOTE: Excursions had availability when submitted for print; we cannot guarantee availability at time of publication.

Old Main Cultural Center

20869 S College Ave. Galesville
 608-582-4412

Move Better, Feel Better– M & Th, 9am. Free
 Yoga– Tuesdays 5pm
 Oct. 10: Game Night, 6pm-9pm
 Oct 18: Ron's metal finds, 1pm
 Oct 24: *Phantom of the Opera*, 7pm
 Oct. 31: *Legend of Sleepy Hollow*, 7pm



Norskedalen Nature & Heritage Center
 N455 Ophus Rd.
 Coon Valley
 (608) 452-3424

Ghoules in the Coulees



Oct. 23-25
 Pumpkin carving, trick or treating, haunted hikes and Ghosts & Toasts (21yrs+)



WALK TO DEFEAT ALS

October 11th

Riverside Park

Walk Check-in: 8:30 AM

Walk Start: 10:00 AM

<https://als.org/WalkLaCrosse>

Cappella Performing Arts Center

721 King St, La Crosse 608-299-7248

October 9 & 10: **La Crosse Jazz Orchestra**

October 24: **Viterbo University Concert**



G-E-T PERFORMING ARTS CENTER

17511 N. MAIN ST. GALESVILLE
 608-484-4458

11/25: **A CELTIC CHRISTMAS BY A TASTE OF IRELAND**

LA-CROSSE CENTER

Oct 12: Card Show
 Oct 18: Scaled Up Expo
 Nov 7 & 8: Bull Riding
 Nov 8: Veterans Suicide Awareness March
 Nov 20-23: Holiday Fair

Concordia Ballroom

1129 La Crosse St. La Crosse
 608-782-7049
www.concordiaballroom.com



Dances every Sunday, 1pm-4pm
 Zumba & Dance Classes available



MASQUERADE BALL- Oct 25, 6:30pm
 Come and enjoy the fun!



VITERBO UNIVERSITY
 FINE ARTS CENTER

Viterbo University Fine Arts Center

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

Oct. 9-12- **Young Frankenstein**
 Oct. 24- **The Texas Tenors**
 Oct. 25- **Vitamin String Quartet**
 Oct. 28- **Menopause the Musical 2**
 Oct. 30- **Ozark Mountain Daredevils**

Pump House Regional Arts Center

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

October 3: **Tigre! Tigre!**
 October 4: **The Magic of Connection**
 October 25: **Tales of the Creepy & Scary**

La Crosse Symphony Orchestra

929 Jackson St. La Crosse
 608-783-2121

10/18: Opening Night and a World Premiere
 11/15: Songs of Freedom

MARIE HEIDER CENTER FOR THE ARTS

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

10/17: **Piano Men: Generations**
 10/19: **Purple Rain**
 11/22: **The Musical-Home for the Holidays**
 12/16: **Simple Gifts**

WEBER CENTER FOR THE PERFORMING ARTS
www.webercenterarts.org



608-784-9292

Oct 10-19: **Lend Me a Tenor**
 (Senior preview 10/9. \$15 tickets at Neighborhood Centers)
 Oct 14: **Beyond the Bridge Documentary, 6pm**
 Nov 28-Dec 20: **One Christmas Eve at Evergreen Mall**
 Dec 5-21: **Frozen, the Musical** (Senior Preview 12/4)



THE MUSE THEATRE

1353 Avon Street La Crosse
 608-397-3752



OCT 22-25: **ROCKY HORROR SHOW**

DRACULA
 A FEMINIST REVENGE FANTASY, REALLY.

BY KATE HAMILL

October 10-19, 2025
 Toland Theatre
 Lowe Center for the Arts

608-785-6696 for tickets.

MATURE CONTENT (AND LOTS OF BLOOD)



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



Senior Life newsletter Questions?

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

Blast from the past...



In 1952, a woman is driving a horse-drawn hay wagon pulling a hay loader on the William Houser Farm. A child and a man, each with a hay fork, are riding on the load. On the right is the barn, on the left are the bluffs that enclose Sand Lake Coulee in Onalaska near Menards.

