

# La Crosse Senior Life



June 2023

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

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## June 15th is World Elder Abuse Awareness Day!

World Elder Abuse Awareness Day (WEAAD) launched in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization. WEAAD's purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older people by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. Moreover, WEAAD is a call-to-action for individuals, organizations, and communities to educate each other on how to identify, address, and prevent abuse so we can all do our part to support everyone as we age.

### What is elder abuse?

Elder abuse is defined as a "single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person." Elder abuse can take many forms: physical abuse, emotional abuse, sexual abuse, financial exploitation, neglect from others, and self-neglect. See page 4 for additional information and examples.

### How common is elder abuse?

According to the National Council on Aging, approximately 1 in 10 older adults have experienced some form of elder abuse. It is estimated that up to five million older adults are abused every year, and the annual loss by victims of financial abuse is at least \$36.5 billion. It is important to note that only 1 in 14 elder abuse cases are reported to the authorities due to fear of retaliation or getting the abuser in trouble, feeling ashamed or embarrassed, or being mentally incapable of doing so. People who commit elder abuse are often in a position of trust. Abusers are both men and women and almost 60% of the time are the adult children or spouses of the victim.

### How does a person make an elder abuse report?

If an older adult is in immediate, life-threatening danger, call 911. Anyone who suspects that an older adult has been or is being mistreated, they should contact their local Adult Protective Services (APS) or the statewide elder abuse hotline by calling **833-586-0107** or visiting [reportelderabusewi.org](http://reportelderabusewi.org). To contact La Crosse County APS, call **608-785-5700** or email [apsreferrals@lacrossecounty.org](mailto:apsreferrals@lacrossecounty.org).

### What happens when an elder abuse report is made?

If/when contacting APS, staff may ask for the reporter's name and contact information but the reporter's identity is kept confidential. APS staff will ask several questions. The reporter will need to answer to the best of their ability but if they do not know everything, that is okay. APS will begin their investigation within 24 business days of the report. The report may be investigated in a variety of ways:

- Interviews with an individual, family members, caregivers, surrogate decision-makers, law enforcement, or other professionals.
- Visits to the residence/facility.
- Review of medical and financial records.
- Assessments of level of risk, decision-making capacity, potential service needs, funding sources, and support.
- Assessments of interventions, voluntary or involuntary, and/or whether emergency action is warranted.

### How can elder abuse be prevented?

Education is critical to prevention. In addition, older adults can stay safe by:

- Taking care of their health; seek help for drug, alcohol, and depression concerns and urge family members to get help for these problems too.
- Learning about domestic violence services; attend support groups.
- Planning for the future; address health care decisions now.
- Staying active in the community and connected with family and friends.
- Posting and opening their own mail; use direct deposit for all checks.
- Having their own phone; do not give personal information over the phone.
- Reviewing their will periodically.
- Knowing their rights; if they engage the services of a paid or family caregiver, the older adult has the right to voice their preferences and/or concerns.



## WALK WITH US

June 15, 2023

### Elder Abuse Awareness Walk

10 AM Riverside Park Bandshell

Registration encouraged but not required.

For more info, or to register, call the ADRC at 608-785-5700 or email [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org). Wear **PURPLE** to show you stand up against elder abuse.

Light refreshments will be provided.

## National Senior Health & Fitness Day



Join us for a FREE event and learn how to **"Move More To Do More!"**

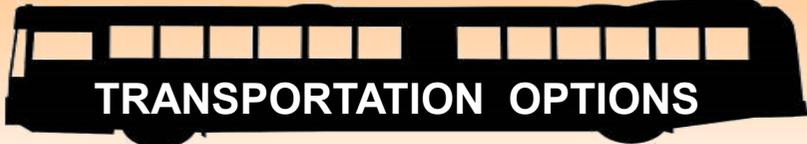
**WHEN:** May 31, 2023, 9 AM-2 PM

**WHERE:** Black River Beach  
Neighborhood Center  
1433 Rose St, La Crosse

- **Vendors/Resources** (9 AM-2 PM)
- **Health & Wellness Presentations**
  - 10:00 AM:** Kate Jensen, Wellness Education Specialist, Gunderson Health System
  - 12:30 PM:** Kenzie Long, Personal Trainer, Mayo Clinic Health System
- **Fitness Demonstrations**
  - 10:35 AM:** Chair Yoga, Clinical Exercise Physiology Graduate Students, La Crosse Exercise and Health Program (LEHP)
  - 11:00 AM:** Tai Chi, Marsha Bateman
  - 12:35 PM:** Staying Active Together, Brianna Mowbray

Light lunch provided; first come, first served. For complete schedule, including list of vendors/resources, visit [www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc). Questions, call the ADRC at 608-785-5700.

June is Dementia Awareness Month!  
See page 3 for the schedule of events.



**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? If you are over the age of 60, or perhaps have a disability, we can help. Whether it is for medical, nutrition (groceries), or employment, we can help you with some options:

**Shared Ride Taxi 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 including Galesville, Trempealeau, Mindoro, La Crescent and Stoddard.

\$4.50 each direction.

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

Just 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 Aging and Disability Resource Center is in need of volunteers** to help deliver meals to our elderly participants from 10:30am-12pm on a variety of days.

**Volunteers are also needed to assist with packaging the meals at our Holmen and La Crosse meal sites.**

Call us at 608-785-5700 to see how you can help.



**Aquatic Fitness**

June thru August

**Aqua Zumba**— 6pm-7pm at Erickson Pool

**Water Aerobics**— 6pm-7pm at Veterans Memorial Pool

No registration required.

Use punch card or pay regular admission.

**River City Waterski Shows**

Airport Beach Road, French Island

Bring a lawn chair and picnic and enjoy watching an entertaining show put on by the River City Waterski Team.

6/5— Team practice, 6pm-8pm

6/7— Practice, 4pm-6pm

6/21— Show, 7pm-8pm

6/28— Show, 7pm-8pm

FREE ski shows at Airport Beach every Wednesday night during the summer as well as drawing crowds at La Crosse's annual 4th of July Riverfest Celebration



[Rivercitywaterski.com](http://Rivercitywaterski.com)



**MTM/ Veyo 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 [member.veyo.com](http://member.veyo.com)

**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



**Donation 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 donation: (if applicable)**

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

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

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

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

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

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

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

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

Your donations mean the world to us! To help us continue providing this valuable newsletter, please consider making a donation. To 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!

