

La Crosse Senior Life



July 2026

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

PRST STD
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Stars, Stripes, and Community Connections

Happy July, and Happy Independence Day! Summer is a wonderful season for gathering, celebrating, and staying connected with the programs and services that support our community. In this issue, we are inviting you to share your voice through a few short surveys, learn about a program update, and mark your calendar for a few special events coming later this summer.

We Would Love Your Input!

The ADRC's congregate dining program is here to support nutrition, wellness, and connection in our community. Whether you have joined us before or have not had a chance yet, we would really appreciate hearing from you. Your feedback helps us understand what might make the Senior Nutrition Program even more inviting and accessible for everyone!

Please complete the survey below and then mail to ADRC of La Crosse County, 300 4th St N, La Crosse, WI 54601, email your responses to adrc@lacrossecounty.org, or use the link to complete an online survey:

<https://www.surveymonkey.com/r/congregatediningfeedback>

- Had you heard about our congregate dining program before today?
 - Yes
 - No
- What are the main reasons you currently do not attend?
 - I did not know about it
 - The location is not convenient
 - The days or times do not work for me
 - Transportation is a challenge
 - I prefer to eat at home
 - Dietary or menu concerns
 - I prefer not to eat in a group setting
 - Health or mobility limitations
 - Other (please explain): _____
- What would make you more likely to attend in the future?
 - Different menu choices
 - More social activities before or after meals
 - Different location
 - Different days or times
 - Help with transportation
 - More information about what to expect
 - Nothing at this time
 - Other (please explain): _____
- Any additional comments?

A Note for Current Program Participants

If you already receive home-delivered meals or attend a congregate dining site, you will receive our annual *Customer Satisfaction Survey* in July. Your feedback is extremely important. Thank you in advance!

Transit Development Plan Survey



The La Crosse Area Planning Committee (LAPC) is updating the Regional Transit Development Plan and needs input from residents and visitors! This survey will take less than 5 minutes and will greatly help LAPC make recommendations that best represent how our community uses transit. Whether or not you ride transit, it provides an essential service to those that need it and is a great alternative to driving, walking, or biking.

The Regional Transit Development Plan is a 5–10 year plan meant to track and recommend improvements to local transit services. Hearing from the public is an important part of making sure future investments in transit make the system work better.

To complete an online survey, use the link below or to request hard copy of the survey, call Travis Key, LAPC Associate Transportation Planner, at 608-789-8548. *Thank you!*

<https://forms.office.com/g/nz0YfwS0up>

85.21 Specialized Transportation Program Update: Non-Medical Ride Cap Eliminated July 1

After a year of careful budget planning and monitoring, we (ADRC) are happy to announce the elimination of the annual cap of 60 one-way non-medical rides effective July 1, 2026.

Program changes last year—such as increased copays, eligibility based on lack of other transportation options, and no-show policy—were necessary to stabilize the service. Thanks to those efforts and the cooperation of riders, the program is now in a stronger position and able to offer more flexibility again.

This means eligible riders can once again schedule non-medical trips for shopping, social outings, and everyday errands without an annual limit. The existing copays, eligibility guidelines, and no-show policy will remain in place to ensure the program stays sustainable for the future.

If you have questions, call us (ADRC) at **608-785-5700**. We are here to help you stay connected and on the move.



Mark your calendar for two upcoming events!

SAVE
THE
DATE

Cheers to the Years Community Picnic on August 21 at Black River Beach Neighborhood Center and **Legislative Town Hall** on August 31 (location, TBD). More details for both will be shared in the August La Crosse Senior Life.

TRANSPORTATION OPTIONS

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

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

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

ADRC of La Crosse County (Abby Vans)

Rides will only be provided to individuals who do not have access to other transportation options.

For riders with the greatest need, they need to be La Crosse County residents age 60yr+ or disabled adults.

Monday-Saturday from 7am-6pm

Sundays from 7am-2pm. Closed on holidays.

Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas. Wheelchair accessible.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$4.50 each direction.

Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.

Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$5.50 each direction.

Call the Aging and Disability Resource Center of La Crosse County at **608-785-5700** or **1-800-500-3910**. Our transportation coordinator will be happy to talk with you about transportation options.

If you cross a patriot and a dog with curly hair, what do you get?
A Yankee Poodle

What do you get when you cross a dinosaur with fireworks? Dino-mite!
What did one flag say to the other flag? Nothing. It just waved!

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

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

75 cents is the cash fare, and \$25, monthly bus pass. Call **789-7350** for more information or questions.



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

Transit Center, 314 Jay St, La Crosse

Monday through Friday during the hours of 9:00am-8:00pm

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

MTM Medical Rides

Free medical rides for Medicaid & BadgerCare Plus recipients only, excluding Inlusa & 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



Service for commuters, elderly and disabled residents, the general public and potential tourism related travel. 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 SUMMER HELPERS!

The Aging and Disability Resource Center is looking for help to deliver meals to our seniors throughout La Crosse County.



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

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

RSVP Transportation Program



- Must be 55 + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- All drivers are volunteers & use their own vehicles.
- Ride reimbursement is .725/mile.
- Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home.
- Ride must originate from La Crosse County.

Call **608-785-0500** for more information

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____

In Honor of: _____

And notify: _____

Address: _____

To benefit the following: (check all that apply)

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

Please make checks payable and send to:

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

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

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____

Address _____

City _____

State _____ Zip _____

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



GRIEF & LOSS
Free Group Counseling for
Care Partners
(Late Stage Dementia/End of Life)

Enroll Now!
Call or Text Joy
608-519-3790

Next Session starting soon!

Sessions Meet Weekly for 1.5 hours
Held in La Crosse, WI
Facilitated by Joy Buchman MS, LPC, NCC and co-facilitated by Kelsey Flock, CTRS, Dementia Care Specialist
Funded through the EndAlz Fest Foundation

Embrace
2nd & 4th Wednesday, 12:30pm—2pm
July 8– Potluck lunch and music by Joe Cody
July 22– Furr & Reptiles
Black River Beach Neighborhood Center
Embrace is a free non-traditional support group that offers fun, engaging and creative activities for persons living with dementia. Support and education for caregivers offered in a separate room session. Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group. Embrace is not respite.

SAVE THESE FALL DATES
Learn + Connect Program at Emplify Health
Thursdays, October 8, 15, 22, and 29 from 1:30pm-3:00pm
Take the guesswork out of your next step after a dementia diagnosis. Register: Call ADRC 608-785-5700

Aging and Dementia Education & Luncheon by Kathy & Jack Lucey Family Fund for Alzheimer's
Tuesday, October 20th at Black River Beach Neighborhood Center.

