



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

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Platteville, WI 53818  
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June Awareness: Healthy Minds and Safe Communities

June is **Brain Health & Dementia Awareness Month**—a time to explore ways to keep your mind active and healthy. Whether it is through movement, connection, or learning something new, small steps can make a big difference in supporting brain health and overall well-being. Turn to page three for a full schedule of local activities and events.

June also includes **World Elder Abuse Awareness Day**. This is a time to come together as a community to promote dignity, safety, and respect for all older adults. Learn more about how we can support each other and stay informed—details about our upcoming event are below. This event will be held on **June 11** at the brand new DASH-Center.

Important Update: Changes to the 85.21 Transportation Program Effective June 1

In December 2024, we (ADRC) announced 2025 changes to the 85.21 Specialized Transportation Program in response to rising costs and ongoing budget challenges. These initial updates included increased rider copays and a yearly cap of 60 one-way non-medical rides per rider for trips provided through Abby Vans. At that time, we also shared our commitment to continue evaluating the program to ensure long-term sustainability. Despite those earlier adjustments, additional changes are necessary to preserve this vital service for the future. The following updates will take effect **June 1, 2025**:

Return to Eligibility Based on Need

The transportation program will no longer be universally available. Moving forward, rides will only be provided to individuals who do not have access to other transportation options. This marks a return to the program's original intent and historical operations, which we had been able to expand in recent years due to available resources. Unfortunately, those resources are no longer sufficient to support broader access.

Set Ride Amounts per Authorization

To help manage costs and support planning, a set number of rides will be identified and included in each authorization, based on individual need. This change will promote more consistent budgeting throughout the year.  
Note: The annual cap of 60 one-way non-medical rides per rider still applies.

Implementation of a No-Show Policy

A formal no-show policy will take effect. Riders who frequently miss scheduled rides without advance notice may face a temporary suspension from the service. This change is intended to improve the efficient use of available rides and respect the time of drivers.

We understand that changes to transportation services can be difficult, and we want to assure you that these decisions were not made lightly.

They are necessary to ensure the program remains available to those who truly need it. If you have any questions or need assistance navigating these updates, please contact the ADRC at **(608) 785-5700**. We are here to help.

Elder Abuse  
Awareness Day  
**EVENT**

DASH-Center Open House

Join us at the *new* DASH-Center for an afternoon of connection and community to help raise awareness and put an end to elder abuse!

**Wednesday, June 11**  
**NEW! DASH-Center**  
**515 Quincy St, Onalaska**  
**2:00 - 6:00 PM**



Activities  
**2:00 - 3:45 PM**

**BINGO!** Sponsored by  
DASH-Center / Onalaska  
Parks & Recreation



**4:00 - 6:00 PM**

**Grumpy Old Men Band**  
Sponsored by the ADRC of  
La Crosse County

- **FREE** admission
- Explore the *brand new* **DASH-Center**
- Connect with local **resources**
- **Ask an expert:** Talk with APS staff to learn more or report a concern
- **Food** will be available for purchase
- Wear **PURPLE** to show your support for World Elder Abuse Awareness Day



**Questions?**  
**785-5700**

**#WEAAD**

**NCEA**  
National Center on Elder Abuse

Congregate Dining Returns to West Salem and Bangor Communities

The ADRC is excited to announce the return of congregate dining at two local libraries! Starting this month, meals will be served before movie screenings at the **West Salem Library** on the **2nd and 4th Thursdays** and the **Bangor Library** on the **3rd Thursday** each month. To reserve a meal, call the ADRC Nutrition Program (608-785-5775) at least 24 hours in advance. A \$4 contribution per meal is encouraged. Home-delivered meals will continue as usual. Join us for good food, connection, and community! See you soon!

Onalaska Nutrition Site Returns Home

The Onalaska Nutrition Site, temporarily housed at the Omni Center, will soon return "home". Starting June 16, meals will be served at the brand-new **DASH-Center**, located at 515 Quincy St, Onalaska. Come check out this beautiful new space—and enjoy good food and great company!



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.

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

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

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

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)

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

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

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



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

Transit Center, 314 Jay St, La Crosse

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

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



MTM Medical Rides

Free medical rides for Medicaid & BadgerCare Plus recipients only, excluding 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](http://www.mtm-inc.net/wisconsin)



The focus of this regional bus transit service is for commuters, elderly and disabled residents, the general public and potential tourism related travel. You pay only **\$5.00 (cash) one way** no matter how far you ride.

Operates **Monday-Friday**, no weekends or holidays.

**Service Routes Cover:** La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.

Please call: **877-444-6543** or visit **[www.ridesmrt.com](http://www.ridesmrt.com)**

RSVP Transportation Program



- Must be 55 + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- Curb – to – Curb Service.
- All drivers are volunteers & use their own vehicles.
- Ride reimbursement is .70/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

Looking for a Summer Activity?

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



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

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

Contribution Designation Form

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

**Please designate my contribution: (if applicable)**

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

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

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

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

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

\_\_\_ ADRC General Support \_\_\_ Elder Benefit Specialist

\_\_\_ Caregiver Support \_\_\_ Health Promotion

\_\_\_ Congregate Dining \_\_\_ Home-delivered Meals

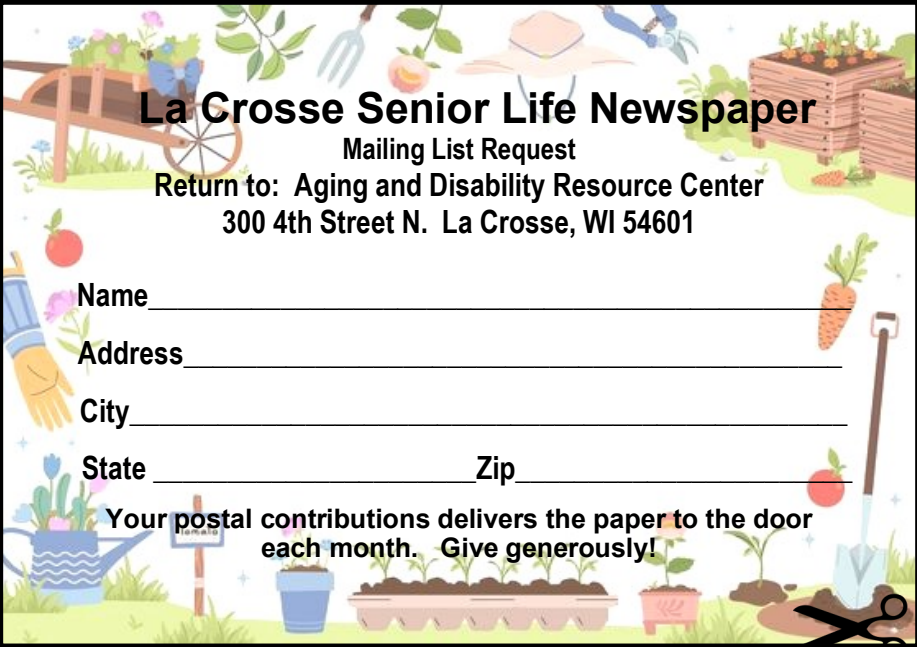
\_\_\_ Dementia Support Services \_\_\_ Senior Life Newsletter