**June is Dementia Awareness Month!**



<p><b>All Month</b></p>	<p><b>BRAIN FIT BINGO!</b> Bingo cards contain numerous brain healthy activities which can be completed throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. We encourage you to bring completed cards (at least 1 bingo) into The Aging &amp; Disability Resource Center by 4pm on July 7 to pick up your prize. All Blackout cards will be entered into drawing for 3 brain healthy prizes! Winners will be notified after July 7th. <b>Pick up a card at any of the following locations:</b></p> <ul style="list-style-type: none"> <li>• La Crosse County ADRC, Libraries, or Meal Sites</li> <li>• City of La Crosse Main Library,</li> <li>• Community Connections Center</li> <li>• Black River Beach Neighborhood Center</li> </ul>
<p><b>June 1</b></p>	<p><b>BETWEEN THE LINES—COMMUNITY BOOK CLUB DISCUSSION</b> <i>Morningside Heights</i> by Joshua Henkin (2021) 11AM-1PM • La Crosse Main Library (light lunch provided!) <a href="mailto:programteam@lacrosselibrary.org">programteam@lacrosselibrary.org</a> or 608-789-7100</p> <p><b>LOGGERS GAME—SUPPORT THE ALZHEIMER'S ASSOCIATION</b> 6:35PM • Copeland Park Visit <a href="http://act.alz.org/LaCrosse">act.alz.org/LaCrosse</a> for info.</p>
<p><b>June 2</b></p>	<p><b>BRAIN HEALTHY ACTIVITY — Coping Skills Class</b> 10AM-11:30PM • Community Connections Center 1407 Saint Andrews St To register, call Parks &amp; Recreation 608-789-8640. Open to All!</p>
<p><b>June 5</b></p>	<p><b>A LOVING LEGACY - AN INTERACTIVE MEMORY BOOK WORKSHOP</b> 10:30AM-12PM La Crosse Main Library Creation Space Register by 6/1, call ADRC 608-785-5700.</p> <p><b>MOVIE AT THE ONALASKA LIBRARY</b> 10:00AM <i>Away From Her</i> Onalaska Library 741 Oak Ave S</p>
<p><b>June 7</b></p>	<p><b>BRAIN HEALTHY ACTIVITY— Wise Wednesdays</b> 10:30AM-12PM • Community Connections Center To register, call La Crosse Parks &amp; Recreation 608-789-8640.</p> <p><b>FUN WITH MUSIC, POETRY &amp; REMINISCING— MEMORY CAFÉ</b> 11:30AM-1:00PM • Black River Beach Neighborhood Center. Call the ADRC at 608-785-5700. Dementia and their caregivers.</p> <p><b>PROFESSIONAL SKILLS WORKSHOP with Gary Glazner</b> For Aging and Dementia Professionals, Family and Professional Caregivers 1:30PM-2:30PM • Black River Beach Neighborhood Center. Call the Aging &amp; Disability Resource Center at 608-785-5700.</p>
<p><b>June 8</b></p>	<p><b>EXPERIENCE DEMENTIA!</b> 10:30AM-11:30AM • Community Connections Center. Call ADRC to register 608-785-5700.</p> <p><b>UNDERSTANDING ALZHEIMER'S &amp; DEMENTIA</b> 12PM-1:30PM • Community Connections Center To register, call La Crosse Parks &amp; Recreation at 608-789-8640. Open to all!</p> <p><b>OASIS DISCOVERY TIME WITH COULEE REGION GIVING HEARTS CHOIR PERFORMANCE</b> 11AM-3PM • First Free Church "The Refinery" 123 Mason St. Onalaska. 1:30PM-2:15PM Choir Performance, Sweet Treats &amp; Refreshments to follow!</p>
<p><b>June 12</b></p>	<p><b>FREE BRAIN CHECKS!</b> 9AM-3PM • Holmen Area Community Center. Call the ADRC to make an appointment 608-785-5700.</p> <p><b>MOVIE AT THE HOLMEN LIBRARY</b> <i>Away From Her</i> 2:15PM • Holmen Library 121 W. Legion St. Holmen</p>
<p><b>June 13</b></p>	<p><b>KEYS TO POSSIBILITY: Understanding the Power of Engagement for Your Loved One with Dementia</b> 9:30AM-10:30AM • Community Connections Center. To register, call the ADRC at 608-785-5700.</p> <p><b>HOW DO I BRING BACK CARE IN MY COMMUNICATION?</b> 11AM-12PM • Virtual—Register with Alzheimer's Assoc. 800-272-3900.</p>
<p><b>June 14</b></p>	<p><b>CONNECT SMART</b> 12:30PM-2PM • Community Connections Center. Call La Crosse Parks &amp; Rec. 608-519-2088.</p> <p><b>GIVING HEARTS CHOIR PERFORMANCE &amp; ICE CREAM SOCIAL</b> 1:30PM-2:30PM Caretta Senior Living 2120 Staphorst Ln. Holmen</p>
<p><b>June 15</b></p>	<p><b>ELDER ABUSE AWARENESS WALK</b> 10AM-12PM • Riverside Park Bandshell La Crosse (wear purple)</p> <p><b>YOUR AFFAIRS IN ORDER—Advance Directives &amp; Essential Estate Planning To Do's</b> 10AM-11:30AM, Black River Beach Neighborhood Center. Call ADRC to register 608-785-5700. Open to all!</p> <p><b>NUTRITION SUPPORT FOR BRAIN HEALTH</b> 1:30PM-2:30PM • Black River Beach Neighborhood Center. Call ADRC 608-785-5700.</p>
<p><b>June 16</b></p>	<p><b>BRAIN HEALTHY ACTIVITY — Coping Skills Class</b> 10AM-11:30AM • Community Connections Center. Register at 608-789-8640</p>
<p><b>June 19</b></p>	<p><b>CLUB CONNECTIVITY</b> 10:30AM– 2PM at the Black River Beach Neighborhood Center. Register at 789-8640</p>
<p><b>June 20</b></p>	<p><b>EMERGENCY PLANNING WORKSHOP FOR CAREGIVERS</b> 12:30PM-1:30PM • Holmen Area Community Center Register at 785-5700</p>
<p><b>June 21</b></p>	<p><b>BRAIN HEALTHY ACTIVITY— Wise Wednesdays</b> 10:30AM-12PM • Community Connections Center. Register at 608-789-8640</p> <p><b>SPARK! Summer Kick Off</b> 10:30AM-12PM • Clearwater Farm 760 Green Coulee Rd, Onalaska. Register at 608-385-4819</p>
<p><b>June 22</b></p>	<p><b>MOVIE AT THE BANGOR LIBRARY-</b> <i>Away From Her</i> choose either 2:30PM OR 6PM. No need to register.</p> <p><b>EXPERIENCE DEMENTIA!</b> 10:30AM-11:30AM • Community Connections Center. Register with the ADRC 608-785-5700</p> <p><b>HEALTHY LIVING FOR YOUR BRAIN &amp; BODY</b> 12PM-1:30PM • Community Connections Center. Register at 608-789-8640</p>
<p><b>June 23</b></p>	<p><b>MOVIE AT THE CAMPBELL LIBRARY</b> <i>Away From Her</i> 1:15PM • Campbell Library 2548 Lakeshore Drive</p> <p><b>ENDALZ FEST!</b> 5PM-10PM • Celebrations on the River 2100 Dawson Ave La Crosse \$30. Call 608-797-8270 <a href="https://endalzfest.com">https://endalzfest.com</a></p>
<p><b>June 28</b></p>	<p><b>CONNECT SMART</b> 12:30PM-2PM • Community Connections Center. Call 608-519-2088</p>
<p><b>June 29</b></p>	<p><b>MOVIE AT THE WEST SALEM LIBRARY</b> <i>Away From Her</i> 2:15PM West Salem Library</p> <p><b>WALK TO END ALZHEIMER'S KICKOFF PARTY!</b> 5:30PM-7:30PM • La Crosse Distilling Company 1407 St Andrew St, La Crosse Connect with others and get motivated to have the best year!</p>
	<p><b>SUMMER CAREGIVER PONTOON RIDES</b>– June, July &amp; August. Free relaxing boat ride for caregivers. See page 10 for dates &amp; times. Call the ADRC to register at 608-785-5700.</p>

**What is Elder Abuse?**

The National Center on Elder Abuse describes a variety of ways in which older adults are harmed within any relationship where there is an expectation of trust:

**Emotional abuse** means verbal assaults, threats of abuse, harassment, or intimidation.

**Financial or material exploitation** means the misuse or withholding of an older adult's resources by another.

**Passive neglect** is a caregiver's failure to provide an older adult with life's necessities, including, but not limited to, food, clothing, shelter, or medical care.

**Willful deprivation** means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care.

**Physical abuse** means inflicting physical pain or injury upon an older adult.

**Confinement** means restraining or isolating an older adult, other than for medical reasons.

**Sexual abuse** means sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.

Elder abuse is more common than most people think, and frequently abuse goes unreported. Help is available!

**Contact the La Crosse County Aging & Disability Resource Center at 608-785-5700.**

**Margaret's Story (emotional and psychological abuse)**

Leaving her home to move in with her daughter and her family was supposed to be the best thing for Margaret. Her son-in-law Tom had always made her a little uneasy, but she adored her daughter and grandchildren. Sadly, Margaret's move has only confirmed that her instincts about her son-in-law had been right.

Tom is always good to her when her daughter is around. But as soon as others are out of ear-shot, Tom's verbal abuse and intimidation begins. He calls her stupid. He mocks the way she moves or talks. He tells her that she disgusts him and that she had better watch her step or he'll send her to a home. He threatens that if Margaret breathes a word of what he says, to her daughter, he will deny it, take all her money and leave her to the wolves.

Margaret's daughter is puzzled as to why her mother has become so withdrawn. She refuses to leave her room except for meals. And even then she hardly eats and rarely speaks. Her daughter wonders why her mother would shut down like this in such a loving environment but assumes that she's just adjusting and will come around. Her husband agrees completely.

**Janet's Story (financial abuse)**

Janet appreciated her grandson helping her to run errands. Since her husband's death, simple things like getting groceries or getting to the bank had become difficult for her. Her grandson, Nicholas, had offered to help and for awhile it seemed like the perfect arrangement. He would take her to the bank and wait while she deposited her cheque and withdrew the cash she needed. Nicholas then drove her wherever she needed to do her shopping.

As winter approached Nicholas told Janet it would probably be much easier on her if he just did the errands for her while she stayed warm and cozy at home.

Because he had been so helpful for so many months, Janet thought nothing of signing her pension cheque over to her grandson, who would make her purchases and deposit the rest in her account.