HILLVIEW LIFE CENTER
Where Generations Grow Together
3511 Park Lane Dr.
(Located at Hillview Healthcare Center)

We are a welcoming space for individuals newly diagnosed with neurocognitive disorders, including early stage dementias and mild cognitive impairment. We offer person-centered programs, wellness activities, social and intergenerational connections.
Enrollment is ongoing. Scan QR code to begin!
For questions, volunteering or donations contact: hlcadulprogrms@ywcalax.org or 608-781-2783 ext. 251

For a limited time, our programs are free and open to the public—a unique opportunity to explore this new space before our full members-only programming begins. Discover our programs for individuals with MCI and early-stage dementia. Learn about volunteer opportunities and get connected with our community.

Join us in July for Building Brain-Healthy Habits
July 22 • 10:00 AM–11:00 AM
An Alzheimer's Association program sharing simple, research-supported ways to strengthen brain health and lower the risk of cognitive decline. You will learn key brain-healthy habits, understand why brain health matters and create a personal action plan.

Must Pre-Register: kflock@lacrossecounty.org or call the ADRC at 608-785-5700

Summer Memory Camp
The Boys & Girls Club
1331 Clinton Street, La Crosse

Summer Fun * Carnival Games * Nature Experiences * Engaging Enrichment

July 14th Register by July 10th Summer Succulent Bar Summer Family Feud Twister Teams	July 21st Register by July 17th "La Vida Dolce" - The Sweet Life Chair Yoga and Stretches Sunny Crafts in Yellow
July 28th Register by July 24th Hawaiian Tiki Time Flip Flop Craft Island Life Activities	Aug 4th Register by July 31st Creating Back to School Bags Bookmark Craft Camp Celebration & Picture

Autumn Memory Camp Dates: Sept 8th—Oct 27th at The Nature Place 10:30am-1:30pm

MARK YOUR CALENDAR!
The fun is unlimited, but the space is not...
Register before the deadlines!
608.780.0471
OASIS Respite Program

Dementia Caregiver Support Group Listing	
IN PERSON	VIRTUAL
Parkinson's Disease Group 1st Monday, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295	Monday Coffee Connect Every Monday, 10am Contact Kelsey at kflock@lacrossecounty.org
All Stages Caregiver Groups 2nd Tuesday, 1:15pm-2:30pm Good Shepherd 4141 Mormon Coulee Rd Contact: Kathy at 608-386-8908	Monday DISH 1st Monday, 7pm-8pm Contact Carla, cbersheit@dunncountywi.gov
Online Men's Caregiver Support Group 1st Tuesday, 1pm-2:30pm Contact Alison at 608-240-7496 or resch.alison@countyofdane.com	Aging & Down Syndrome Caregiver Support 3rd Wednesday, 5pm Contact DSAW info@dsaw.org
Living with Mild Cognitive Impairment 2nd Thursday, 1:30pm-2:30pm. Franciscan Spirituality Center 920 Market St. Register with Kelsey Flock at 608-386-0767	Family Caregivers of Facility Based Care Every Other Friday: 10am-11:30am Contact Alzheimer's Assoc. 1-800-272-3900
Grief Therapy Group Pre-registration required. Offered annually Call Kelsey to inquire 608-386-0767	Minds & Voices 2nd Wednesday, 10:30am-11:30am Contact Tonay, tonyar@jeffersoncountywi.gov

July 13
1pm-2:30pm
Great Gatsby Tea Party at Cappella Art Center
Register with Amber @ 608-385-4819

3rd Monday of the Month
July 20, 10:30am-12pm
Clearwater Farm
760 Green Coulee Rd. Onalaska
Register with Anna at 507-319-9156.
info@clearwaterfarm.org

Lewy Body Dementia Caregiver Support
2nd & 4th Wednesday, 1:30pm -3:30pm
Contact jwiegel@marquettecountywi.gov

When to Retire from Driving is a Hard Decision by nadtc.org

To the Driver: You may be experiencing many feelings and reactions: worry, anger or loss of control. But you do have a voice in this discussion about your driving future. Whether you decide to stop driving or not, this is a good time to really look at your situation. While driving is a privilege that you have enjoyed for many years, there are personal and public safety concerns to consider. Sometimes, changes in our abilities happen so slowly that we are not aware of the current risk. Part of being independent is recognizing when you are no longer able to perform an activity safely. Hundreds of thousands of older Americans choose to stop driving every year. Many others drive only during non-rush hour daylight hours, in familiar areas, and/or during fair weather. Stopping driving is not the end of independence. Many resources are available that will allow you to continue your current activities. Before you make a decision, look at the checklist below.

To the Family: At this point in time, you may want to take control of the situation and act immediately. Take a few deep breaths. Calm down and try to take this time to review the overall situation. Include the driver in this process whenever possible. Unless the driver has a guardian, he or she is still an adult with the right to make personal decisions. This may not be a one-time conversation. Try to take an objective look at how the driver is functioning currently. Consider riding along as your loved one drives to get a better idea of how he or she is doing. Have you observed any of the behaviors from the checklist on the right?

DRIVING CHECKLIST

1. Other drivers honk at me.
2. Busy intersections bother me.
3. I avoid left-hand turns.
4. Other cars seem to appear out of nowhere and drive too fast.
5. I have been stopped by the police recently for my driving.
6. Turning the steering wheel is difficult for me.
7. I've had more "near misses" lately.
8. I have trouble seeing street signs in time to respond to them.
9. I have recently caused a car accident or fender bender.
10. I get confused or lost in familiar places.
11. It's hard for me to look over my shoulder when I am backing up or changing lanes.
12. My friends and family tell me they are worried about my driving, or that they are afraid to ride in the car with me.

If you answered "Yes" to any of these statements, you may be putting yourself and others at risk every time you drive.

Beat the Heat Without A/C!

- ◆ Open your windows at night.
- ◆ Close your window coverings during the day.
- ◆ Insulate your home. This works for cold and hot days.
- ◆ Bake and wash at night.
- ◆ Fire up the grill instead of the oven.
- ◆ Install an awning, porch or shade tree by your west windows.
- ◆ Use fans to keep air circulating. Remember to turn on exhaust fans in the kitchen and bath also. Put a bowl of ice in front of a fan.
- ◆ Set ceiling fans to rotate counter clockwise during the summer.
- ◆ Run a dehumidifier to take the humidity out of the room.



Is Your Furnace and Central Air System Not Working?

- ⇒ Do you own your own home?
- ⇒ Do you have an unsafe or inoperable heating system in your home?
- ⇒ Is there an unsafe or malfunctioning central air conditioning system in the home?



HE+ HVAC Program Services can assist **eligible** Wisconsin households when they own their home, and their primary heating system no longer provides heat, is inoperable, or becomes unsafe. The program can pay for repairs or, in some situations, a total replacement of a non-operating system. The HE+ Water Conservation Program provides assistance to eligible Wisconsin households with the repair or replacement of leaky or non-working water heaters, leaky fixtures, toilets, and/or piping. Call the La Crosse County WHEAP Agency immediately if you are experiencing a no-heat situation at **608-785-5582**.

Supporting Loved Ones' Mental Health

By the GWAAR Legal Services Team

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities.