\_\_\_ Disability Benefit Specialist \_\_\_ Transportation Services

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

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

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





**June is Brain Health & Dementia Awareness Month!**

<b>Week of June 2– 6</b> <u>Meal Sites:</u> *Holmen *Onalaska *La Crosse	<b>Brain Health and Dementia Education at the Meal Sites</b> Enjoy nutritious meals while learning valuable tips on keeping your brain healthy, and recognizing the signs of cognitive decline. <b>Registration required the day before for senior meals, call:</b> Southside Neighborhood Center 608-792-6996, Holmen Area Community Center 608-317-8104, and Onalaska 608-317-9870
<b>Thursday, June 5</b> <b>8:30am-12:15pm</b> Holmen Area Community Center 600 N Holmen Dr.	<b>Free Brain Checks!</b> A wellness tool that helps identify possible changes in cognition. Not a diagnostic test, but a tool that allows for conversation and planning. Resources & support are available. Open to the public, but not intended for people with diagnosed dementias. <b>Registration required for a 30-minute appointment. Call 608-785-5700.</b>
<b>Thursday, June 5</b> <b>9:30am Live Session</b> <b>10:30am Education</b> <b>11:30am Live Session</b> Wafer Food Pantry 1603 George St. La Crosse	<b>Dementia Live &amp; Alzheimer’s Research Update</b> Dementia Live® offers a unique inside-out understanding of dementia by immersing participants into what it may be like to live with dementia. Participants gain awareness and valuable tools to improve communication. <b>Register for a 1-hour session online or by calling 608-785-5700.</b>  Education: Alzheimer’s disease is an escalating health crisis, yet significant progress in Alzheimer’s research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn about the latest information.
<b>Wednesday, June 11</b> <b>11:00am-12:30pm</b> Mooney Library Gundersen Hospital 1900 South Ave, La Crosse	<b>Meet &amp; Greet with the Author: Sharon Lukert <i>Until My Memory Fails Me</i></b> "This book is intended to be an affirming guide to enhance a positive approach toward the emotional and spiritual aspects of facing a neurodegenerative disease." Author readings, signings and Q&A. 11:00am – 11:30am and 12:00pm – 12:30pm. <i>No registration, we will see you there!</i>
<b>Saturday, June 14</b> <b>1:30pm-3:00pm</b> The Nature Place 789 Myrick Park, La Crosse	<b><i>Until My Memory Fails Me</i> Book Release Party with the Author Sharon Lukert</b> "This book is intended to be an affirming guide to enhance a positive approach toward the emotional and spiritual aspects of facing a neurodegenerative disease." <a href="http://www.sharonlukert.com">www.sharonlukert.com</a>  <i>No registration, we will see you there!</i>
<b>Monday, June 16</b> <b>9:00am-3:00pm</b> Dahl Family YMCA 1140 Main St, La Crosse	<b>Nourish Your Mind Retreat: Essential Health Practices for your Brain</b> Hear from Dr. Michelle Braun, Ph.D., ABPP-CN, a board-certified neuropsychologist and national leader in brain health, share science-backed strategies for cognitive wellness. Experience a culinary medicine demo including mocktails, presentation on the vitality of aging and functional movement exercise by local professionals. Take-home practical brain-boosting tools.  <b>Registration required. Email:</b> <a href="mailto:kflock@lacrossecounty.org">kflock@lacrossecounty.org</a> <b>Questions:</b> 608-792-3805.  <i>Sponsored by the Women’s Fund of Greater La Crosse. Donations from Grounded Coffee, Hy-Vee, and People’s Co-op.</i>
<b>Wednesday, June 18</b> <b>5:00pm-9:00pm</b> Celebrations on River 2100 Dawson Ave. La Crosse	<b>ENDALZ Fest!</b> The ENDALZ Fest Foundation’s goal is to bring together advocates and supporters to raise awareness and funds in the Coulee Region. Donations used to fund respite resources for Alzheimer's and other Dementias in the Coulee Region and offer caregiver wishes grants. <b>Register Online:</b> <a href="https://endalzfest.com/">https://endalzfest.com/</a>
<b>Friday, June 20</b> <b>9:00am-12:00pm</b> Black River Beach Neighborhood Center 1433 Rose St. La Crosse	<b>Brain Health and Living well with Support and Education Series</b> In person viewing of a live-streamed educational presentation facilitated by Dr. Nathaniel Chin, UW Health memory clinic doctor and medical director of the Alzheimer’s Disease Research Center. Event includes discussion, support, and complimentary refreshments. Presentation by Gordon Giles, PhD. Topic: Performance Based Intervention Approaches that Support Functional Cognition begins 9:30am. <b>Registration required, call 608-785-5700. Funded by the Jack &amp; Kathy Lucey Fund for Alzheimer’s</b>
<b>Monday, June 23</b> <b>4:30pm Walk Kick Off</b> <b>5:30pm WWD Film</b> <b>7:00pm Q&amp;A</b> Weber Center 428 Front St S, La Crosse	<b>The Power of Purple: Featuring a Film &amp; Walk Celebration</b> The documentary Wine, Women and Dementia exposes the isolation, financial stress, physical and emotional toll these family caregivers’ shoulder for their dementia loved ones and themselves. Join prior to screening for the Walk to End Alzheimer’s Kick Off Celebration with complementary appetizers and beverage! <i>Sponsored by Weber Center for the Performing Arts, ViaroHealth, O’Brien Physical Therapy and Wellness</i> <b>Registration required to save your seat at</b> <a href="http://www.webercenterarts.org/event/the-power-of-purple/">www.webercenterarts.org/event/the-power-of-purple/</a>
<b>Thursday, June 26</b> <b>12:30pm-1:30pm</b> Holmen Area Community Center 600 N Holmen Dr.	<b>Awareness and Misperceptions of Hospice Care–Understand the Basics</b> Hospice care focuses on comfort and dignity at the end of life; it involves care and support services that can be of great benefit to people in the later stages of Alzheimer's and other dementias and their families. Join us to learn more about hospice care and opportunity for questions. <i>No registration, we will see you there! Presentation by St. Croix Hospice</i>



## Resources for Affordable Prescription Medicine

Medicine can be a very expensive part of your health care treatment. If your doctor has prescribed a medicine and you cannot afford to pay for it, you may be able to get the medicine for free or for a reduced cost, as there are several assistance programs that may be able to help.

### Private and public health insurance

If you have health insurance, your plan may or may not pay for prescription medicine. It depends on what kind of insurance you have. For example, if you have private health insurance through your employer, some or all of the cost of your medicine may be covered. If you have the traditional Medicare plan or a Medicare Advantage Plan, you'll need Medicare Part D to make sure your medicine is covered.