It took several months to realize that Nicholas had not, in fact, been depositing the balance in her account. He did her shopping as needed, but pocketed the difference, causing Janet's account to dwindle. It wasn't until a cheque she had written to cover her insurance had bounced that Janet realized her grandson had been helping himself to her pension.

**Peter's Story (physical and emotional abuse)**

Peter wanted to remain living in his home, but he really needed someone to help him with his day-to-day care. His niece Mandy had always loved her Uncle Peter and since she was between apartments, it was decided that she would move into his home and assist him with his daily tasks.

Mandy tries her best, and she can be very kind at times. But at other times, she loses patience with how slowly Peter moves. She'll sometimes shove him out of the way if she's in a hurry, resulting in more than one tumble and bruise. She tries to be patient, but often her frustration leads to insults, name calling and door slamming.

Neighbors had heard the shouting and Peter's sharp cries of pain from time to time. One of these neighbors was finally compelled to call the police when she heard Peter's continual cries through the bathroom window. Police found him on the floor of the bathroom with a shattered hip and bleeding head. He had been laying there in pain for some time after Mandy, frustrated with having to help him with his personal hygiene, pushed him off the toilet and left the house in a rage.

**June's Story (abandonment by Guardian/Conservator)**

June, 73, suffered a severe brain injury. At first she was able to care for herself but as she got worse, a court appointed Sam as her legal guardian to assist her. He saw June two times in the first six months but did not return to see June and did not arrange for her care. He falsified reports to the court stating that he saw June every three months. As a result, no one knew that June was living on her own without Sam's help. June was unable to remember to clean her house and the trash had not been taken out in many months. Due to the deterioration of her house, June received a visit from a county health officer who discovered that June was very frail. The county health officer was a mandatory reporter and called Adult Protective Services (APS). APS petitioned the court for a new guardian.

Elder abuse will not stop on its own. Someone else needs to step in and help. Many older adults are too ashamed to report mistreatment. Or, they're afraid if they make a report it will get back to the abuser and make the situation worse. If you think someone you know is being abused — physically, emotionally, or financially — talk with him or her when the two of you are alone. You could say you think something is wrong and you're worried. Offer to take him or her to get help, for instance, to the adult protective services agency at:

La Crosse County Aging & Disability Resource Center 300 N 4th St. La Crosse or call 608-785-5700.

**BLACK RIVER BEACH NEIGHBORHOOD CENTER**

1433 Rose Street, La Crosse  
Some programs require registration: 608-789-8640  
[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Knitting Group:** Thursdays, 5pm-7pm; \$1/session  
**Mah Jongg Club:** Tuesdays, 12pm-3:30pm; \$2/session  
**Zumba:** Mondays & Wednesdays, May – Aug., 5:30-6:30pm; Reg. \$50  
**Pancake Breakfast,** Champions Lions Clubs: Sun., June 4, 7:30am-11:30am  
**Parkinson’s Disease Support Group:** Mon., June 5, 5pm-6:30pm.  
**Your Affairs in Order-Advance Dir./Estate Plans:** Thurs., June 5, 10am-11am. Free  
**International Folk Dance:** Tues., June 6 & Sat. June 17, 7pm; \$2  
**Dementia-Fun with Music, Poetry, Etc.:** Wed., June 7, 11:30am. Call ADRC at 785-5700 to register.  
**Dementia Professionals & Caregivers Tech. Skills:** Wed. June 7, 1:30pm. Call ADRC at 785-5700 to register.  
**Monthly Card Creations:** June 28, 12pm-7pm; \$8/session; reg. Friday prior

**Southside Neighborhood Center  
1300 6th St S. La Crosse**

Congregate dining is now open. To participate in the afternoon lunches call the day prior by noon to reserve a meal. Suggested donation is \$4. Call to register at 608-792-6996

**Holmen Area Community Center  
600 N. Holmen Dr. Holmen | 608-399-1870  
Mon. - Thurs. 7:30am- 4:30pm, Friday 7:30am - 3pm**

**Indoor Walking:** Mon-Fri., 7am – 10am only (summer hours)  
**BINGO:** Wednesdays at 1pm & Fridays at 1pm, \$1 per card  
**I Heart Art:** Mondays at 9am  
**Chair Yoga:** Mondays at 9:15am with Marty  
**Mah Jongg:** Mondays at 1pm. No experience necessary.  
**Active Older Adult Fitness:** Tuesdays & Thursdays at 10am  
**Mindful Yoga:** Tuesdays & Thursdays at 8:45am with Jill & Jean  
**Crafternoon Social Group:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays at 1pm  
**Diamond Art:** Wednesdays at 9am  
**Board Games, Cards & Puzzles:** Mondays at 1pm and Wednesdays at 10am  
**Euchre Tournament:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at 6pm  
**Book Club:** Last Tuesday of the month, 6pm  
**WAFER Mobile Pantry:** Tuesday, June 27, 4pm-5:30pm  
**FREE Brain Check-Up:** Monday, June 12, 9am-3pm  
Call 608-785-5700 to register  
**Julia Johnson-Understanding & Responding to Dementia Related Behaviors- Caregiver Tips:** Wed., June 14 at 11am  
**St. Croix Hospice presentation with Dana:** Thursday, June 15 at 9:30am  
**Emergency Planning, Caregiver Support with Kristine & Jackie:** Tuesday, June 20 at 12:30pm  
**Hearing Instrument Checks:** June 6 & 20 at 10am - 12pm  
**American Red Cross Blood Drive:** Monday, June 12, 12-5pm  
**Blood Pressure Checks:** Wednesday, June 28 at 11am  
**SimpleSteps with Kathy:** June 5 & 19 at 10:30am  
**CORNHOLE TOURNAMENT & HACC FUNDRAISER:** Saturday, June 24 at 1-5pm (Rain or Shine)  
**Good News Singers:** Fridays at 10am  
**Senior Nutrition Program:** 12pm lunch, Mon-Fri.  
New clients register by calling 608-785-5775. Already registered, call the meal site at 608-317-8104 to reserve a meal.  
[www.holmencc.org](http://www.holmencc.org) for more programming details

**Onalaska Park & Rec Dept**

415 Main St.  
Onalaska / 608-781-9560  
[Cityofonalaska.com/parkrec](http://Cityofonalaska.com/parkrec)

**Yoga Classes-Tuesdays & Thursdays, 5pm at the Onalaska Community Center from June 20-Aug 3.**  
**Learn to Play Pickleball– June 7, 6pm. \$5**  
**Pool Opens -June 3**

**ONALASKA OMNI CENTER EVENTS**

255 Riders Club Rd.  
608-781-9566

**Mah Jongg:** Wednesdays 1pm - 4pm  
**Bridge:** Mondays 12:30pm - 3:30pm & Fridays 1pm - 4pm  
Call Rita 608-780-7810  
**Market in the Park– June 24th, 9am-2pm**

**COMMUNITY CONNECTIONS CENTER**

1407 St. Andrew Street  
Some programs require registration: 608-519-2088  
[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Art Club:** First & third Wednesdays each month, 1pm, \$2/session  
**Staying Active Together:** Mondays & Thursdays at 9:30am. Free  
**Coulee Region Woodcarvers:** Tuesdays, 12pm-7pm  
**Coping Skills:** June 2 & 16, 10am-11:30am; register. Free  
**ALS Care Connections Support Group:** June 6, 4pm-5:30pm. Free  
**Before the After:** June 6, 10am-12pm. Free  
**Wise Wednesdays:** June 7 & 21; 10:30am–12pm; register. Free  
**Bingo:** June 7 & 21, 1pm; register 1 day prior. Free  
**Alzheimer’s Education:** June 8 & 22, 12pm-1:30pm; register. Free  
**Dementia Caregiver Education Hour:** June 13, 9:30am; register.  
**Pet Loss Support Group:** June 13 & 27, 5pm-6:30pm. Free  
**Coping with Grief & Loss:** June 14, 10am-11:30am. Free  
**ConnectSmart:** June 14 & 28, 12:30pm-2pm; reg. 2 days prior. Free  
**In-Person Tech Help:** June 14 & 28, 11am; reg. 1 day prior. Free  
**Club Connectivity:** June 19, 10:30am-2pm, to Champions; register 5 days prior  
**Medicare 101:** June 20, 10am or 6:30pm; reg. Friday prior. Free  
**What Seniors Should Know About Selling Their Home:** June 22, 10am; reg. 1 week prior. Free  
**Home is Where Your Stuff is:** June 22, 11am; reg. 1 week prior. Free  
**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Must call La Crosse County ADRC at 785-5775 to register one day in advance. Home Delivered Meals are also offered from this meal site: Contact Dawn at ADRC at 608-785-5775.