When it comes to mental health and others, what we say and how we listen matters. Here is some advice on how to help someone open up about their mental health:

• **Listen attentively.** Listening attentively involves your full focus and consideration. Listen for what the person is telling you, but also what their body language might be telling you. If you are able to refer back to something they said later on, it not only shows you were listening, but that you care about the person and what they've shared with you. Make sure to put away all distractions (phone, games, etc.) and face the person you're speaking with. Look at them as they talk to you. Nod your head in understanding when appropriate and gently inquire about something they brought up.

• **Ask open-ended questions.** Make sure the conversation is not full of questions the other person can answer with a simple yes or no. Instead, open a space for understanding by asking open-ended questions like: "How have you been feeling lately? What have you been doing to cope? What do you want to do about that?" You can also express your concern and encourage the person to talk about what's going on by offering caring statements like: "You seem to be a bit quiet these days. What's been on your mind?" or "You don't seem like yourself lately. Is anything going on?"

• **Don't assume or make judgments.** Opening and reaching out for help can be difficult. If you make assumptions and judgments in response, it can make it even harder for people to express themselves. Don't assume how a person feels, what they need, or what's going on with them. Instead, ask gently for clarification when you need some. If your friend or loved one tells you things that make you uneasy, or that you might not agree with, do your best to set aside all judgment. Expressing warm-hearted concern and offering support should always be the goal.

• **Find a way to help or get help.** Sometimes, you might be able to directly help the person you're concerned about. Maybe all they needed was to vent or have someone to talk to and help sort out their feelings. For some people, it might be helpful to send them positive text messages throughout the week or a brief telephone call whenever you get the chance.

However, there are some cases in which the ways you can help are limited. If a person is suicidal, for example, then you need to get help from those more equipped to handle the situation. Ask your friend or loved one if they want to get help and offer them the resources to do so. Assure them there's nothing wrong with getting the help they need and that by doing so, they've taken the first step to feeling better. Sometimes, just hearing this will help lift some weight off their shoulders. Offering to take your friend or loved one to these helpful spaces, or to find the proper assistance, can go a long way.

Some tips for supporting positive mental health include:

- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Eating healthy foods
- Developing coping skills
- Getting professional help if you need it



Medicare 101: Understanding the ABC's of Medicare

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

JULY 8th or AUGUST 5th

10am-11am or 6pm-7pm

Black River Beach Neighborhood Center

Register by calling 608-789-8640

South Side Neighborhood Center1300 6th Street, La Crosse

Most programs require registration: 608-789-8298

www.cityoflacrosse.org/parks**Staying Active Together:** On site w/link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register.**Expressive Drawing:** Tuesdays, May 5- Aug. 25, 1pm-3pm. Register by April 28.**Wise Wednesdays:** Wednesdays, July 1 & 15, 10:30am-12pm. Register by 1 day prior. Free**Bingo:** Wednesdays, July 1, 12:30pm-1:30pm. Register 1 day prior.Free. **This will be the last day of bingo w/ the Park & Rec****Shuffle Together** (cards): Friday, July 10, 2pm-3:30pm. Free**La Crosse Area Parkinson's Social Night:** Wednesday, July 15, 5:30pm-7pm. (CALL STAR CENTER: 608.797.6295)**Coping Skills:** Friday, July 17, 10am-11:30am. Register by 1 day prior. Free**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Call 608.792.6996 by noon the day prior to reserve a meal. Suggested donation is \$5. Home Delivered Meals are also offered from this site; when you call the ADRC, ask for Dawn.***NEW* Nickel Bingo:** Wednesdays, 10am-11am starting July 8**Black River Beach Neighborhood Center**

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

www.cityoflacrosse.org/parks**Mississippi Melodies Outdoor Concerts:** Tuesdays, 12pm-1pm, from June 2 to September 8.**Staying Active Together:** On site or at home w/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register.**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register. (No class July 6)**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session.**Art Club:** Thursdays, 12pm-3pm. Register. \$2/session.**Knitting Group:** Thursdays, 1pm-3pm. \$1/week.**Parkinson's Disease Support Group:** Monday, July 6, 5pm-6:30pm. (CALL STAR CENTER FOR DETAILS: 608.797.6295)**Embrace** (for those with dementia & care partners): Wednesdays, July 8 & 22, 12:30pm-2pm. Register. Free**Medicare 101:** Wednesday, July 8, 1am-11am OR 6pm-7pm. Register by Friday prior. Free**International Folk Dance:** Saturdays only, July 11 & 18, 7pm-9:30pm. Register. \$2/session.**HARRY J OLSON CENTER**

1607 North St. La Crosse

608-781-2122

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

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

Hot Dog & Ice Cream Social– July 15, 11am-12:30pm**Sons of Norway:** 1st Thursday at 6pm.**Variety Singers:** 1st Thursday at 10:15am**Foot & Nail Clinic:** call for date and appointment**Tech Help Drop-In:** July 15, 10:30am-12pm**ONALASKA PARK & REC EVENTS**

608-781-9560- Park & Rec Dept.

DASH Center Events

515 Quincy St.

Open Pickleball – M/W/F, 6am-8am**Nickel Bingo** – Tuesday & Fridays, 10:30am-11:20am**Walking Group** - Monday-Friday from 8am-9am**Bridge Groups-** Mondays from 12:30pm-4pm (competitive/social)**Mah Jongg** - Wednesdays from 12:30pm-4pm**Chair Yoga** – Tues & Thurs at 2pm. Register**Learn to play Pickleball**– July 8, 6pm. Register**ALS Support Group**– July 2, 1pm-3pm**SimpleSteps, Smart Calendars**– July 22, 2pm-3pm**SimpleSteps Tech Support**– July 7 & 21, 10:30am-12pm**OMNI CENTER EVENTS**

255 Riders Club Rd. 608-781-9566

Bingo: Wednesdays at 6pm**Brews & Tunes:** July 10, 5pm-8pm**Rail Fair:** July 18, 10am-4pm**Blood Drive:** July 16, 9am-5pmHOLMEN 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. Visit website