### Social Security- Extra help for Prescription costs

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income **also may be able** to get Extra Help to pay for the costs—monthly premiums, annual deductibles and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,000 per year. Many people qualify for these important savings and don't even know it. To qualify for Extra Help:

- Your resources/assets must be limited to \$16,100. for an individual or \$32,130. for a married couple living together. Resources/assets include such things as bank accounts, CD's, money markets, IRA's, stocks and bonds. We **do not** count your home, car or any life insurance policy as resources; **and**
- Your annual income must be limited to \$23,475. for an individual or \$28,552. for a married couple living together. Even if your annual income is higher, you still may be able to get some help. You can apply for the Extra Help on-line a [www.ssa.gov](http://www.ssa.gov), or through your local Social Security Office by calling 1-866-770-2345.

### State Pharmaceutical Assistance Programs (SPAP)

**Wisconsin offers Wisconsin SeniorCare: If you are age 65** or over and your monthly income is less than \$2,608.00 single or \$3,525 for a couple, SeniorCare **may** reduce your prescription costs after a deductible and copayments of \$5.00 or \$15.00. SeniorCare costs \$30.00 per year to enroll and is an easy-self application on-line at [www.dhs.wisconsin.gov/seniorcare](http://www.dhs.wisconsin.gov/seniorcare) or by calling SeniorCare at 1-800-657-2038.

### Veteran's Assistance programs

Some Veteran's may be eligible for prescription and health care assistance. Please call your local Veteran's Service office for details. In La Crosse County please call (608) 785-9719

### Patient-assistance programs

Patient-assistance programs (also called PAPs) are sponsored by companies that make prescription medicine. Each company has its own rules about who qualifies for its PAP. In many cases, you will need to show that you don't qualify for private or public health insurance (such as Medicare or Medicaid). You may also need to prove that your income is below a certain level. Each PAP has its own application process. In many cases, your doctor, nurse or social worker will need to apply for you. For some programs, your doctor or nurse can submit an application online. For others, the application must be mailed in. It's important to keep in mind that applying for a PAP does not guarantee that you will get your medicine for free or at a lower price. Talk to your Physician or Physician's nurse about any available programs.

## What's Wrong with Being "Old?"

Many adults of a certain age have feelings when it comes to the drawer labeled "old." We hate that label. We despise that label. We reject that label. And if you doubt that, the proof is in the profits – for anti-wrinkle creams, hair coloring, cosmetic surgery, gym memberships, weight-loss drugs, and of course, Viagra. We will do almost anything to avoid being seen as old. It may be technically correct to say that the word "old" is a neutral term, yet we know that's not true. In a society that equates youthfulness with goodness, vitality, creativity, and (lest we forget) beauty, "old" becomes a pejorative. We become defensive because we want no one to think we are ready for obsolescence. We reject the word because of its implied subtexts – we refuse to consider ourselves decrepit, pitiful, useless, or hanging out in God's waiting room.



**Euphemisms and Slurs-** Perhaps there is a better word to describe our chronological condition. But we've seen plenty of euphemisms come and go. We were "mature." Then we were "senior citizens." The current term of art is "older adults." Admittedly, any one of them is better than the labels slapped on us behind our backs – including "geezer," "old-timer," "crone," "codger," or "garrulous old fart." But euphemisms always wear out their welcome, and they don't solve the underlying problem, which is the attitudes shaped by our youth-hugging culture. Louise Aronson, geriatrician and author of *Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life*, offers the term "elder" as a better all-purpose identifier and "elderhood" as a proper description for our stage of life. She believes elderhood deserves equal billing with childhood and adulthood. But as she admits in a TED talk, the label is not the problem. "No one likes any of the names for old," she says. "The problem is with how we think about old age. We refuse to approach it with the same enthusiasm, creativity, and sense of possibility that we routinely apply to childhood and adulthood." In other words, we didn't start this fire, but we have to take some responsibility for dealing with it. If we intend to be proactive, we have two choices. The first is to change the ageist culture we live in that makes "old" a label we instinctively recoil from. A surprising number of groups and individuals are trying to do just that, but we are talking about the kind of change that takes decades, if not centuries. The second choice is to shift our own attitude toward being old. And by that, I mean to embrace it.

**Positive Points-** Being old has its positive points. "There is so much more to elderhood than the few years of frailty that commonly precede death," says Aronson. "With elderhood comes resolution of some of the greatest pitfalls and problems of adulthood." The whole span of our elderhood stage, from the traditional retirement age of 65 to the farthest reaches of our life expectancy, could stretch 25 to 30 years or even longer. "We will spend more years in elderhood than we did in childhood," Aronson notes. "We have more years to enjoy life and contribute to the world – if the world will let us." "Life has fewer options," she admits, "and for most of us that turns out to be a good thing." Aware that the clock is ticking, and armed with greater self-knowledge, decisions become clearer and surer, she says. "We think about those lost roles and functions as a negative," but they also are "opportunities to try out new experiences, activities, pastimes, and types of work." Stop denying age, she advises. Acknowledge its challenges but also recognize its opportunities.

We don't need to embrace another euphemism to avoid admitting aloud that we are, in fact, old. Aging happens to everyone, you know. It's natural. We can deny the inevitable, or we can accept it, wear it with pride, relish it, and seize the chances it affords us.

Source: Badgeraginglist.com

### Black River Beach Neighborhood Center

1433 Rose Street, La Crosse

Most programs require registration: 608-789-8640

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; no class June 16 & 19. Register.

**Mississippi Melodies** - Outdoor Concerts: Tuesdays, June-September, 12pm-1pm. Canceled by 10am for rain. Free.

**Mah Jongg Club:** Tuesdays, 12pm-3:30pm; \$2/session.

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

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

**Expressive Dance:** No class in June; next class July 12. Register by Wednesday prior.

**Parkinson’s Disease Support Group:** Monday, June 2, 5pm-6:30pm. CALL STAR CENTER TO REGISTER: 608.797.6295.

**International Folk Dance:** Wednesday, June 4 & Saturday, June 21, 7pm-9:30pm. Register. \$2/session.

**Embrace** (for those with dementia & care partners): Wednesdays, June 11 & 25, 12:30pm-2pm.

**Medicare 101**-Understanding the ABCs of Medicare: Wed, June 25, 10am OR 6pm. Register by Friday prior. Free.

**Monthly Card Creations:** Wednesday, June 25, 2pm-7pm. Register by Friday prior.

### South Side Neighborhood Center

1300 6<sup>th</sup> Street, La Crosse

Most programs require registration: 608-789-8298

[www.cityoflacrosse.org/parks](http://www.cityoflacrosse.org/parks)

**Staying Active Together:** On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am; no class June 16 & 19. Register.

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

**Coping Skills:** Fridays, June 6 & 20, 10am-11:30am. Register by 1 day prior. Free

**Wise Wednesdays:** Wednesday, June 4 & 18, 10:30am-12pm. Register. Free

**Bingo:** Wednesdays, June 4 & 18, 12:30pm-1:30pm. Register by 1 day prior. Free

**Before the After:** Friday, June 6, 10am-12pm. Register by 1 day prior. Free

**Shuffle Together** (cards): Fridays, June 13 & 27, 2pm-3:30pm. Register. Free

**La Crosse Area Parkinson’s Social Night:** Wednesday, June 18, 5:30pm-7pm. (CALL STAR CENTER IF QUESTIONS: 608.797.6295)

**Senior Meal Site:** Lunch served 11:30am, M-F.

Call 608-792-6996 by noon the day prior to reserve a meal.