**Seniors, would you like the La Crosse Parks & Rec Guide delivered to your doorstep?**

When registering for programs, be sure to let the staff know if you would like to be added to the mailing list to receive the La Crosse Parks & Rec Connect activity guide in the mail. Getting added to this mailing list is FREE of charge! *\*If your address or any household information changes, please be sure to give us a call at 608.789.8640 or 608.519.2088 to update your information in order to continue receiving the activity guide in the mail.\**

**MYRICK PARK CENTER**

789 Myrick Park Dr, La Crosse 769-5766

**Nature Saturday:** 1st Saturday of month, 9:30am - 11am

**Shin Jin Do–** May 1-Aug 30, 6:30pm. Call 789-7533

**Yoga in the Garden–** June 7-Aug 30, 5pm-6pm

**Exotic Animal Adoption & Surrender Expo-**

June 25, 12pm-3pm. Free

**Concordia Ballroom**

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

**No Dances in June**

Next Dance July 8– PolkaFest



**500 Card play:** M, W, F: 12:50 pm to 3 pm, \$3/person

**Zumba:** T & TH, 5:30-6:30 pm:

contact: [Ncarmosini@gmail.com](mailto:Ncarmosini@gmail.com)

**Square Dancing:** 2<sup>nd</sup> & 4<sup>th</sup> Wed., 6-9 pm, beginners 6-7 pm

**Harry J Olson Center**

1607 North Street, La Crosse - 781-2122

**Questions? Email us at [harryjolson@gmail.com](mailto:harryjolson@gmail.com)**

Monday:	9:30am	<b>Chair Yoga / Tai Chi Class</b>
	9:30am	<b>Intro to Bridge Class</b> -call for details
Tuesday:	9am	<b>Strong Seniors</b> –call to register
	1pm	<b>500</b> (register at 786-1114)
	7pm	<b>Duplicate Bridge</b> (797-3587)
Weds:	1pm	<b>Euchre</b> (register at 786-1114)
	7pm	<b>Public Dance</b>
	10am	<b>Watercolor class</b> , Third Wed of month
Thursday:	9am	<b>Strong Seniors</b> –call to register
	12:30pm	<b>Duplicate Bridge</b>
Friday:	9:30am	<b>Chair Yoga / Tai Chi Class</b>

Open daily from 9:00am-12:30pm for exercise & socializing.  
**June 9– Maid-Rite Fundraiser, 11am-2pm**

**SENIOR FARMER'S MARKET VOUCHERS**

The Senior Farmers Market Nutrition Program (SFMNP), coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with vouchers to purchase fresh, nutritious, locally grown fruits, vegetables and herbs from participating farmers' markets, roadside stands and community supported agriculture (CSA) programs. This year, SFMNP will be conducted by mail, email, in-person or fax on a first come, first served basis. Eligible La Crosse County residents may request an application by **calling the ADRC of La Crosse County at 608-785-5700** or visiting the ADRC of La Crosse County website at [www.lacrossecounty.org/adrc/meals](http://www.lacrossecounty.org/adrc/meals) for additional options.

Eligible applicants must:

- Live in La Crosse County
- Be 60 years of age or older (or if Native American, 55 years of age or older)
- Monthly income at or below \$2,48 if single; \$3,041 couples

One set of vouchers (\$35) is allowed per person. A limited number of vouchers are available therefore completed applications will be processed in the order received.

**We will mail the vouchers after June 1<sup>st</sup> or when the vouchers are received at the ADRC office.**

**The ADRC will have distribution locations as follows:**

- June 5**, 10:30am-11:10am Holmen Boys & Girls Club
- June 6**, 10am-11am Onalaska Senior Center Quincy St
- June 7**, 10:30am-12:30pm La Crosse Main Library
- June 8**, 12:30pm-2:30pm Hazel Brown Library West Salem
- June 9**, 10:30am-11:30am Saint Andrew Senior Center
- June 12**, 11am-1pm Southside Neighborhood Center
- Daily Beginning June 1**, 8am-4:30pm Aging & Disability Resource Center 300 N 4th St. La Crosse (first floor)



**Cameron Park, La Crosse**  
May-Oct. Fridays 4pm-dusk, Saturdays 8am-1pm

**Holmen Festival Foods**  
May 31-Oct. Wednesdays 3pm-7pm

**Onalaska Festival Foods**  
June-Oct. Sundays 8am-1pm

**West Salem, Jefferson & Mill St.**  
Wednesday 3pm-6:30pm

**Hmoob Cultural Agency 1815 Ward Ave**  
June-Oct. Thursdays 8am-3pm

**La Crescent Vets Park Parking Lot**  
June-Oct. Tuesdays 4pm-7pm

**Galesville, On the Square**  
May 20-Nov 4. Saturdays 8am-12pm

**MEMORY KITS**



The La Crosse Public Library is pleased to offer Senior Connections Memory Kits for community members with Alzheimer's or dementia-related diseases and their loved ones. Each kit has a theme and contains books, DVDS and suggested activities intended to spark joy, stimulate conversations and provide respite for caregivers. Have your family or friends engage your loved one in a kit or enjoy the kit together! Kit themes include: Art, Classic Fun & Games, Therapy Dog, Therapy Cat, Music, Farm & Garden, Sensory, and Oral Family History. Call 608-789-7100 to reserve.

*"I wouldn't want to brag at my age, but the earrings I wore in High School still fit today!"*



- Forest Park**– 1st Wed, 9am-11am
- Salzer Square**– 1st Thur, 9am-10:30am
- Coach Lite Estates Mobile Homes**– 1st Thurs, 11am-12:30pm
- Becker Plaza**– 2nd Tues, 9am-11am
- Huber Ct**– 2nd Thur, 3pm-4pm
- North Presbyterian Church**– 4th Thur, 12:30pm-1:30pm
- River Crest Trailer Crt**– 2nd Thur, 1:30pm-2:30pm
- Stokke Tower**– 3rd Tues, 9am-11am
- Solberg Heights**– 2nd Wed, 9am-11am
- Sauber Manor**– 3rd Wed, 9am-11am
- Ping Manor**– 3rd Thur, 9am-11am
- Carroll Heights**– 2nd Thur, 12:15pm-1:15pm
- Schuh Homes**– 4th Thur, 10am-12pm
- Stoffel Court**– 4th Tues, 9am-11am
- St. Elizabeth's Church Holmen**– 1st Tues, 9am-11am
- Onalaska American Legion**– 1st Fri, 9am-10am
- Holmen Area Community Center**– 4th Tues, 4pm-5:30pm
- Pinedale Apts Onalaska**– 4th Wed, 9am-10am
- Greendale Apts Onalaska**– 4th Wed, 10:15am-11:15am
- West Salem Anytime Fitness**– 1st Fri, 10:45am-12:15pm
- La Crosse Wafer Food Fair– June 24th, 10am-12pm**  
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.  
**Subject to change– confirm by calling.**

**Eat Local and in Season for Health** by Karie Johnson

Farmers' markets are all around our neighborhood. Whether you're looking for a change of scenery on your weekly shopping trip or you're wanting to support small businesses, local markets have you covered. Shopping at your local market comes with some great benefits - here are just a few:

- ▶ SNAP is accepted at many farmers' markets. In Wisconsin, SNAP is called FoodShare. Use your QUEST (EBT) Card to purchase food at the market. Senior Farmers' Market Nutrition Program, or incentive programs may be offered too.
- ▶ Farmers' markets are nice places to be active with friends. Make a date and get some exercise to walk the farmers' market.
- ▶ Freshly picked food is healthy. It is at its peak in flavor and nutrition. Visit various booths and look for colorful fruits and vegetables.
- ▶ Kids and grandkids love farmers' markets. Teach kids where food comes from. Encourage them to try something new.
- ▶ Farmers' markets help communities. Shopping at a farmers' market supports your local farmers and keeps the money you spend close to where you live.

Shopping at the farmers' market is a smart idea for older adults. At farmers' markets you can buy fruits and vegetables in small amounts, something you cannot always do in large stores.