Indoor Walking: Monday - Friday: 7am-10am (Summer hours)**American Red Cross Blood Drive:** July 6, 10am-3pm**Holmen Area Historical Society:** July 6, 6pm (Birthday Memories)**Fun with Watercolor:** Mondays, 8:30am–10:30am**Chair Yoga with Marty:** Mondays, 9:15am**Cardio Fitness Video Workout:** Mondays & Wednesdays, 10am**Beginner Line Dancing:** Mondays, 12:30pm-1:30pm**Mah Jongg Club:** Mondays, 1pm-4pm**Pickleball Open Play:** Tuesdays, 8am-9:45am (Summer hours)**Family Fun & Flow Yoga:** Tuesdays, 10am-11am (July 7, 21 & 28)**Piano Music with Lucy:** July 7 & 21, 11:30am–12:30pm**Community Crafts with Jackie & Pam:** July 7, 1pm**Cardio & Strength Fitness:** Tuesdays and Thursdays at 10am**Hearing Evaluations:** July 7, 9:30am–11:30am (by appointment)**Hearing Instrument Checks:** July 21, 9:30am–11:30am (by appointment)**Evening Euchre Open Play:** July 7 & 21, 6pm**Holmen Ukelele Group (HUG):** Tuesdays, 12pm–1pm, register**WONDERLAND TEA PARTY:** July 21, 2pm–3:30pm, register**GRUMPY OLD MEN CONCERT:** July 28, 10am–11am**Chair Yoga with Sarah:** Wednesdays (July 8, 22 & 29) at 10:15am**Wall Pilates for Beginners:** Wednesdays (July 8, 22 & 29) 11am–11:45am**Adult Watercolor Class:** July 1, 9:30am–11am, register**Empowering Adults with Essential Tech Skills:** July 8 at 1pm**Cupcake Decorating Workshop:** July 29, 10am, register**Bingo:** Wednesdays & Fridays, 12:30pm**Intermediate Line Dancing Video:** Wednesdays, 12:30pm-1:30pm**A Joyful Life:** July 1, 2pm–3pm**Cozy Readers Book Club:** July 22, 2pm–3pm, “The Queen of Crimes”**“One”-derful 1 Wednesdays:** July 15, 2pm**Total Body Conditioning Series:** Thursdays, 8:30am, register**Beginner Pilates Series:** Thursdays, 9:05am, register**Sound Healing with Laurie Café:** Thursday, 10:30am–11:30am, register**NEW: Adventures in Nature:** July 23 & 30, 10am–11am, register**Fun & Games:** Thursdays, 1pm–4pm (Learn new card and board games!)**Crafternoon Social – Knit & Crochet:** Thursdays, 1pm-3pm**La Crosse County Veterans Service Hours:** July 2, 12:30pm–4pm**ADRC Options Connection with Jackie:** July 9, 11am–1pm FREE

resources & information

AA Meetings: Thursdays, 6pm–7pm**Hello Holmen!** July 16, 8:30am, Celebrating 250 years**Coping with Grief Support Group:** July 9, 12:30pm *FREE program**Music with Greg Grokowsky:** July 10, 11am–12pm**Gentle Yoga for Beginners:** July 17 & 31, 8am, register**Chair Yoga with Samantha:** July 17 & 31, 9:15am, register**Yoga Nidra and Sound Bath:** July 31, 10:15am, register**Senior Meal Site:** Lunch served at 11:30am, Monday-Friday.**CAREGIVER WISH GRANT**

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

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

National Association of Retired and Veteran Railroad Employees, Unit 047 meet July 14, 10am at the Onalaska American Legion. Speaker: Jeff Doerr on asbestos with a free lunch. Contact Patty Burr at 608-781-6032.



Holmen Catholic Church 9am-11am 1st Tuesday
Forest Park Apartments 9am-11am 1st Wednesday
Salzer Square Apts. 9am-10am 1st Thursday
Coach Lite Mobile Home 10:30am-11:30am 1st Thursday
Onalaska Legion (lot) 9am-10am 1st Friday
Anytime Fitness West Salem 10:45am-11:45am 1st Friday
Becker Plaza Apts. 9am-11am 2nd Tuesday
Solberg Heights Apts. 9am-11am 2nd Wednesday
Carroll Heights, back lot 12:15pm-1:15pm 2nd Thursday
NEW-Campbell Community Center, 9am-10:30am 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
NEW- Bangor Library/Dutch Creek Manor, 9:30am-11am 4th Thurs.

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

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

SENIOR FARMER'S MARKET VOUCHERS

The Senior Farmer's Market Nutrition Program, coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with \$25.00 vouchers to purchase fresh grown fruits & vegetables from local participating Farmers Markets. This year individuals may call the ADRC at **608-785-5700** to request a form to be mailed.

Eligible participants must live in La Crosse County, be 60 years of age or older (Native Americans, 55 years of age or older) and at or below a monthly income of \$2,461 if single or \$3,337 for couples.

Because there are a limited number of vouchers, the program is first come first serve and processed in the order received. Please be advised there may be a wait at time of distribution. If vouchers is requested by phone and the completed form is received, vouchers will be mailed. Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf.
ONLY ONE SET OF VOUCHERS (\$25) PER PERSON.

LOCAL FARMER'S MARKETS

Cameron Park

Sundays, 9AM-2PM

***Hmoob Cultural Center**

Fridays, 3:30PM-7PM
 1815 Ward Ave

***Jackson Plaza Market**

Saturdays, 8AM-12PM
 19th St & Jackson St

***Bridgeview Plaza**

Wednesdays, 8AM-1PM
 2500 Rose St.

***Great River Market**

Tuesdays, 3:30PM-7PM
 Great River Landing Onalaska

***Onalaska Market**

Sundays, 8AM-1PM
 2928 Market Pl, Onalaska
 (Ashley Furniture Parking Lot)

***Holmen Market**

Wednesdays, 3PM-6PM
 Holmen American Legion Lot on Main St.

West Salem Market

Fridays, 9AM-12PM
 Jefferson St & E. Mill St

***Jolivette Family Farm**

Open daily
 Hwy 16, West Salem

Galesville Market

Saturdays, 8AM-1PM & Wednesdays, 4PM-7PM

Trempealeau Market

Fridays, 2PM-5:30PM
 River Café 23991 3rd St.

La Crescent Market

Tuesdays, 4PM-7PM
 595 Veteran's Parkway

***Sparta Farmer's Market**

Saturdays, 8M-1PM
 122 N Water St.

***Look for yellow WIC & Senior Vendor signs**



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



ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!

Senior Citizen Social

9am-11am

Every Thursday

Pizza Ranch

3130 Chestnut Pl. La Crosse

Meet new friends over coffee and treats!



Why Use a Medical Alert Systems

Medical alert systems allow elderly individuals to safely age in place. They provide immediate, 24/7 access to emergency assistance at the press of a button, ensuring help is always reachable even if the user cannot get to a phone or speak.

Key reasons to use a system:

- **Automatic Fall Detection:** Many wearables include sensors that detect sudden impacts, automatically alerting an emergency monitoring center even if the user is unconscious or unable to press the button.
- **Independence and Freedom:** Wearing a medical alert reduces the anxiety of living alone. Seniors can move freely throughout their homes with the confidence that they are protected.
- **Faster Emergency Response:** Quick medical intervention is vital for surviving heart attacks, strokes, or fall-related injuries. Direct lines to monitoring centers cut down on crucial response times.
- **Around-the-Clock Peace of Mind:** These systems provide comfort not just to the seniors, but also to distant family members and caregivers who worry about their loved one's safety.
- **Help During Sudden Illnesses or Vertigo:** Devices are useful for managing chronic conditions (like heart disease or diabetes) or sudden bouts of dizziness caused by prescription medications.
- **Cell Phone Limitations:** Relying solely on a cell phone can be dangerous. Phones are easily misplaced, left in another room, or run out of battery, whereas a wearable emergency pendant is kept on the person at all time

If you are researching or comparing these systems to decide if they are the right fit, contact your local ADRC for more information and to see what is available for you in your area.