Suggested donation \$4.50

### HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122

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

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

**Wednesday for Lunch:** 3rd Wed. of the month, 11am-12:30pm. Free for 55+ yr olds. (pasta & meatballs)

**Senior Water Aerobics:** Northside Pool  
Tuesdays & Thursdays at 11am. Contact HJO to join.

### ONALASKA PARK & REC EVENTS

255 Riders Club Rd.

608-781-9566 Omni, 608-781-9560 Park & Rec Dept

**Mah Jongg:** Wednesday’s, 1pm-4pm

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

**Zumba:** May 5-June 25 on Mondays & Wednesdays

**Great River Sound at Dash Park:** Tuesdays at 6:30pm

**Aquatic Center**– Opens June 7th

**Celebrate Onalaska**– June 28th at Van Riper Park

**Ball-A-Palooza**– July 23, Jimmy Olson baseball fields

### OMNI CENTER EVENTS

**Bingo:** Wednesdays at 6pm

2nd Friday of the Month: **Brews & Tunes**, 5pm-8pm

6/14-6/15: **Rock & Gem Show**

### 2025 RIVERBOAT SHORE STOPS



6/15: American Melody, 8am-11pm

7/3: Viking Mississippi, 9:30am-5pm

7/6: American Serenade, 6am-11pm

7/7: Viking Mississippi, 8am-5pm

7/20: American Serenade, 8am-11pm

At Riverside Park

Visit [explorelacrosse.com](http://explorelacrosse.com)



600 N Holmen Dr.

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

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

\*Registration required for some programs.

**Indoor Walking:** Monday - Friday: 7am-9:30am (Hours may vary)

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

**Fun with Watercolor:** Mondays at 9am–10:30am (Social, fun and open to all levels of artists)

**Chair Yoga:** Mondays at 9:15am and Friday, June 6 & 20 at 9:15am

**SimpleSteps Tech Help:** Mondays, June 2 & 16 10:30am-12pm

**Line Dancing Video:** Mondays & Wednesdays 12:30pm–1:30pm from June 2-18

**Line Dancing Lessons** with Instructor: Mondays & Wednesdays, 12:15pm–1:15pm (June 23, 25, 30)

**Mah Jongg Club:** Mondays at 1pm

**Holmen Area Historical Society:** Monday, June 2 at 6pm “Movie Night at Holmen Public Library”

**Cardio & Strength Fitness:** Tuesdays & Thursdays at 10am

**La Crosse County Veterans Service Hours:** June 5, 12:30pm-4pm

**Hearing Evaluations:** June 3 at 9:30am–11:30am (by appointment)

**Hearing Instrument Checks:** June 17 at 9:30am–11:30am (by appointment)

**Conversation, Coloring & Calmness:** June 3, 10, 17 & 24 at 1pm

**Community Crafts with Pam & Jackie:** Tuesday, June 2 at 1pm

Craft: Seascapes

**Caregiving 101:** Tuesday, June 3, 1pm–2:30pm (Monthly education and support series for family caregivers)

**Euchre Tournament:** 1st & 3rd Tuesdays at 6pm

**Diamond Art:** Wednesdays at 9am

**Bingo:** Wednesdays & Fridays at 12:30pm

**Spring Rolls with Tan Pham:** June 11 at 1:30pm (registration required)

**“A Joyful Life” Monthly Group for Women:** June 4, 2pm–3pm

**Cozy Readers Book Club:** June 18, 2pm–3pm

**Medicare 101:** Wednesday, June 18 at 10:30am

**Moving with Moments Fitness:** Thursdays, June 5, 12 & 19 at 1pm

**Fun & Games:** Thursdays 1pm–4pm (Learn new card and board games!)

**Crafternoon Social – Knit & Crochet:** Thursday June 5 & 19 at 1pm

**Brain Checks:** Thursday, June 5, 8:30am–12:15pm (Contact ADRC to sign up at 608-785-5700)

**Navigating Together – Support for Caregivers:** June 19 at 1pm

**Understanding Hospice:** Thursday, June 26 at 12:30pm

**AA Meetings:** Thursday’s, 6pm–7pm

**Gentle Yoga for Beginners:** Friday, June 6 & 20 at 8 am

**Good Morning Holmen!** Friday, June 20, 9am–10am “Cheez Land Uke Band”



### CHEESE FEST

Saturday, June 21

Holmen Area Community Center

Mac & Cheese contest, arts & crafts, beverage garden, live music, games, and auction.





**Holmen Catholic Church** 9am-11am 1st Tuesday  
**Forest Park Apartments** 9am-11am 1st Wednesday  
**Salzer Square Apts.** 9am-10am 1st Thursday  
**Coach Lite Mobile Home** 11am-12pm 1st Thursday  
**Onalaska Legion (lot)** 9am-10am 1st Friday  
**Anytime Fitness West Salem** 10:45am-11:45am 1st Friday  
**Becker Plaza Apts.** 9am-11am 2nd Tuesday  
**Solberg Heights Apts.** 9am-11am 2nd Wednesday  
**Huber Court Neighborhood** 10:30am-11:30am 2nd Thursday  
**Carroll Heights,** back lot 12:15pm-1:15pm 2nd Thursday  
**River Crest Village Mobile Home** 1:30pm-2:30pm 2nd Thursday  
**Stokke Tower Apts.** 9am-11am 3rd Tuesday  
**Sauber Manor Apts.** 9am-11am 3rd Wednesday  
**Ping Manor Apts.** 9am-11am 3rd Thursday  
**Stoffel Court Apts.** 9am-11am 4th Tuesday  
**Pinedale Apts.** Onalaska 9am-10am 4th Wednesday  
**Greendale Apts.** Onalaska 10:15am-11:15am 4th Wednesday  
**Schu-Mullen Neighborhood** 10:30am-12:00pm 4th Thursday  
**Christopherson Apts.** 9am-10am 4th Thursday

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

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

**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 a **\$25.00** voucher to purchase fresh grown fruits & vegetables from local participating Farmers Markets. This year, vouchers will be distributed at various locations (see below) and at the ADRC. Individuals may call the ADRC at **608-785-5775** 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 \$2,413 if single or \$3,261 for couples.