**Money- and Time-saving Tips**

- ▶ Plan ahead. Make a (flexible) list that includes foods that are in season and on sale. Walk around the market and look for the best deals. Be prepared to change your list if something costs more than you want to spend.
- ▶ Browse before you buy. When you arrive at the market, see what is available and at what prices.
- ▶ Do not overbuy. If you buy more than you can eat or use, your waste will turn good buys into not-so-good buys.
- ▶ Buy only what you can safely store. Know exactly what you can fit in your refrigerator or freezer before you go shopping.
- ▶ Buy fruits and vegetables that are seconds. Vegetables that are a little wilted or past their prime may cost less. Add them to soups or stocks. Fruit that is a little overripe can be added to quick bread, blended into a fruit smoothie, or stirred into hot oatmeal.
- ▶ Farmers may discount items towards closing time.



**Fresh Fruity Spinach Salad**

- 2 cups fresh spinach
- 1 cup fresh peaches or berries
- 1 green onion, minced
- 1 tablespoon sugar
- 1/4 teaspoon Worcestershire sauce
- 2 teaspoons salad oil
- 2 teaspoons vinegar

Rinse spinach and remove large, tough stems. Drain.  
Tear leaves into small pieces. Place in a serving bowl.  
Rinse peaches or berries. Slice peaches into bite-sized pieces. Combine with spinach. Add onion. Combine the remaining ingredients in a jar with a tight-fitting lid. Shake well.  
Pour dressing over spinach mixture. Toss. Serve cold.

Healthy add-in: thinly sliced radishes, raisins or other dried fruit, or chopped nuts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A new study shows that the most expensive vehicle to operate is a shopping cart</p> <p>Sloppy Joes on bun 5 Potato wedges Peas Peaches</p> <p>Chicken noodle soup 12 Bologna salad sandwich Broccoli salad Fruit salad, Crackers</p> <p>Hamburger on a bun 19 Oven browned potatoes Peas &amp; carrots Banana</p> <p>Beef stroganoff 26 Buttered noodles Peas &amp; carrots Applesauce</p>	<p><b>Bread &amp; Milk Served Daily</b></p> <p>Chicken Condon Bleu 6 Au gratin potatoes California blend Banana cake </p>	<p>Ham balls 7 Scalloped potatoes Beets, Rye bread Strawberry fruit fluff</p>	<p>BBQ Ribette 1 Au gratin potatoes Steamed cabbage Fruit turnover</p> <p>Salisbury steak 8 Mashed potatoes &amp; gravy Green beans Fruited jello</p>	<p>Swedish meatballs 2 Mashed potatoes Mixed vegetables Peanut butter cookie</p> <p>Spaghetti 9 Cheesy broccoli Fruit, Breadstick Black bean brownie</p>
	<p>Pepper steak w/ tomato 13 Garlic mashed potatoes Cream corn Ice cream</p>	<p>Baked 1/4 chicken 14 Cheesy hashbrown bake Spinach salad Pumpkin bar w/frosting</p>	<p>Cabbage roll 15 Scalloped potatoes Mixed vegetables Fresh fruit</p>	<p>Broccoli chicken casserole 16 Green &amp; gold beans Tropical fruit salad Banana bread</p>
	<p>Brat on a bun 20 German potato salad Baked beans Chocolate cake</p>	<p>Meatloaf &amp; gravy 21 Mashed potatoes Asparagus Peaches</p>	<p>Oven fried chicken 22 Twice baked potato Broccoli Fresh fruit, Cookie</p>	<p>Lasagna 23 Romaine salad Pears Pudding, Garlic toast</p>
	<p>Roast beef &amp; gravy 27 Mashed potatoes Monte Carlo vegetables Lemon poppy seed cake</p>	<p>Stuff green pepper 28 Garlic mashed potatoes Broccoli &amp; cauliflower Fruit salad</p>	<p>Turkey &amp; gravy 29 Dressing Squash Melon salad Cranberries</p>	<p>Chef salad 30 Sliced peaches Blueberry muffin Fruit pie Breadstick</p>

### Too Hot to Use the Oven!

When a day is hotter than you expected, change your plans and fix food that requires little to no cooking. Salad with cold leftover protein (hardboiled egg, some kind of meat, baked tofu, or cheese). Cottage cheese and a variety of fruit. Nut-butter sandwiches. Caprese salad—perfect at the height of tomato season! Tuna salad with a variety of cold toppings: cucumber, bell pepper, hot pepper, olives, green onions, radishes, etc. Gazpacho is a cold soup made with vegetables that are all in season in the summer. French-style meal of several kinds of cheese, sliced fruit, and baguette.

*I tried making a candlelit dinner but I think it would have cooked quicker in the oven.*



### Crab Rolls

½ pound real or imitation crab meat, or chopped cooked shrimp  
¼ cup mayonnaise  
4 radishes, chopped  
1 stalk celery, chopped, plus 2 tablespoons celery leaves  
½ Granny Smith apple, cored and chopped  
2 tablespoons fresh lemon juice  
kosher salt and black pepper  
4 hot dog or hoagie buns, split  
pickles and sweet potato chips, for serving

In a medium bowl, combine the crab, mayonnaise, radishes, celery, celery leaves, apple, lemon juice, ½ teaspoon salt, and ¼ teaspoon pepper. Dividing evenly, fill the buns with the crab mixture. Serve with the pickles and chips. Serves 4



### Herby Chicken Salad Tartines

- ½ c mayonnaise
- 2 tablespoon Dijon mustard
- 2 teaspoons apple cider vinegar
- 2 teaspoons honey
- 1/2 teaspoon kosher salt
- 1/2 teaspoon celery seeds
- 3 1/2 cups shredded rotisserie chicken breast (12 oz.)
- 1/2 cup roasted unsalted almonds, chopped
- 1 tablespoon chopped fresh tarragon
- ¼ cup sliced fresh chives, plus more for serving
- 8 slices sourdough bread (1/2 in. thick), toasted
- 3 small radishes, thinly sliced



Whisk mayonnaise, mustard, vinegar, honey, salt, and celery seeds in a large bowl. Add chicken, almonds, tarragon, and chives. Stir to combine. Divide chicken salad evenly among toast slices. Top with radishes and more chives. Serves 4

### Pickled Tuna Salad Sandwich

- 1 6-ounce can tuna, drained
  - 2 tablespoons pickle relish (dill or sweet)
  - 1 hard-cooked egg, peeled and finely chopped (optional)
  - 2 tablespoons mayonnaise
  - 1 tablespoon chopped fresh flat-leaf parsley
  - kosher salt and black pepper
  - 8 slices white bread
- In a small bowl, gently combine the tuna, relish, and egg (if desired). Add the mayonnaise and parsley and combine. Season with ¼ teaspoon salt and ¼ teaspoon pepper. Divide the salad among 4 slices of bread and sandwich with the remaining slices. Cut in half and serve. Serves 4

**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.



### 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:

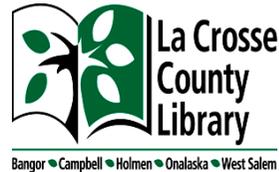
- Be 60 years of age or the spouse of that person
- Be homebound--you don't get out under normal circumstances
- Be unable to prepare your own meals or get groceries
- Be home when your meal is delivered & within our delivery area

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

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

MEAL SITES	ADDRESS	PHONE
SOUTHSIDE NEIGHBORHOOD CENTER	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	600 N. HOLMEN DR., HOLMEN	317-8104
ONALASKA	515 QUINCY ST., ONALASKA	317-9870
COMMUNITY CONNECTIONS	1407 ST. ANDREW ST., LA CROSSE	792-4487
WEST SALEM		785-5775

Please Note: Due to shortages in menu items/ packaging materials, substitutions may apply. We are sorry for any inconvenience.

**La Crosse Main Library****800 Main Street | 608-789-7100****Creation Space Open Lab:** Tues 1pm-3pm, Wed 5pm-7pm, Thurs 10am-12pm, Sat 9am-12pm. Bring a project & create w/others**Chair Yoga:** June 1 & 15 at 10am**BYOB Club:** June 22 at 7pm**Courtyard Chapters:** June 10 at 10am, *Songs in Ursa Major***Southside Chapters:** June 14 at 12:30pm, *Songs in Ursa Major***Southside Family Yoga:** June 29 at 4pm**Friends Monday Booksale:** Mondays, 9am-12pm.**Magician Nickey Flynn:** June 27 at 2pm**Fill Our Windows:** June 13 at 2pm. Crafting**Technology & Skills Development:** June 21 at 11am. Overdrive**Footsteps of La Crosse History:** May 30 at 6pm. Topic: Franciscan Neighborhood**A Loving Legacy: An Interactive Memory Book Workshop:** June 5 at 10:30am. Register with the ADRC by June 1. Free**Lawyers in the Library:** June 15, call for an appointment. Free**Homebound Delivery Service:** Free home delivery to any person who is temporarily or permanently unable to come to the library because of illness, disability, or other factors and lives within the city of La Crosse. 608-789-7125.