KANE STREET GARDEN HARVESTING

Every Monday, Thursday, and Saturday afternoon during the harvest season (beginning in June), volunteers assist with harvesting vegetables for distribution. Come to the garden on harvest days during the hours listed below, register as a volunteer, and wait for instruction from a garden staff member.

HARVEST HOURS:

Monday	2 pm - 4:30 pm	Distribution 4:30 pm - 6 pm
Thursday	2 pm - 4:30 pm	Distribution 4:30 pm - 6 pm
Saturday	10 am - 11:30am	Distribution 11:30 am - 1 pm

After harvesting is completed, distribution to individuals is determined by order of sign-up, but anyone coming to the garden will receive produce.

Community members are asked to refrain from harvesting vegetables at any other time than regularly scheduled harvest times.

The Garden is located on the corner of Kane and St. Cloud Streets on the North side of La Crosse. For more info or if you are interested in volunteering call (608) 386-3319.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.		Spaghetti 1 Romaine salad Garlic toast Black bean brownie	Ham 2 Au gratin potatoes Mixed vegetables Fruit salad, Pumpkin bar	 HOLIDAY CLOSED 3
Beef stroganoff 6 Buttered noodles Broccoli, Applesauce Orange juice	Meatballs & gravy 7 Mashed potatoes Squash, Fruited Jello Applesauce spice cake 	Chef salad 8 Watermelon Bran muffin Fruit pie	Pork roast & gravy 9 Mashed potatoes Baby carrots Baked beans, Fresh fruit	Goulash w/ beans 10 Corn Spinach salad Chocolate pudding
Turkey & gravy 13 Mashed potatoes Squash, Ice cream sundae Orange wedges	Pulled pork on a bun 14 Rosemary potatoes Peas & carrots Apple crisp	Potato soup, crackers 15 Chicken on a bun Broccoli raisin salad Pumpkin bars	Brat on a bun w/fixings 16 German potato salad Baked beans Fresh fruit, Cookie	Broccoli chicken casserole 17 Beets Black bean brownie Fresh fruit salad
Chicken supreme 20 Baby red potatoes Stewed tomatoes Pineapple & oranges	Meatloaf 21 Baked sweet potato Calico beans Sliced pears	Ham 22 Scalloped potatoes Broccoli & cauliflower Fruited jello	Chicken craisin salad 23 Bed of lettuce Strawberry fluff Muffin, Ice cream	Turkey Tetrazzini 24 Romaine salad Apple Peanut butter cookie
Mushroom/Swiss 27 burger on a bun Baked beans Carrots, Grapes Chocolate chip cookie	Taco salad 28 Sliced peaches Corn tortilla chips Fruit pie Taco sauce, sour cream	Baked dark chicken 29 Au gratin potatoes Broccoli Orange wedges Rye bread	BBQ Ribbette 30 Garlic mashed potatoes Corn Peaches Cottage cheese	Chicken broccoli Divan 31 Baked sweet potato Buttered peas Fresh fruit Frosted chocolate cake

Garlic Butter Air Fryer Green Beans

- 1 lb fresh green beans, ends trimmed
- 2 cloves garlic crushed
- 2 tbsp salted butter
- 1/4 tsp sea salt to taste
- 1 tsp olive oil or avocado oil spray is best



Prepare air fryer to 400°F
 Arrange green beans in a single layer in your air fryer basket. Depending on the size and type of air fryer you have, you may need to cook in batches. Spritz the green beans with olive oil or avocado oil spray and shake the air fryer basket to coat.
 Cook until crispy about 10-12 minutes.
 Prepare the garlic butter sauce. Cut garlic into a fine dice or squeeze through a garlic press.
 Place pan with butter over low-med heat. Melt butter, add garlic. Cook over low-med heat taking care to not burn or overly brown. Once the green beans have cooked, line them on a serving plate and drizzle or spoon garlic butter over them. Finish with a light dusting of salt and black pepper.

Fire Crackers

- 16 ounces saltine crackers 4 sleeves
- 2 cups olive oil
- 4 tablespoons ranch dressing mix
- 1-3 tablespoons red pepper flakes
- 1 tablespoons onion flakes
- 1 teaspoon granulated garlic
- 1/2 teaspoon black pepper



Pour olive oil into a zip top gallon baggie. Add ranch dressing mix, onion, garlic, red pepper flakes and black pepper and combine. Add saltine crackers, seal the bag and gently roll back and forth to coat the crackers. Set aside overnight. Preheat oven to 250°. Layer crackers on baking sheets in a single layer and bake for 15 minutes. Allow crackers to cool on baking sheets. Store in airtight container.

Stuffed Peppers

- 4 bell peppers (any color)
- 3/4 lb. lean, ground turkey
- 1/2 medium onion (chopped)
- 1/2 cup uncooked brown rice
- 14.5 oz. canned, no-salt-added, diced tomatoes
- 1 clove fresh, minced garlic (or 1 teaspoon garlic minced from jar)
- 1 tsp. reduced-sodium Italian seasoning (lowest sodium available)
- 1/4 tsp. crushed red pepper flakes (for spiciness), (optional)
- 8 oz. canned, no-salt-added tomato sauce



Preheat oven to 350 degrees. Cook rice to package instructions (omitting salt). While the rice is cooking, in skillet over medium heat, brown the turkey. Add the onion and cook for 3 minutes more (until onion becomes translucent).
 Wash the bell peppers and remove the tops, seeds and membranes. Set peppers in a 9x9 baking dish or line them up in a loaf pan, so they stand upright.
 In a medium mixing bowl, mix turkey, rice, tomato, garlic, Italian seasoning, and pepper. Spoon into each pepper. Spoon tomato sauce evenly over the top of the 4 peppers. Bake 1 hour in the oven, until peppers are tender. Serves 4

S'mores Banana Bites

- 1 medium banana
 - 2 Tablespoon almond butter or cashew butter
 - 1/4 cup dark chocolate chips
 - 1/2 teaspoon coconut oil
 - 1 Tablespoon graham cracker crumbs or granola
- Cut the banana into 1/4" slices. Spread a little bit of almond butter on half of the banana slices and top with the remaining slices to create little sandwiches. Place the banana sandwiches on a baking sheet lined with paper and freeze for 10-15 minutes.
 While the bananas are freezing, melt the chocolate and coconut oil together for about 30-45 seconds in the microwave, stirring often. Use a toothpick or spoon to dip each banana sandwich into the melted chocolate, partially or totally covering each one.
 Place back onto the baking sheet and top with a sprinkle of graham cracker crumbs. Freeze for another 10-15 minutes, then serve.



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 \$5 being the suggested donation for in-person and \$5.50 for home delivered.