WHAT'S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6pm Bingo @ Onalaska American Legion
- Wednesdays:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall (Oct 8)
- Wednesdays:** Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
- Wednesdays:** 6pm Bingo @ Omni Center.
- Wednesdays:** 6pm Bingo @ Features in Holmen
- Thursdays:** 6pm Bingo @ Holmen American Legion
- Saturdays:** 11am Bingo @ Shimmy's La Crosse
- 10/2-10/5:** Oktoberfest Race Weekend at the Speedway
- 10/3:** Fire Fighters Ball, Court Above Main La Crosse, 5pm
- 10/4:** Galesville Apple Affair, 8am-4pm at the Fairgrounds
- 10/4:** Fall Harvest Festival, 11am-3pm, HorseSense W4102 Ober Rd. Coon Valley. Meet horses, fall games, music and brat fry.
- 10/4:** Family Fun Days, 11am at Boys & Girls Club La Crosse
- 10/4:** Recycling Event, Dynamic N5550 Cty Z Onalaska 8am-1pm.
- 10/4:** Farmfoolery Fest, 9am-5pm, N7097 Cty XX Holmen
- 10/4:** Fall Market & Mingle, 9am-2pm, West Salem Legion
- 10/9:** Wicked Wine & Beer Walk, 5pm at West Salem Legion
- 10/11:** Hootenanny at Ecker's Apple Orchard, Galesville
- 10/18:** Fall Bazaar & Bake Sale, 8am-1pm, 1931 Loomis St.
- 10/18:** Fall Craft & Bake, La Crosse American Legion, 9am-4pm
- 10/24:** 6th Annual Pumpkin Bash, 525 McHugh Rd Holmen, 3-6pm
- 10/25:** Flannel Fest, 9am-5pm Center 90 Onalaska. Vendors, food
- 10/25:** Logan High School Fall Craft Show, 9am-3pm
- 11/1:** Norwegian Dinner & Bake Sale, 3:30pm-6:30pm at Our Savior's Lutheran Church, West Salem

Downtown Historic Days

October 4 | State Bank Parking Lot
10am-2pm, Join us for a day filled with live entertainment, local food, family-friendly activities, and a vibrant showcase of our downtown's unique history and small businesses.



October 14- Taste of Downtown, 4pm at the Cargill Room
October 25- Downtown Trick or Treat, 11am-1pm

FALL ARTISAN MARKET

Sat, Oct 4, 9:00am-2:00pm
360 Leonard St. West Salem
An outdoor market of handcrafted, home-grown goods, pumpkins, sweet treats, and more. Tours of the Gullickson-Palmer Octagon Home will also be available. This event is sponsored by the West Salem Historical Society

DOWN SYNDROME ASSOCIATION OF WISCONSIN

22nd annual **down Syndrome awareness Walk**
YMCA Onalaska **October 4th, 11:30am**

ONALASKA OMNI CENTER

Fall Gift & Craft Show

Saturday & Sunday
October 11 & 12, 2025



Over 100 Vendors!
FREE Admission!*
Kids Crafts!
Beer and Wine!

*NON-PERISHABLE AND MONETARY DONATIONS ACCEPTED FOR THE ONALASKA FOOD BASKET.
FOR MORE INFORMATION VISIT: CITYOFONALASKA.COM/OMNICENTER

FALL FEST

OCT 11TH, 8AM-3PM DOWNTOWN SPARTA
Craft vendors, kids' games, minnow racing, graffiti art, a chili cook-off, vintage tractors, live music, food trucks and lots more! Bring your family and friends to enjoy the beautiful fall weather, the sights and sounds of Sparta.



A SPOOKY NIGHT OF TRICKS & TREATS

Friday, October 17th
5pm-8pm
Drive-thru haunted mile for the entire family to enjoy!

City of LaCrosse
Parks, Recreation & Forestry

Activities all Day!

Safe Family Fun!

PUMPKIN FEST!

Free to the Public!

Saturday, October 25th

Holmen Area Community Center:
Craft & Art Market, Bake Sale, Concessions, Costume Pet Parade, Entertainment, Halloween Story Time, Kids Games and More!

Halfway Creek Park:
Trick or Treat on the Decorated Pumpkin Trail



Holmen Area Community Center
600 N. Holmen Drive, Holmen, WI 54636 www.holmencc.org

Where Our Community Gathers

SAVE THE DATE!

DISABILITY PRIDE FEST



A CELEBRATION OF DISABILITY CULTURE

OCTOBER 19TH, 2025
11AM-3PM
LOGAN HIGH SCHOOL

BLUFF BASH

Sunday, October 5
3pm-6pm
Upper Hixon Forest
Hiking/ Biking/ Nature
Live Music/ Food Trucks
Yard Games/ Tree Climbing
www.cityoflacrosse.org