Bangor • Campbell • Holmen • Onalaska • West Salem

Phone: 608-399-3390

Email: [libraryprograms@lacrossecounty.org](mailto:libraryprograms@lacrossecounty.org)Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)

Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

**"Find Your Voice"** Summer Book Bingo runs June 14 - August 16  
**"Common Scams & Fraud"** on June 1, 9:15am Onalaska, 11:15am West Salem, 1:15pm Holmen  
**"Jigsaw Puzzle Battle for Care Facilities"** runs June 4-10. See the Adult Programming page of our website for details.

**Bangor** "Game Day" on June 8 at 1:30pm.**Bangor** movies on June 15 at 6pm and June 22 at 2:30pm and 6pm**Campbell** Book Club meets second Tuesday at 6pm**Campbell** movie June 23 at 1:15pm**Holmen** Area Historical Society movie on June 5 at 6pm**Holmen** "Yoga on the Library Lawn" on June 9, 16, and 23 at 6:15am. Registration required**Holmen** movie on June 12 at 2:15pm**Onalaska** Book Club meets the third Thursday at 1:15pm**Onalaska** movies on June 1 and 8 at 6pm; June 5 at 10am**West Salem** Veterans Outreach on June 1 from 12pm-4pm**West Salem** "Community Café: Yogurt Parfait Bar" on June 6 at 10am.**West Salem** "Beginners Stretch Class" on June 12 and 26th at 10am. Registration required.**West Salem** "Cheesecake & Canvas" painting class on June 15 at 6:30pm. Registration required**West Salem** Midday Movies on Thursdays at 2:15pm**West Salem** Afternoon Book Club meets on the second Wednesday at 1:30pm**West Salem** Evening Book Club meets the third Monday at 7pm**Community Café Yogurt Parfait Bar****June 6, 10am-11am at the West Salem Library**

Come and celebrate June Dairy Days with La Crosse County Library and the ADRC! Make your own yogurt parfait, play some games &amp; meet new people!

**DISCOVER THE SILENT CITY: FEEDING LA CROSSE**  
June 24, 11am-3pm

Oak Grove Cemetery 1407 La Crosse St.

Guided walking tour featuring theatrical performances

Motorcoach tour will be at 10:30am for those wanting to walk.

Tours every 15 minutes lasting 90 minutes.

La Crosse County Historical Society ([lchshistory.org](http://lchshistory.org)) for tickets 608-782-1980 for more information.**The La Crosse Area Retired Educator Association**

Next meeting: June 1

Speaker: WREA, Susan Mokler

Cedar Creek Country Club at 11:30am Reservations are required by noon one week in advance. All who have retired from *any* position in public education in Wisconsin are welcome. Reservations call Sherry at 608-788-3875 [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com).**West Salem American Legion Post 51**

West Salem 608-786-0051

5/29– Memorial Day potluck after program in the park

6/5– Bingo at 6:30pm

6/18– Breakfast Buffet, 8am-11am

6/24– Drive Thru Chicken Q, 11am til gone. Village Park

Fish &amp; Shrimp– 6/9, 6/23 and 6/30 starting at 5:30pm

**American Legion Post 52**

711 6th St. S., La Crosse

608-782-3232

Euchre– Every 1st &amp; 3rd Friday of the month, 5:45pm

May 29th Memorial Day

June 4– Special Needs Karaoke &amp; Talent Show

June 9– Pro Wrestling, food at 6pm, show at 7pm

**Onalaska American Legion Post 336**

731 Sand Lake Rd. Onalaska

783-3300

Tuesdays– Bingo at 6:30pm

Wednesdays– Homemade lunches, 11am-2pm

Thursdays– Euchre, 10am-3pm

Fridays– Fish Fry, 11am-2pm &amp; 4pm-8pm, Live Music

SAL Breakfast– 3rd Sunday of the month, 7:30-11am

Memorial Day parade– May 29

**Blood Drives for JUNE:**

6/2– 8am-1pm, Cashton Town Hall

6/2– 12:30pm-5:30pm, Moose Lodge

6/6– 12:30pm-5:30pm, Radisson Center Ballroom

6/7– 7:30am-1:30pm, Radisson Center Ballroom

6/7– 12pm-6pm, Pearl Street Brewery

6/8– 1pm-6pm, St. Patrick's Church Onalaska

6/9– 12:30pm-5:30pm, First Free Church Onalaska

6/9– 12pm-5pm, Stoney Creek Lodge

6/12– 10am-3pm, YMCA Onalaska

6/16– 12:30pm-5:30pm, St. Paul's Evangelical Lutheran Onalaska

6/21– 11am-4pm, State Office Building La Crosse

6/23– 11am-4pm, Valley View Mall

6/26– 12:30pm-5:30pm, St. Joseph Workman Cathedral

6/26– 12:30pm-5:30pm, St. Matthews Evangelical Church Stoddard

6/26– 9am-2pm, YMCA La Crosse

6/27– 12:30pm-5:30pm, First Lutheran Church Onalaska

6/28 &amp; 6/29– 9:30am-2pm, La Crosse County Health &amp; Human Services

6/30– 9:30am-2:30pm, Church of Christ Viroqua



65th Annual  
**AAUW Art Fair on the Green**  
 Viterbo University Courtyard  
 Saturday, July 29th, 2023  
 10 A.M. to 5 A.M.

<http://www.artfaironthegreen.org/>  
 80+ artists, food trucks, and raffle

La Crosse Blood Donation Center– call for appt.

1-800-RED-CROSS

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

**The Historic Tour** is narrated by the La Crosse County Historical Society members as you tour through historic neighborhoods. Trolley boarding starts at 10:15am, tour starts at 10:30am till 12:00pm.

2023 Saturday Tour Dates

June 24th

July 8th, 15th, 22nd, 29th

August 5th, 12th, 19th, 26th

September 2nd, 9th, 16th, 23rd

All ticket sales are by credit card only and purchased online. If you need assistance please call Explore La Crosse's office at 608-782-2366.



**The Sun and Your Medicine** by fda.gov

Fun in the sun can be had all year long -- hiking, winter skiing, swimming, or just enjoying the warmth of the sun. However, when taking certain medicines, life in the sun can sometimes be less than fun.

Some medicines contain ingredients that may cause photosensitivity -- a chemically induced change in the skin. Photosensitivity makes a person sensitive to sunlight and can cause sunburn-like symptoms, a rash or other unwanted side effects. It can be triggered by products applied to the skin or medicines taken by mouth or injected.

There are two types of photosensitivity – photoallergy and phototoxicity.

Photoallergy is an allergic reaction of the skin and may not occur until several days after sun exposure. Phototoxicity, which is more common, is an irritation of the skin and can occur within a few hours of sun exposure. Both types of photosensitivity occur after exposure to ultraviolet light – either natural sunlight or artificial light, such as a tanning booth.

There are certain types of medicines that can cause sensitivity to the sun. Some of these include:

- Antibiotics (ciprofloxacin, doxycycline, levofloxacin, ofloxacin, tetracycline, trimethoprim)
- Antifungals (flucytosine, griseofulvin, voriconazole)
- Antihistamines (cetirizine, diphenhydramine, loratadine, promethazine, cyproheptadine)
- Cholesterol lowering drugs (simvastatin, atorvastatin, lovastatin, pravastatin)
- Diuretics (thiazide diuretics: hydrochlorothiazide, chlorthalidone, chlorothiazide.; other diuretics: furosemide and triamterene)
- Non-steroidal anti-inflammatory drugs (ibuprofen, naproxen, celecoxib, piroxicam, ketoprofen)
- Oral contraceptives and estrogens
- Phenothiazines (tranquilizers, anti-emetics: examples, chlorpromazine, fluphenazine, promethazine, thioridazine, prochlorperazine)
- Psoralens (methoxsalen, trioxsalen)
- Retinoids (acitretin, isotretinoin)
- Sulfonamides (acetazolamide, sulfadiazine, sulfamethizole, sulfamethoxazole, sulfapyridine, sulfasalazine, sulfasoxazole)
- Sulfonylureas for type 2 diabetes (glipizide, glyburide)

Alpha-hydroxy acids in cosmetics

Not all people who take or use the medicines mentioned will have a reaction. Also, if you experience a reaction on one occasion, it does not mean that you are guaranteed to have a reaction if you use the product again.