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

La Crosse Main Library

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



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



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

- Holiday Closure:** July 3 & 4
- Chair Fitness:** Tuesdays, 10am-10:45am
- Chair Yoga:** Thursdays, 10am-10:45am
- La Crosse County Veterans Services:** July 7, 9am-12pm
- Chapters Book:** July 8 at 1pm or July 11 at 10am.
- The Lost Story.* Register
- Balkan Singing, for all levels:** July 11, 10am. Register
- Balkan Blue Concert:** July 11, 11:30am
- Knit & Needle:** July 14, 5pm-7pm
- Macrame Plant Hanger Craft:** July 20, 5pm. Register
- Safety Pin Brooches Craft:** July 17, 1pm. Register
- We the People: A Panel Discussion Series on America 250:** July 8 (part 1) and July 15 (part 2), 6pm-7:30pm.
- Qigong in the Park:** August 1, 10am-11am
- "New" Older Adult Advisory Council:** July 8, 2pm-3pm
- Friends Summer Book Sale:** July 24, 2-3pm (members) & July 25, 9am-1pm. \$1 or less
- Friends of the Library Monday Book Sale:** Mondays, 9am-12pm

Summer Book Bingo runs June 1-July 25. Pick up your bingo card at any location and play for prizes. Grand prize is a free three-night stay at High Point Retreats!

- Campbell** Book Club meets the second Tuesday of the month at 6pm.
- Holmen** "Drop-in Tech Help" on July 16 from 11am-12pm and 4:30pm-5:30pm.
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- West Salem** movies on July 9 and July 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.

Concordia Ballroom

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



- Dances every Sunday, 1pm-4pm.**
 Zumba, Salsa and line dance classes also available.
- Senior Card Players:** MWF, 1pm-3pm
- Continental Dance:** July 10, 7pm
- Line Dancing:** July 16, 7pm

The Nature Place

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



June 30- Heart of Art

Wednesdays in July – **Yoga in the Garden with Sara Mae**, \$10, 5:30pm-6:15pm, meet near food produce garden.

- July 3 & Saturday, July 4th - **Holiday Closure** - No Nature Saturday
- July 25: **Driftless Area Bioblitz**, Dragonfly Discovery- 10am - noon
 Free for all ages.

July Fourth Word Scramble

DIRECTIONS: Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ENDDEEPPNICN	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DEARAP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
LUEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TENIUD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TWEHI	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
AEQTIULY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ERIRFKWOS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ARLANCDITEO	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
FDREOME	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DER	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILBEYTR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Answers: States, Independence, Parade, Blue, United, White, Equality, Fireworks, Declaration, Freedom, Red, Liberty
 Phrase: All Men Are Created Equal



River City Waterski Shows
 7pm at the Airport Beach
 July 2-5 at Riverfest
 July 8, 12, 22, 29
 August 5, last show
 Bring a lawn chair, snacks and enjoy this free show.

Market on Market

July 12, 11am-2pm
 2102 Market St. La Crosse
 Vendors, Live Music, Food
 Hosted by: Beer By Bike Brigade

Pump House Regional Arts Center

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

- July 27-30: Beat the Heat, Songs of the 70's**
- July 31: The Getaway & Pegasus Concert**
- August 22: Feral Apparel Fashion Show**

Blood Drives for JULY

- 7/1: Bangor High School, 12pm-5:30pm
- 7/1: Valley View Mall, 11am-4pm
- 7/8: Moose Lodge, 10am-3pm
- 7/8: Altra C.U. 1700 Forest Dr Onalaska, 7:30am-12:30pm
- 7/9: Shepherd of the Hills Onalaska, 1pm-5:30pm
- 7/10: Onalaska American Legion, 9am-1pm
- 7/13: Onalaska Omni Center, 9am-2pm
- 7/20: Cashton Community Hall, 9am-2pm
- 7/21: YMCA La Crosse, 9am-1:30pm
- 7/22: All Star Lanes, 11am-5pm
- 7/22: Onalaska American Legion, 10am-2:30pm
- 7/23: Luther High School, 10am-3pm
- 7/27: St. Matthews Church Stoddard, 12:30pm-4:30pm
- 7/28: Journey Lutheran Onalaska, 12:30pm-5:30pm
- 7/30: Presbyterian Church West Salem, 11:30am-4:30pm
- 7/31: Halfway Creek Church Holmen, 9:30am-2pm



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

FREE Brain Checks



NORMAL AGING OR
SOMETHING ELSE???

Early Detection is
Important

A brain-checkup is a wellness tool that can identify possible changes in cognition, capture a baseline and allow for conversation and planning if something is detected. Similar to other health screenings, brain checks can help you identify early; both irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available.

Results are free and confidential.

NOT intended for people diagnosed with dementia.

TUESDAY, JULY 21

CARROLL HEIGHTS LA CROSSE

TUESDAY, AUGUST 25

HILLVIEW HEALTHCARE CENTER

Call the ADRC to make an appointment: 608-785-5700

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!



Mind Over Matter

Healthy Bowels, Healthy Bladder

Join us for a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms!

Pre-Register with ADRC of La Crosse County
608-785-5700



Dates:

**August 5, 19 &
September 2**

Holmen Area
Community Center

Workshop fee:
\$10 donation

wiha
Wisconsin Institute
for Healthy Aging

Considerations When Deciding Whether to Retire

By the GWAAR Legal Services Team

Deciding when or whether to retire can be daunting. Many people immediately think of financial considerations when evaluating the prospect of retirement, which makes sense. But there are additional things to think about as well when faced with such a big decision. Here are some tips to consider.

What will your financial picture look like if you retire?

Think about any savings accounts, retirement savings accounts like 401ks or pensions, and any nonemployment income you will have, such as Social Security. Consider consulting with a financial advisor or using an online tool such as a pension calculator to get an idea of your financial situation.

Consider big expenses and how you will pay for them.

Health care can be a huge expense, especially as we get older. Will you qualify for Medicare and/or Medicaid, or some other form of subsidized health insurance? Will you have retiree health insurance offered to employees by your employer? If you plan to use the Marketplace for private insurance, have you looked at estimated costs for someone in your situation? Make sure to keep potential prescription drugs in mind, as that can add to the cost.

What will your living situation be like in the near future?

If you own a home, do you anticipate wanting or being able to continue living there for the foreseeable future? Think about what you would do if you were unable to continue living in your current home, whether for health, financial, or other reasons. If you are renting, make sure you take that expense into account when estimating your monthly retirement budget.

Do you have others who have depended on, or will depend on, support from you?

It can be easy to forget about family members or friends who ask for assistance, but giving or lending someone money can quickly add up. You may need to consider setting boundaries with loved ones if you pursue retirement and expect to have lower income.

Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers.

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

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

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

Stay on the Move this Summer!

Explore STAR Center Specialized Exercise Programs designed to address the challenges associated with specific conditions. These programs are based on therapeutic exercises that have been shown to improve function, along with cardiovascular conditioning, strength, and flexibility.