Because there are a limited number of vouchers, the program is first come first serve and processed in the order received. Please be advised there may be a wait at time of distribution. If requested by phone and form is received and completed, vouchers will be mailed after June 1st, or within two weeks of paperwork completion. Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf. **ONLY ONE SET OF VOUCHER (\$25) PER PERSON.**

**DISTRIBUTION LOCATIONS & DATES**

Stokke Tower—421 6th Street South La Crosse	Monday, June 2	10:30 am-11:30 am
Onalaska Meal Site 515 Quincy Street	Tuesday, June 3	10:30 am-11:30 am
South Side Neighborhood Center1300 6th St. S	Wednesday, June 4	10:30 am-11:30 am
Hazel Brown Library 201 Neshonic Rd, West Salem	Thursday, June 5	2:00 pm-3:00 pm
Holmen Meal Site 600 Holmen St N	Friday, June 6	11:00 am-12:00 pm
Forest Park—1230 Badger Street, La Crosse	Monday, June 9	10:30am-11:30am
Onalaska Public Library—741 Oak Ave S	Tuesday, June 10	10:30am-12pm
Sauber Manor—1025 Liberty Street, La Crosse	Wednesday, June 11	10:30 am-11:30 am
Holmen Public Library 121 Legion St. W	Thursday, June 12	10:30 am-12:00 pm
La Crosse Public Library 800 Main St	Wednesday, June 18	10:30 am-12:30 pm
John Bosshard Library– 1720 Henry Johns Blvd. Bangor	Thursday, June 19	2:00 pm–3:00 pm
Aging and Disability Resource Center (ADRC) La Crosse 300 North 4th Street	Daily Beginning Monday, June 2	8:00 am–4:00 pm

**Make Healthy Swaps**

Summer is ripe with picnics, parades, and vacations that are often filled with sweets, carbs, and lots of eating out. A few healthy swaps can go a long way towards improving your nutrition:

- ▶ Swap ice cream for low-fat yogurt in your favorite shakes and smoothies and add spoonful of nut butters for that extra punch of protein
- ▶ Swap refined white sugar for natural alternatives like honey, maple syrup, or dates in your baked goods
- ▶ Swap high-fructose juices and lemonades for cool glasses of water infused with refreshing flavors like lemon, cucumber, or lavender
- ▶ Swap processed salad dressings for olive oil, balsamic vinegar, and lemon juice
- ▶ Swap butter on your toast for fresh avocado (add sliced tomato)

**JUNE 10**  
**5pm-6pm**  
**Onalaska**  
**Methodist Church**  
**212 4th Ave N.**



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

**Ruby's**  
**PANTRY**

3rd Wednesday of the month  
**June 18th**  
**4:30pm—6pm**  
Journey Lutheran Church  
2703 Sand Lake Rd. Onalaska

Everyone is welcome to attend! You will receive an abundance of grocery items. No income or residency requirements.  
**\$25 Cash Donation is required.**     [www.rubyspantry.org](http://www.rubyspantry.org)

**Shop from Local Farmers & Markets!**

**Onalaska-** Sundays, May 18th - Sunday Oct 26th  
8am-1pm. 2906 Market Pl, (Ashley Furniture Parking Lot).

**The Burns Park Market–** Fridays from May 2nd-October 24th, 3:30pm-6:30pm. 7 01 Main St. La Crosse  
WIC Checks and EBT accepted.

**Hmoob Cultural & Community Center–** Thursdays from end of June-October, 8am-3pm. 1815 Ward Ave. La Crosse

**Crowley Market-**Every other Saturday in Crowley Park  
2100 Campbell Rd, La Crosse from June 14th-October 18th, 9am-12pm.

**Holmen Market** -Wednesdays, 3pm-6pm Holmen Legion  
419 1st Ave. W. From June 4 - September 24.


**West Salem-**Wednesdays, 3pm-6pm at Jefferson & Mill St lot.  
From June-October.

**La Crescent-**Tuesdays, 4pm-7pm at La Crescent Events Center lot. From May-September.




**Market on Market**  
**2102 Market St. La Crosse**  
**June 8, July 13, Aug. 10, 11am-2pm**  
Monthly market with live music & vendors  
Hosted by Beer By Bike Brigade

**I TOLD MY FRIEND I WAS GOING TO THE FARMERS MARKET TO BUY SOME HERBS. HE SAID, “THYME WELL SPENT!”**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joes on a bun 2 Potato wedges Peas Peaches	Rosemary pork loin 3 Mashed potatoes & gravy California blend vegetables Banana cake 	Ham balls 4 Scalloped potatoes Squash, Rye bread Strawberry fruit fluff	Salisbury steak 5 Mashed potatoes & gravy Carrots Fruited Jello	Spaghetti 6 Asparagus Fruit, Garlic breadstick Black bean brownie
Hearty vegetable soup 9 Bologna salad sandwich Broccoli raisin salad Fruit salad, Crackers	Pepper & tomato steak 10 Garlic mashed potatoes Peas & carrots Ice cream	Baked 1/4 chicken 11 Baked beans Spinach salad Pumpkin bar	Cabbage roll casserole 12 Mixed vegetables Fresh fruit	Chef salad 13 Sliced peaches Blueberry muffin Fruit pie, Breadstick
Hamburger on a bun 16 Oven browned potatoes Peas & carrots Banana	Brat on a bun 17 Potato salad Baked beans Sauerkraut & onions	Meatloaf & gravy 18 Mashed potatoes Asparagus Peaches	Grilled chicken breast 19 Twice baked potato Broccoli Fresh fruit, Sugar cookie	Lasagna 20 Romaine salad Pears Pudding, Garlic toast
Beef stroganoff 23 Buttered noodles Peas & carrots Applesauce, Juice	Baked fish 24 Sweet potato Coleslaw Applesauce spice cake	Taco salad 25 Sliced peaches Fruit pie Corn chips, sour cream	Turkey & gravy 26 Mashed potatoes Squash Melon salad, cranberries	Chicken, rice casserole 27 Green & gold beans Tropical fruit salad Banana bread
Meatballs & gravy 30 Mashed potatoes Broccoli Pears				*All meals include milk or juice & bread. *Substitutions may occur.


STRAWBERRY ICEBOX CAKE

2 (16 ounce) packages cream cheese, softened  
1 cup powdered sugar  
1 tablespoon grated lemon zest  
2 tablespoons lemon juice  
2 teaspoons vanilla extract  
3 (8 ounce) containers frozen whipped topping (such as Cool Whip®), thawed  
1 (14.4 ounce) box graham crackers  
2 pounds fresh strawberries, sliced 1/4-inch thick



Beat cream cheese with a mixer until smooth, about 2 minutes. Add powdered sugar, lemon zest, lemon juice, and vanilla; beat about 1 minute. Gently hand fold in whipped topping. Spread 1/2 cup cream cheese mixture in bottom of a 13x9-inch pan. Top with about 8 graham cracker sheets in an even layer. Top graham crackers with 3 cups cream cheese mixture. Top with 2 1/2 cups of the strawberry slices, covering as much of cream cheese mixture as possible. Repeat layers once; top with remaining graham crackers, cream cheese mixture, and strawberries. Cover with plastic wrap, and chill in refrigerator until fully set, at least 4 hours or up to 12 hours. Serves 12.