If you have concerns about developing a reaction, try to reduce your risk:

- When outside, seek shade, especially between 10 a.m. and 2 p.m. – some organizations recommend as late as 4:00 p.m. Keep in mind that the sun's rays may be stronger when reflected off water, sand and snow.
- Wear long-sleeved shirts, pants, sunglasses, and broad-brimmed hats to limit sun exposure.

Use a broad sunscreen regularly and as directed. Broad-spectrum sunscreens provide protection against ultraviolet A (UVA) and ultraviolet B (UVB) radiation. An SPF 15 is the minimum number needed to provide measurable protection; however, a sunscreen with an SPF value of 30 or higher is recommended. Rarely, some sunscreen ingredients can cause photosensitivity themselves.

If you have questions about your medications and the possibility of a photosensitivity, contact your health-care professional or pharmacists. Taking a few precautions can help limit your risk of photosensitivity and keep the sun shining on your fun.

**Tuesdays, July 11-August 22**

9:00am-11:00am

Gundersen Health System Onalaska  
Lower Level Education Center.

To register call 608-775-2011

**Tips to Stay Safe in Hot Weather**

By National Institute on Aging

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home. You may also contact your local health department or city to find out if they have air-conditioned shelters in your area.

If you need help getting to a cooler place, ask a friend or relative. You could also consider taking a taxi or other car service or calling your local government to see if they offer senior transportation. Don't stand outside in the heat waiting for a bus.

- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.

Ask your doctor if any of your medications make you more likely to become overheated or sunburned.

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or to an emergency room to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool, ideally air-conditioned place.
- Drink fluids but avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water.



Monthly brain checks will be held on the 2nd Monday of the month from 9:30am-3:30pm to help consumers identify possible changes in cognition. ADRC professionals will discuss concerns, share brain health tips and resources available in the community during the 20 minute screen.

**June 12– Holmen Community Center**

**July 10– La Crosse Main Library**

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

**AARP FitLot Classes**

**Mondays and Wednesdays; May 8-August 28, 2023**

**12:30pm-1:15pm**

**All Abilities Trane Park**

**\*\*Registration Deadline: One week prior to attending\*\***  
FitLot Classes are a great way to kick start a safe and healthy fitness routine. It's great for all ages and abilities.  
To register call La Crosse Park & Rec 608.789.8640

## Powerful Tools FOR Caregivers

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, or friend.

Participants will learn to:

- ▶ Reduce stress
- ▶ Improve self-confidence
- ▶ Better communicate feelings
- ▶ Increase their ability to make tough decisions
- ▶ Locate helpful resources

Class meets for 90 minutes once a week for 6 weeks

**Tuesday's, August 1st- September 5th**  
**Time: 2pm—3:30pm**

**Location:** Virtually on Microsoft Teams

**Cost:** Workshop is FREE!

\*\*Suggested donation of \$20 to cover the cost of the Caregiver Helpbook

**Space is limited!**

**To register call Melissa, Dementia Care Specialist, at 608-297-3148**

Or

**The La Crosse County ADRC at 1-800-500-3910 or 608-785-5700**

### EMERGENCY PLANNING FOR CAREGIVERS

A good emergency plan includes all the information that someone else will need to take over temporary care. This class will help you start your plan.

Participants will receive a complimentary emergency planning workbook.

**Tuesday, June 20 at 12:30pm**

**Holmen Area Community Center**

**Register by June 16th.**

**Respite options may also be available.**

**Register with the ADRC of La Crosse**

**County at 608-785-5700/**

**[adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)**

### How to Forgive Others After Family Caregiving Ends

By Barry J. Jacobs, PhD (reprinted from AARP)

During my caregiving years, I had a list of people in my mind with whom I was angry. There was the family member who made weak excuses to avoid caring for my mother with dementia. There was the distant relative who unfairly criticized my caregiving. And there was my mother herself, resentful of my intrusion into her life, who treated me as if I were her enemy. My anger seemed to me like a perfectly justifiable response. I did not need them working against me to make caregiving any harder than it already was.

This month marks six years since my mother died and my job as a caregiver suddenly ended. Nowadays, my better self tells me I should have long ago forgiven the people on my old list. But on too many occasions, I still find myself sourly recalling how others disappointed me and then feeling fresh indignation.

I am not the only family caregiver stuck in anger. While counseling hundreds of current and former family caregivers, I have heard many who are still furious at the siblings and other relatives who weren't there for their aging parents or for them in their hour of need. "If they couldn't help Mom when she needed them," I remember one former caregiver saying emphatically, "then I'm not interested in having anything to do with them after Mom is gone."

These cutoffs, while understandable, are often regrettable. Caregivers eventually lose the person they have spent years caring for. Do they want to lose other family members, too? And would the care receiver have wanted family members to cease being family to one another?

Psychologists frequently say that forgiveness helps the forgiver even more than the forgiven and that holding on to anger only leads to bitterness. But how can family caregivers manage to forgive? Here are some ideas:

**Stop insisting on being right.** Former caregivers who don't forgive are usually convinced that they were wronged and that their anger is just desserts for the people who wronged them. But there is an old saying that recommends a different course: If you have a choice between being right and being kind, be kind. After enough time has elapsed, being right may come to feel like an empty victory if the end result is an uncomfortable family cutoff. Being kind, on the other hand, is a necessary precondition for letting the past be past and becoming ready to forgive.

**Do not wait for remorse.** Authors on forgiveness often write about how it is not advisable to forgive someone unless they express true remorse. But this advice would be hard for many former family caregivers to follow. The family member who at first declined to help me with caregiving may still believe his priorities at that time were correct. The one who unfairly criticized me may have thought she was being helpful, not offensive. My mother's death ended any hopes I would one day hear her say she was sorry. I have the choice of accepting their limitations or futilely awaiting their regrets.

**Develop new understanding.** Unless you believe people are inherently bad, you probably accept they usually do not intend to cause pain. When highly stressed, however, caregivers may only see the people who offend them as acting out of malice. Time changes viewpoints, though. I can almost understand now that the family member who refused to help was making a reasonable choice based on his assessment of what he could or should do; the one who was critical was striving to protect my mom; and my mom was desperate to preserve her self-identity as a capable person. If I can accept the logic for why they acted as they did, then forgiving will be possible.

**Make it genuine.** Sometimes I think caregivers may forgive others who let them down too easily out of a sense of moral or religious obligation. While I respect their convictions, I also worry that forgiving reflexively may only cover up underlying anger. It may take a longer time for the rest of us to reach forgiveness, but it may be harder and truer wrought. Feelings of anger during caregiving are normal. So is the slow softening and shifting of emotions once caregiving ends that eventually comes with healing.

Barry J. Jacobs, a clinical psychologist, family therapist and health care consultant, is coauthor of *Love and Meaning After 50: The 10 Challenges to Great Relationships — and How to Overcome Them* and *AARP Meditations for Caregivers*.

### Summer Caregiver Pontoon Cruises!

We invite local caregivers to enjoy a relaxing cruise on Lake Onalaska

Dates to choose from are:

Fri. June 9, 2pm- 4pm

Fri. June 30, 10am-12pm

Fri. July 14, 10am-12pm

Tues. July 25, 2pm- 4pm

Fri. Aug 4, 2pm- 4pm

Tues. Aug 22, 10am-12pm

Free cruises, but space is limited.

Must register by calling 608-785-5700

Open to La Crosse County family caregivers.



Thank you to NASA Squirrel Association for providing these rides.



**La Crosse Park & Rec Senior Excursions**

For ages 50+

**June 12– Vesterheim Museum & Seed Savers Exchange**  
Decorah, IA, \$51. Register by June 5

**June 22– See the beautiful Mississippi**  
Winona, \$63. Register by June 1

**July 6- Legends in Concert at the Fireside Theater**  
Ft Atkinson, \$118. Register by June 6

**July 13– Mystery Tour**  
\$47, Register by June 30

**July 24– Villa Louis & Mississippi River Cruise**  
\$76, Register by June 26

**Aug 9- Into the Woods at Guthrie Theater**  
Minneapolis, \$76. Register by June 9

To register please call 789-7533



**WEBER CENTER**  
FOR THE PERFORMING ARTS

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

**Dog Sees God-** June 2-11, (Senior Preview June 1)  
**Legally Blonde**– Aug 4-20, (Senior Preview July 27)

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, the South Side Neighborhood Center, or the Community Connections Center through 12pm the day of the show. Tickets are only provided for select shows and limited quantities are available.