**Ease into Movement / Arthritis / TIME / Stroke, Neurological
Conditions and Mobility Challenges /
Connect and Move / Fibromyalgia and Connective Tissue**

For more information and a full listing of Specialized Exercise Programs, visit | www.starcenterlacrosse.org |
(608) 797- 6295 | info@starcenterlacrosse.org |

The Sports, Therapeutic and Adaptive Recreation (STAR) Center is a community health initiative, reducing barriers to physical activity so that all members of our community may thrive.

Crisis Line

608-784-4357(HELP)

La Crosse County Crisis Intervention Services

Providing 24 Hour Crisis Mental Health Services

Services are available to adults and children living or experiencing a mental health crisis in La Crosse County. Our services aim to keep children and adult in their home/community setting.

- ⇒ Crisis Intervention
- ⇒ Consultation & Follow Up
- ⇒ Crisis Stabilization

**There is a charge for Crisis Intervention Services provided through La Crosse County Human Services Department. Your insurance will be billed directly for any services you receive. If you do not have insurance or find that these services are not covered by your insurance, you may apply for a reduced fee.*


La Crosse County Adult Protective Services

If you SEE something, SAY something.

Every adult deserves to live with dignity and safety. Please contact us if you have concerns that an elder or vulnerable adult is experiencing:

- Physical or Emotional Abuse
- Neglect or Self-Neglect
- Financial Exploitation

Call us to ask questions or submit a report

 **608-785-5700**



Confidential • Professional • Supportive

Mississippi River Caregiver Cruise!

Set sail on a joyful riverboat aboard the La Crosse Queen as we cruise the beautiful Mississippi River.

Saturday, September 19

1:30pm-3pm

Boarding at Riverside Park at 1:10pm

Free pizza, soda and beer.

All expenses covered for family caregivers
and up to two guests.

You must register by calling the ADRC at 608-785-5700.



Sponsored by Aging and Disability Resource Center of
La Crosse County & La Crosse County Caregiver Coalition.

SIGNS OF HEAT-RELATED PROBLEMS

By Caregiver.org

If you are caring for an elderly or disabled person, learn the signs of heat-related problems. Seek medical assistance for any of the following signs and — if you suspect heat stroke — call 911 or medical personnel immediately.

- Headache, nausea and fatigue are signs of at least some heat stress.
- **Heat fatigue:** cool, moist skin, a weakened pulse, feeling faint.
- **Heat syncope:** sudden dizziness, pale, sweaty looking skin that is moist and cool to the touch, weakened pulse and rapid heart rate but normal body temperature (that is, 98.6 degrees, taken with a thermometer).
- **Heat cramps:** muscle spasms in the abdomen, arms or legs after exercise. (Note that these may be caused by lack of salt but do not give salt or salt tablets without consulting a physician.)
- **Heat exhaustion:** this is warning that the body is getting too hot. Watch for thirst, giddiness, weakness, lack of coordination, nausea, and profuse sweating. Cold, clammy skin. Body temperature may be normal (98.6 degrees). Pulse is normal or raised slightly. Pupils may contract. Urination decreases and the person may vomit.
- **Heat stroke:** this is life-threatening. Immediate medical attention is required. Death can occur quickly when heat stroke occurs. Body temperature rises above 100 degrees F (some sources say 104 degrees F), and the person may become confused, combative, behave bizarrely, feel faint, stagger. Pulse is rapid. Skin is dry, flushed and may feel hot. Lack of sweating. Breathing may be fast and shallow. Pupils may widen or dilate. Delirium, seizures or convulsions, and coma are possible.

To alleviate symptoms for any heat-related problem and while waiting for medical help:

- Have the person lie down in a cool place.
- Elevate the feet.
- Apply cool, wet cloths or water to the skin, especially the head, groin and armpits which cool quickly.
- Fan by hand or with an electric fan.
- If possible, give small sips of cool water (no salt without a doctor's approval)
- Do not use rubbing alcohol.
- And remember — if you suspect heat stroke, call 911 or summon medical personnel immediately.

Following a heat stress episode, a person will likely feel tired and weak for several days. Continued monitoring is important.

Recognize Signs of Heat Illness

Heat Exhaustion	Heat Stroke
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temperature above 103° Red, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 	<p>Call 9-1-1</p> <p>Take immediate action to cool the person until help arrives</p>

2026 Caregiver Education Series

DASH Center
515 Quincy St. Onalaska

July 16, 1pm—2:30pm
Home Safety

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

Virtual Working Families Caregiver Support Group

First Wednesday of the month
July 1, 6pm-7pm

Do you have family caregiving responsibilities in addition to traditional child rearing? It may surprise you to learn that one in four working-age adults provides care or financial assistance to an older family member, an adult child or other loved one with a disability, or a spouse with a long-term illness.

This Support Group is open to ALL Working Family Caregivers! The focus will be on reducing the stress of working family caregivers who are juggling work, homelife and caregiving. Meet other working family caregivers and share the caregiving journey!

To Register: Call the ADRC of La Crosse at 608-785-5700, or contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org

Family Caregiver Support Group

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

July 9, 1:30pm-2:30pm

Franciscan Spirituality Center

920 Market St. La Crosse

Contact Kristine Meyer at 608-386-0922 with questions.



La Crosse Parks & Rec Senior Excursions

For ages 50+

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

PLEASE NOTE: Excursions below had availability when submitted for print; we cannot guarantee availability at time of publication.

- July 24: Incident at Our Lady of Perpetual Help-Lanesboro
- Aug 5: Guys and Dolls- Chanhassen
- Aug 19: Minnesota Amish Country
- Aug 26: House on the Rock, Arthur's Supper Club
- Sept 9 & 15: Winona Boat Tour and Drugan's Supper Club
- Sept 13: Todd Oliver & Irving the Talking Dog, Heyde Ctr.
- Sept 16: Minnesota Landscape Arboretum
- Sept 20: Mamma Mia, Orpheum Theatre
- Sept 29: St Francis Hermitage and Orchards
- Oct 7: Celebration Belle Autumn Cruise, Prairie du Chien
- Oct 10: Annie- Chanhassen
- Oct 13: Gangster Tour- St Paul

Old Main Cultural Center

20869 S College Ave. Galesville
608-582-4412

6/27 & 7/25: Concerts on the Lawn, 6pm
7/4: Potluck Picnic, 12pm-2pm

Arnold House at East Side Farm

19408 Silver Creek Rd. Galesville
608-865-1047

Open Houses: 2nd & 4th weekends, 10am-2pm
Tours on the hour. \$5

La Crosse Concert Band 96th Season

Riverside Park on Wednesdays at 7:00 PM
7/8: Happy Birthday America
7/15: Magic on the Mississippi
7/22: Nightscapes
7/29: Oh, For the Love of Music

BREWS & TUNES
A COMMUNITY GATHERING

July 10th, 5pm-8pm
Omni Center Onalaska

Local musician/band, a local winery or brewery and food trucks. Enjoy free access to yard, board and card games. Coloring pages, juice boxes and more for the kids to enjoy!