TIP: Produce that keeps best at room temperature needs air circulation. Plastic bags equal premature spoilage. Even if the bananas, potatoes, or onions you bought came in a perforated plastic bag, they'll last longer if you take them out and let them breathe.



Do you qualify for the Home Delivered Meal Program through the ADRC of La Crosse?

Meals are delivered Monday through Friday from various sites located in La Crosse County.

In order to qualify for this program, you must meet all criteria:

☐ Be 60 years of age or the spouse of that person

☐ Be homebound--you don't get out under normal circumstances

☐ Be unable to prepare your own meals or get groceries

☐ Be home when your meal is delivered & within our delivery area

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


If you do not qualify for the home delivered meal program, you may have the option for the in-person dining program. Meals for those age 60 and over are paid for on a donation basis with \$4.50 being the suggested donation for in-person and home delivered \$5.

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

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

EASY TACO CASSEROLE


6 cups corn tortilla chips  
2 cups vegetarian chili with beans  
1 cup shredded Cheddar cheese  
2 cups shredded lettuce  
2 roma (plum) tomatoes, chopped  
1/2 cup salsa  
1/4 cup sour cream



Preheat the oven to 350 degrees F. Place chips in the bottom of a 9x9-inch baking dish. Pour chili straight from the can over chips. Sprinkle shredded cheese over top. Bake for 20 to 25 minutes until chili is bubbling and cheese is melted. Top with lettuce, tomato, sour cream, and salsa in the pan, or after serving if people are picky.

CRISPY CHICKEN SCHNITZEL

1 large eggs  
1 tablespoons honey  
1 1/2 tablespoons Dijon mustard  
1 tablespoons soy sauce  
1/2 tablespoon crushed garlic  
1 1/2 cups bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
vegetable oil for frying  
6 boneless chicken breast halves, pounded very thin  
1 lemon, cut into wedges



Whisk eggs, honey, Dijon mustard, soy sauce, and garlic together in a bowl. Mix breadcrumbs, salt, and pepper together in a shallow bowl. Heat 1/2 to 1 inch of vegetable oil in a heavy skillet to 350 degrees F. Put chicken slices in the egg mixture and knead until fully coated. Press chicken in the breadcrumbs until evenly coated. Place chicken in the hot oil using tongs and cook until no longer pink in the center and browned on the outside, 3 to 4 minutes per side. Drain on paper towels and serve with lemon wedges.

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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



**La Crosse Main Library**  
**800 Main Street | 608-789-7100**  
**[programteam@lacrosselibrary.org](mailto:programteam@lacrosselibrary.org)**



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

**Chair Yoga:** Thursday's at 10am in Main Hall  
**Qigong:** June 7 at 10am in Auditorium  
**Friends of the Library Book Sale:** Mondays, 9am-12pm  
**Eco Makers:** crafting on Monday's, 3pm-5pm at the North Library  
**Chapters Discussion:** June 11 at 1pm and June 14 at 10am  
**Adult Gaming Lounge:** June 18, 5pm-6:30pm. Board & video games  
**Footsteps of La Crosse:** June 2-Prairie Style in La Crosse, June 9-Caledonia Street, June 16-Downtown La Crosse. Tours are free.  
**FSC Creation Space Launch:** June 3, 3pm-7pm. While the Library's Creation Space is undergoing renovations the Franciscan Spirituality Center will open its doors of Clare Art Room. Open daily and free for all creative projects.  
**A Game of Values:** What Matters Most to You at the End of Life Sunday, July 1 at 2:30pm

**Summer Book Bingo** begins June 2! Pick up a bingo card at any location and get a free book from the book sale.  
**Bangor** movie on June 19 at 2:30pm and 6pm.  
**Bangor** "Cupcakes & Canvas" on June 26 at 6:30pm. Registration and \$15 fee required.  
**Campbell** Book Club meets second Tuesday of the month at 6pm.  
**Holmen** movie on June 9 at 5 pm.  
**Holmen** "Yoga on the Library Lawn" on June 3, 10, & 17 from 6:30am to 7:15am. Registration required.  
**Holmen** "Drop-in Tech Help" on June 19 from 11am-12pm and 4:30pm-5:30pm.  
**Onalaska** "Home Brewing with LAGERS" on June 12 at 6pm. Registration recommended.  
**Onalaska** "Author Talk: Jennifer Chiaverini" on June 16 at 6pm.  
**Onalaska** "Sensory Story Time" for adults with disabilities Mondays at 1:45pm.  
**Onalaska** Book Club meets the third Thursday of the month at 1:15pm.  
**West Salem** movies on June 12 and 26 at 2:15pm.  
**West Salem** Afternoon Book Club meets second Wednesday of the month at 1:30pm.

**Myrick Park Center/ The Nature Place**

789 Myrick Park Dr, La Crosse 608-860-6864  
[www.natureplacelacrosse.org](http://www.natureplacelacrosse.org)

Mon-Wed 10am-6pm; Thur-Fri 8am-4pm; Sat 9am-12pm

June 4: **Enviro-Wednesday**, 7pm,  
June 7: Nature Saturday, 9:30am-11am  
June 8: **Summer Kick Off**, 3pm-5pm  
June 12: **Forest Bathing Walk**, 5:30pm-7:30pm  
Register at 608-789-7100  
June 18: **Free Bird Program**, 7pm  
June 14: **Driftless BioBlitz**, 10am at Sand Prairie Onalaska  
**Myrick Park Arboretum**  
Grand Opening  
Monday, June 16 from 10am-1:30pm

**Family Caregiver Support Group**

June 12, July 10, August 14, (2nd Thursday each month)  
1:30pm -2:30 pm

Franciscan Spirituality Center 920 Market St. La Crosse  
Free to attend; no advance registration required.

This new in person support group is open to ALL family caregivers. The focus will be on reducing the stress of family caregivers, rather than on a specific diagnosis. Meet other family caregivers and share the journey!

For more information, please contact Kristine Meyer at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org).