**June 10th**  
**Classic Car Show, 11am-3pm**  
**Live Music**  
*American Graffiti* showing at the Rivoli Art Market, food and fun!  
2nd & Main St. La Crosse  
608-784-0400

**SUMMER CONCERTS**

**Mississippi Melodies**

Pettibone Park, La Crosse  
Tuesdays, June 6-August 29  
12pm-1pm. Come early and eat lunch at food truck.



**Moon Tunes**

Riverside Park, La Crosse  
Most Thursdays, starting in June, 5:30pm-8pm

**La Crosse Concert Band**

Riverside Park La Crosse  
Wednesdays, starting in June, 7pm



**Great River Sound**

Dash Park Onalaska  
Tuesday at 6:30pm, June-August  
Free concert. Check out the concert schedule at [www.greatriversound.com](http://www.greatriversound.com)

**Concerts in the Park**

Halfway Creek Bandshell, Holmen  
Sundays at 5pm, starting in June  
[www.holmenwi.com/concertsinthepark](http://www.holmenwi.com/concertsinthepark)



**Concerts in the Park**

Evan Bosshard Park Sparta  
Wednesdays, starting May 31st at 7pm  
Free music, Food truck, Fun for the family

**Summer Parties in the Park**

**National Chocolate Ice Cream Day**  
June 7, 12pm-1pm  
Burns Park, Free ice cream

**National Friendship Day**  
July 30, 3pm-5pm  
Riverside Park

**LA CROSSE CENTER**

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

**MSDA Collectible Postage Stamp Show & Sale- June 17 & 18**  
**Independence Day Cheers & Beers– July 4**

**Pump House Regional Arts Center**

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



**10th Anniversary Artspire**

June 10, 10am-10pm  
Music, dance, art fair, food vendors and beer garden

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

**Yoga with Kim– Weds, Thurs, Fri**

**Summer Concerts Series**

June 24, 7pm *Al Chord*  
July 22, 7pm *Crooked Willow*  
August 26, 6pm *Fly Casual*  
Free on the lawn, refreshments available

**West Salem Park & Rec**

175 S Leonard St  
786-0222

**Village Park Activities:**

5/29– Memorial Day Program, 10am  
6/9– Movie in the Park, *Minions*  
7/27– Ice Cream & Jazz in the Park, 6pm-7:30pm  
7/28– Movie in the Park  
8/1– National Night Out, 5pm-8pm  
[www.westsalemwi.gov](http://www.westsalemwi.gov)

**Movies in the Park**

June 2, 8:45pm Chad Erickson Park–  
*A League of Their Own*  
July 21, 8:45pm Black River Beach–*Finding Nemo*

*Fourth Fridays*

June 23/ July 28/ August 25 4pm-8pm  
Food and drink vendors, arts and crafts, music, and fun to downtown La Crosse.  
Free for all ages to attend. Bring your blankets, chairs, and enjoy Fourth Fridays in **Riverside Park!**

**Publisher:** Woodward Printing Service  
11 Means Drive  
Platteville, WI 53818

**Aging & 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](mailto:seniorlife@lacrossecounty.org) or fax to **785-6135**

**Blast from the past...**



Weigent Park is a lovely park on Cass Street (between 15<sup>th</sup> and 16<sup>th</sup> streets) that enhances the neighborhood with a softball field, tennis courts, playground equipment and green space. It was once the site of a public school building. The first building built exclusively as a high school in La Crosse, and designed by Parkinson & Dockendorf, was dedicated at the site on January 2, 1907.

When Logan High School on the north side was opened in 1928 the school became known as Central High School. Central High School, as any typical high school, had activities as well as academic classes, such as dramatics and sports.

The building was razed the summer of 1972 and the space was transformed into Weigent Park, which opened in 1977. The park was named for Walter "Babe" Weigent, retired athletic director and football coach at Central High School.

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

- Mondays:** 6pm Bingo @ Eagles Club 1254 La Crosse
- Mondays:** 1pm Euchre @ Moose Lodge, \$5 register
- Tuesdays:** 6:30pm Bingo @ Onalaska American Legion
- Wednesday:** 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall
- Thursdays:** 6pm Bingo @ Holmen American Legion
- 6/1-** Nordic Music & Stories, Our Savior Lutheran Church at 7pm
- 6/3-** Great Rivers Makers Market, La Crescent Event Center
- 6/3-** Reggae Fest, Trempealeau Hotel starting at 2pm
- 6/4-** 5pm, Pancake Breakfast by the Champions Lions Clubs at Black River Beach Neighborhood Center
- 6/10-** Black River Falls Arts & Crafts Fesitval
- 6/10-** Pearl Street Wine Run 5K, 9am-11am. 608-784-4832
- 6/10-** La Crosse Open Log Rolling Tournament, 10am-3pm at Chad Erickson Memorial Park 3601 Park Lane Dr. La Crosse
- 6/10-** Rockin the Viaduct Block Party, 500 Copeland Ave with music, food and raffles. Starting at noon.
- 6/14-6/18-** Winona Steamboat Days at Levee Park
- 6/16 & 6/17-** Cashton Live on Main Fest
- 6/17-** Smash O Rama at the La Crosse Speedway
- 6/17-** Mid Summer Fest at Norskedalen, Coon Valley
- 6/17-** Founders Day in Galesville Fairgrounds, 11am-11pm
- 6/17 & 6/18-** North Bend Days, all weekend with activities
- 6/18-** Fathers Day Free Admission at La Crosse Pools
- 6/24-** Trout Fest in Coon Valley
- 6/27-** Oak Grove Cemetery Work Day, 3pm-6pm 789-7136
- 6/20-7/30-** Shakespeare Festival at WSU Winona
- 7/15-** 32nd Annual Rail Fair, 10am-4pm. Copeland Park
- 7/22-** Disability Pride Fest, Copeland Park



**GRANDAD GET DOWN**  
Bluegrass & Folk Festival  
June 3, 2pm-10pm. \$15 day of show  
Alpine Inn on the bluff



**2023 State Track & Field Championships**  
Friday-Saturday June 2-3  
Veterans Memorial Stadium Complex,  
La Crosse, Wis.

**Father's Day Word Scramble**

- FLOG \_\_\_\_\_
- RCIAGN \_\_\_\_\_
- VOLGIN \_\_\_\_\_
- ADDYD \_\_\_\_\_
- OREH \_\_\_\_\_
- SOOTL \_\_\_\_\_
- SISNFGHI \_\_\_\_\_
- LLFOTOBA \_\_\_\_\_
- KWOERR \_\_\_\_\_
- VEDACI \_\_\_\_\_

Answers: Golf, caring, loving, daddy, hero, tools, fishing, football, worker, advice

**EndAlz Fest**

Friday, June 23 from 5pm-10pm

Celebrations on the River 2100 Dawson Ave. La Crosse  
Food and drinks, Onsite respite for loved ones, Live music by TUGG,  
Silent auction, Photo booth and Memory Garden.



**June 3rd, 12pm-2pm**  
**Copeland Park**  
**Event Center**  
**608-791-8300**

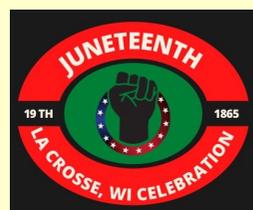
**JUNE DAIRY DAYS**

June 2-4 West Salem  
Friday- Music at 8:30pm & Fireworks at 10pm  
Saturday-Parade at 12pm, Cornhole, Euchre, Magic show, and Music  
Sunday- JDD Bike Tour, Balloons and face-painting  
[www.junedairydays.com](http://www.junedairydays.com)



**June 30th- July 4th**  
**Food, Family Fun!! 5 days**  
**of family entertainment,**  
**food and fun.**

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



**JUNETEENTH CELEBRATION 2023**  
**Sunday June 18, 12pm-7pm**  
**Riverside Park**  
[www.juneteenthlaxwi.com](http://www.juneteenthlaxwi.com)  
**608-881-6418**



La Crosse Rotary Lobster Fest  
**June 16, 4pm-10pm**  
Colgan Air Services Hanger #4  
Dinner and music. Tickets can be purchased from Rotary member or  
[www.eventbrite.com](http://www.eventbrite.com)

**SPARTA BUTTERFEST**  
June 8th-11th

- Parade
- Carnival
- Music
- Food Vendors
- Flea Market
- Bingo
- Golf Tourney
- Car Show



[spartabutterfest.com](http://spartabutterfest.com)

**CELEBRATE ONALASKA**  
June 24

Van Riper Park & Omni Center  
Food, Entertainment & Fireworks!  
Free, no button required