WEBER CENTER
FOR THE PERFORMING ARTS
608-784-9292



www.webercenterarts.org

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

7/29: Glenn Miller Orchestra
8/7: The Music Man Jr.

 **Norskedalen**
Nature & Heritage Center
608-452-3424

Music in the Valley
Weds at 5:30pm
Bring a lawn chair and a picnic.



Viterbo University
Fine Arts Center
929 Jackson St. La Crosse
608-796-3100

- JULY 11: LYLE LOVETT AND HIS SMALL Large BAND
- JULY 18: THAT ARENA ROCK SHOW
- JULY 29: TUSK: THE CLASSIC TRIBUTE TO FLEETWOOD MAC



MISSISSIPPI MELODIES

Tuesdays, 12pm-1pm

Concerts are free and open to the public.
Bring a lawn chair.

Black River Beach Neighborhood Center, La Crosse



Thursdays,
5:30pm-8pm
Riverside Park
Free concert for the whole family.
Food trucks on site.

CONCERTS IN THE PARK- HOLMEN

Sundays from 5pm-7pm
Halfway Creek Park Band Shell (300 W Roberts St.)
Rain location @ Holmen Library
Visit www.holmenwi.gov for complete schedule



Jazz In The Park
July 12, 19 and 26
August 2
Riverside Park at 7pm



608-397-3752
Call to Charge

LA CRESCENT LIVE SUMMER CONCERT SERIES
WEDNESDAYS, JULY 8 & 17, 5:30PM
322 1ST ST. GREEN SPACE BEHIND THE LIBRARY
FOOD & BEVERAGE VENDORS ON SITE.

GREAT RIVER SOUND 2026 SUMMER CONCERT SERIES DASH-PARK, DOWNTOWN

TUES. NIGHTS JUNE-AUGUST
6:30PM-8:30PM
FREE

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**



The Onalaska State Bank was built in 1911 at 201 Main Street, faced with "Mormon Coulee" brick and floors made of yellow pine from somewhere along the Black River. In 1929, the bank was robbed by a La Crosse man, of \$37,000 in today's money. He was soon apprehended but recovery of the loot didn't prevent the bank from going bankrupt like thousands of others during the Depression. From 1937 to 1957 the building served as *Onalaska Post Office*, and then from 1957 to 1966 as a sporting goods store. In 1968 it was the reincarnated *Bank of Onalaska*. After it moved, it was a real estate office (1972-1974), day care (1975); and gift shop (1979-1980). Since 1981 it has been the home of several establishments, such as *Traditions* and *UnWined*.

WHAT'S GOING ON IN THE NEIGHBORHOOD:
Mondays: 6pm Bingo @ Eagles Club 1254, La Crosse
Monday: First Monday, 6pm Bingo @ Valley View Mall food court
Mondays: 1pm Euchre @ Moose Lodge, \$5 register
Tuesdays: 6pm Bingo @ Onalaska American Legion
Tuesdays: 6pm Bingo @ Features West Salem
Wednesdays: Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
Wednesdays: 6pm Bingo @ Features in Holmen
Wednesdays: 6pm Bingo @ Omni Center
Thursdays: 6pm Bingo @ Holmen American Legion
7/3: Downtown Art Walk, 4pm-7pm
7/3 & 7/4: 4th of July Celebration, Melrose Park
7/4: Fireworks Spectacular, 5pm-9:30pm at La Crosse Speedway
7/4: Sparta 4th of July Festival, all day at Memorial Park
7/9-7/11: Country Boom, Maple Grove Venue West Salem
7/11: St Josephs Ridge Celebration, 5pm-9pm Music, food, fireworks
7/10-7/12: Trempealeau Catfish Days
7/11: Youth Fest, 10am-2pm at Pettibone Park
7/11: Driftless Music Festival, 12pm-9:30pm at Eckhart Park Viroqua
7/15-7/19: Trempealeau County Fair, Galesville
7/21: Music in the Park, 6pm-8pm, Barre Park in Drectrah Coulee
7/23-7/25: Deecefest Family Music Festival at Bluebird Campground
7/25: Summer Market, 9am-1pm, 127 Sand Lake Rd. Onalaska
7/25: Sweet Rides & Pies, 10am-3pm, Westby 275+ car show



PROJECT HEALING WATERS



Are you interested in learning a new skill?

Have you tried Fly Fishing?

Project Healing Waters and Tomah VAMC welcome you to join us to learn more about fly fishing. Project Healing Waters is a national non-profit program. The group helps teach fly fishing basics, fly casting, fly tying, and rod building.



Lasting Legends Car Show

Sunday, July 12, from 8AM-3PM

Mormon Coulee Park (N1150 Park Drive W, La Crosse, WI)
 An all-vehicle car show featuring truck displays, door prizes, beer tent, live music, and a 25-trophy presentation.



River City Rhapsody

July 5, 7pm

UWL-Stadium

A night of drum corps featuring 8 amazing drum and bugle corps including La Crosse's Blue Stars

Down Syndrome Association (DSAW) Park Picnic

Saturday, July 11 at 12:30PM

Sparta Aquatic Center (725 Pine St, Sparta, WI)
 A specialized summer gathering for individuals with Down Syndrome, related disabilities, and their families. Lunch and pool admission provided by DSAW



Happy Hour on the Homestead

Friday, July 10 at 5:30PM

Horstmann Homestead Farm
 W3351 Horstman Rd, West Salem

A relaxed, rustic evening out on a historic local family farm featuring live acoustic music, bonfire, casual yard games.

First Thursday each month
 1pm-2:30pm
 La Crosse Vet Center in Onalaska
 -Or-
Fourth Thursday each month
 5:30pm-7pm
 Onalaska American Legion
To register call 608-372-3971 ext 66931.



JULY 15-19
WEST SALEM FAIRGROUNDS
 MIDWAY CARNIVAL, SPEEDWAY RACING,
 LIVESTOCK SHOWS AND EXHIBITS
FREE ADMISSION AND PARKING
WWW.LACROSSEINTERSTATEFAIR.COM

RIVERBOAT SHORE STOPS

Viking Mississippi:
 July 2- 9:30am-5pm
 July 6- 8am-5pm
 August 6- 9:30am-5pm
American Serenade:
 July 5- 8am-11pm
 July 19- 8am-11pm
 August 2- 8am-11pm



FOOD. FAMILY. FUN.
A FAMILY TRADITION SINCE 1983



JULY 1ST - JULY 4TH 2026

Riverside Park, La Crosse
Live music, Food & drink vendors, Arts & crafts, Fireworks

Art Fair on the Green
 — La Crosse, Wisconsin —
68th Annual
AAUW Art Fair on the Green
 JOIN US FOR OUR ANNUAL JURIED ART FAIR FEATURING OVER 80 TALENTED ARTISTS!
Saturday, July 25, 2026
 Viterbo University Courtyard
 10:00am- 5:00pm