**Senior Social Hour**

La Crescent Public Library  
321 Main Street  
La Crescent, MN

Looking to meet new faces,  
read the paper, chat and relax?  
Join Us!  
Tuesdays 8am - 9:30am



**RIVER CITY WATER SKI SHOW TEAM**

**STARTING WED., JUNE 18 & 25 AT 7PM**

**AT AIRPORT BEACH LA CROSSE.**

**JULY 4 & 5 AT RIVERSIDE PARK**

**BRING A LAWN CHAIR AND ENJOY THE FREE SHOW**

**LA CROSSE  
JUNETEENTH  
CELEBRATION**



**Saturday, June 21st 2025  
Riverside Park  
12:00pm- 7:00pm**



100 State St  
La Crosse, WI 54603  
For more information  
email [Laxjuneteenth@gmail.com](mailto:Laxjuneteenth@gmail.com)  
or call 608-881-6418



**Senior Citizen Social**

9am-11am  
1st & 3rd Thursdays  
Pizza Ranch 3130 Chestnut Pl.  
La Crosse



**Meet new friends!**  
**A free gathering with coffee, treats and games.**

*Summer Market*

JUNE 7TH 9AM - 2PM  
at Old Town Center in Holmen  
Vendors, Food & Live Music

**Blood Drives for JUNE**

6/2: Coon Valley Lutheran Church, 1pm-6pm  
6/4: La Crosse State Office Bldg, 8am-12:30pm  
6/6: Moose Lodge, 11am-3:30pm  
6/12: Radisson La Crosse, 12pm-5pm  
6/12: Festival Foods Support Center, 9am-2pm  
6/13: Valley View Mall, 11am-4pm  
6/13: St. Paul's Church Onalaska, 11am-4pm  
6/17: Allergy Associates, 9am-1:30pm  
6/18 & 6/19: La Crosse County Human Services, 9:30pm-2:30pm  
6/25: Bangor High School, 12pm-5:30pm  
6/26: St. Patrick's Church Onalaska, 1pm-6pm  
6/27: First Free Church Onalaska, 9am-1:30pm  
6/30: Blessed Sacrament Church La Crosse, 11am-4pm



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

**The La Crosse Retired Educators Association**

The next luncheon is on **June 5th** at Cedar Creek Country Club, Onalaska  
Enjoy music by *Under Paris Skies*.  
A reservation must be made by emailing [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com) by May 28th. Cost \$15  
Next meeting will resume in September.

**Free Admission Pool Days at La Crosse Pools**

**June 7– Pools Open**  
**June 15– Fathers Day**, All fathers free  
**July 4- Military Appreciation Day**, Any military personnel, active or retired, and their family  
**August 17- Customer Appreciation Day**, Everyone free






### Free Brain Checks

A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, rather, a tool that allows for conversation and planning. Just like blood pressure, cancer, or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Open to the public. This is not intended for people with diagnosed dementias.

**June 5 & July 15 at Holmen Area Community Center**

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



### Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers.

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

Onalaska American Legion 731 Sand Lake Rd.

Zoom option available.

Contact Jeannie Nylander Phone: 608-781-3361

Email: [mjnylander@icloud.com](mailto:mjnylander@icloud.com) or

Britney Hodson at [britney.hodson@gmail.com](mailto:britney.hodson@gmail.com)

### Celebrate the Prairies of the Driftless

**Friday, June 20 to Sunday, June 22**




Join our first big summer event hosted by the Coulee Region Chapter. On Friday evening, there will be an optional social gathering. Saturday includes prairie hikes and workshops. Connect with fellow Prairie Enthusiasts for dinner and a presentation at the Concordia Ballroom in La Crosse Saturday evening. Continue exploring local prairies in La Crosse on Sunday. Multiple registration options are available to suit your interests. This event is open to and appropriate for both long-time Prairie Enthusiasts and those who are completely new to the field. It is family-friendly, and no prior knowledge is required.

<https://theprairieenthusiasts.org/summer-events/>  
[info@theprairieenthusiasts.org](mailto:info@theprairieenthusiasts.org) / (608) 676-0985

### North American Squirrel Association

**Outdoor Fun For Seniors and the Physically Challenged**



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

Pontoon Rentals available for June- August only

- **Reservations now open and reserved 30 days in advance**
- Mon. - Fri only, no weekends
- First rental at 8 am ... Last rental ends at 5pm
- Pontoon Rental limited to 1-2 hours
- The boat will only hold 9 passengers plus our captain. We can hold up to two wheelchairs at one time.


To sign up for a pontoon cruise visit: [www.nasasquirrel.org](http://www.nasasquirrel.org)

### Healthy Living with Diabetes Workshop

**July 9 - August 13 from 2pm-4:30pm. Cost is \$30.**

**This will be held at the Holmen Community Center**

Call Emplify Health at 608-775-6870 for more information or to register.





### FitLot

**Mondays & Wednesdays**

**11am-12pm**

**All Abilities Trane Park**

**Free/Ages 18+/Register at 608-789-7533**



### Gardening With Arthritis: Tips for Preventing Joint Pain

by [arthritis.org](http://arthritis.org)

With a few adaptations, you can reap the benefits of gardening with less arthritis joint pain. Gardening can be a healthy hobby, especially when living with arthritis — providing both physical and mental health benefits. To continue gardening with arthritis, all you need is a little planning and creativity to reduce the risk of joint pain and injury.

A few shortcuts and adaptations can make gardening possible for anyone, says Heidi Sibert, a landscape architect at James Martin Associates in Chicago. Sibert, who has psoriatic arthritis, is a passionate proponent of a horticultural approach called enabling gardens. Enabling gardens, which are used by many doctors as a form of physical, mental and social therapy, are specifically designed to be accessible to people with specific needs and limitations. The key to gardening with arthritis is to keep your garden within easy reach.

With just a few adjustments or modifications, you can garden on any scale and indulge your preference for flowers, vegetables or landscaping plants. Start by identifying any potential limitations and finding a way around each one — modify gardening tasks as needed. Here are a few ideas to get you started.

#### Take Your Garden to a Higher Level

If you find it difficult to bend or stoop to work in your garden, bring the garden closer to you! Try a flower box or raised flowerbed to eliminate stooping. Raised beds, containers or planting tables can reduce the stress on your knees when you're digging, planting, weeding and watering.

Raised beds can be made permanent, held up by wood, brick or stone walls that will stay in place long-term. Consider hiring someone to help with the initial installation; once in place, the garden is yours to plant and enjoy.

For a more temporary or portable solution, you can grow your garden in pots or other containers. Container gardens are especially great for apartments and small yards. For plants that you plan to move, save your joints by using lightweight Styrofoam or plastic pots. If they're big, fill them 1/3 full with Styrofoam peanuts, which will help with drainage and reduce their weight.

#### Use Joint-Friendly Tools

Long-handled tools that allow you to stand, not stoop, and easy-to-grip hand tools are all gardeners' friends. You can add attachments that lengthen tool handles to gain leverage.

Buy a kneeling pad or even a scooter wagon you can sit on while weeding. This will limit stooping and bending but be sure to stand up and stretch out from time to time. With other joint-friendly tools, you can enjoy gardening with less pain.

A wagon or yard cart with two wheels may be easier to maneuver than a wheelbarrow (with one wheel) when moving garden supplies and debris.

#### Practice Correct Posture

Let your larger/stronger joints do the work when possible. Instead of using your fingers to lift an object, try using the flat palm of your hand, your forearms or even your elbows. Practice good lifting posture — bending at the knees — when lifting keep items close to your body as you lift and carry them. Stand or sit up straight while you work and change positions often.

#### Take Frequent Breaks

When you're gardening, arthritis pain can build if you don't rest your joints properly. Stop and smell the roses and have a glass of lemonade. Well-earned, frequent breaks allow you to appreciate your garden's beauty, plan your next tasks and get more done before fatigue begins. Doing so will help you maximize both the physical and mental health benefits of gardening.

The “Parallel Activity” Method That’s Transforming Caregiver-Client Relationships

By Scott Grant, Certified Senior Advisor®, SHSS®

Caregiving feels like a constant struggle? The parallel activity method shifts you from “doing for” to “doing with,” turning resistance into connection—and helping you rediscover joy in the journey.

If you’ve ever tried to help someone with dementia takes a shower, only to face adamant refusal, you’re not alone. Or perhaps you’ve offered assistance with a meal, only to be met with frustration or withdrawal. These moments can leave even the most dedicated caregiver feeling defeated.

What if there was a simple approach that could transform these interactions completely? Most caregivers instinctively use a “directive” approach—telling clients what to do or doing things for them. But this creates an unbalanced power dynamic that no adult welcomes, regardless of their care needs. In fact, it’s often the root cause of the resistance we experience.

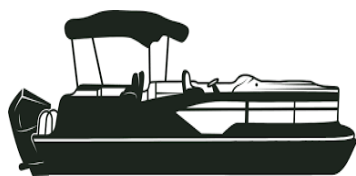
There’s a better way—a method that’s quietly revolutionizing caregiving relationships across the country. It’s called the “parallel activity” approach, and it could change everything about how you connect with those in your care. The parallel activity approach creates natural moments of connection and dignity by shifting from “doing for” to “doing with.”

What Is the “Parallel Activity” Method?

The parallel activity method is disarmingly simple yet profoundly effective: instead of directing someone through an activity or doing it for them, you do it alongside them. Think about it—which would you prefer: having someone instruct you on how to fold towels (as if you’d never done it before), or sitting together folding towels while chatting about your day?

The difference seems subtle, but the impact is dramatic. When we shift from face-to-face direction to side-by-side engagement, we transform the entire relationship dynamic. Suddenly, we’re companions on a journey rather than authority figures issuing commands.

*“Most people don’t realize how much dignity is lost in traditional caregiving approaches,” you might find yourself saying after trying this method. “When I started working beside my clients instead of directing them, everything changed.”* Side-by-side engagement preserves dignity and reduces resistance compared to face-to-face direction.  
*This article will be continued next month!*



Upcoming Caregiver Events



CAREGIVER PONTOON RIDES

The ADRC of La Crosse County and the North American Squirrel Association (NASA) are sponsoring free pontoon cruises for caregivers and care recipients!

Spend a couple of hours cruising Lake Onalaska in a pontoon captained by NASA volunteers. The pontoon is wheelchair accessible and offers shade from the Bimini cover. The cruises are limited to 9 passengers (less if there are people who use wheelchairs). Please call the ADRC of La Crosse County to reserve your spot. If you would like to go on more than one cruise, please choose your preferred date and we will put you on a waiting list for the other cruises. **Call 608-785-5700 to register!**

June 11- 1 PM to 3 PM  
June 27- 10 AM to 12 noon  
July 9- 10 AM to 12 noon

July 25- 1 PM to 3 PM  
August 5- 10 AM to 12 noon  
August 29- 2 PM to 4 PM

Caregiver Education: How to Hire Caregivers for Your Home

The fourth educational opportunity will provide information on where to find volunteer and paid providers to come into your home to provide caretaking services. Other topics include background checks, interview question ideas, and creating a task list for the provider. Additionally, we will talk about funding options to assist in paying for services.

Tuesday, June 3, 2025, 1 PM - 2:30 PM This is a **FREE** event!

Holmen Area Community Center 800 N. Holmen Dr. Holmen, WI 54636  
Registration deadline: May 27, 2025  
Questions and registration through the ADRC of La Crosse County at 608-785-5700 /[adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

Family Caregiver Support Group

This Support Group is open to ALL Family Caregivers! The focus will be on reducing the stress of family caregivers, rather than a specific diagnosis. Come and meet other family caregivers and share the caregiving journey!

Thursday, June 12, 1:30 PM - 2:30 PM

LOCATION: Franciscan Spirituality Center 920 Market St. La Crosse, WI 54501

**Any questions? Contact Kristine Meyer at 608-386-0922 or [kmeyer@lacrossecounty.org](mailto:kmeyer@lacrossecounty.org)**





**La Crosse Parks & Rec  
Senior Excursions**

For ages 50+

Call 608-789-8640 or 608-789-8298 to register.  
PLEASE NOTE: Excursions below had availability when submitted for print; we cannot guarantee availability at time of publication.

**June 20:** Church Ladies-The Last Potluck Supper at the Fireside  
**June 25:** Veterans Museum, State Capitol, Babcock Dairy  
**July 16:** Taffy, Ducks & Relish Trays in Wisconsin Dells  
**July 24:** Circus Juventas-Lumiere! Acrobatic Show, St. Paul  
**August 7:** Go! Pack! Go! – Green Bay  
**September 11:** Lake Geneva Mail Boat Tour  
**September 24:** “76 Trombones Led the Big Parade”, Mason City  
**October 2:** Oklahoma! at the Fireside  
**October 14:** Gangster Tour, St. Paul

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

Move Better, Feel Better– M & Th, 9am. Free  
Yoga– Tues 4:30pm, Thurs 7pm  
6/1: Brother Mel Show & Tell, 2pm  
6/21: Founder’s Day at the Arnold House  
6/28: Double Take concert, 6pm



**Norskedalen**  
Nature & Heritage Center

**Midsummer Fest**  
June 21  
Folk art, music, workshops and family activities.

**Music in the Valley**  
Saturdays from June 25-  
August , 5:30pm-7:30pm.  
Food available or carry in. Free

N455 Ophus Rd.  
Coon Valley  
(608) 452-3424

**Great River Sound**

**DASH PARK**  
Onalaska  
Live music  
Tuesdays at 6:30pm


**June 3:** B sides  
**June 10:** Dan Sebranek & Mary  
**June 17:** TUGG  
**June 24:** Sunshine Drive

**MISSISSIPPI MELODIES**

BLACK RIVER BEACH NEIGHBORHOOD CENTER  
TUESDAYS AT 12PM

**JUNE 3:** GRUMPY OLD MEN  
**JUNE 10:** UNDER PARIS SKIES  
**JUNE 17:** WEST SALEM ADULT JAZZ BAND  
**JUNE 24:** SWEET GRASS

FREE CONCERT-BRING A LAWN CHAIR



**La Crosse Concert Band**  
June 11 to July 30  
Wednesdays, 7pm-8:30pm  
Riverside Park  
[www.lacrosseconcertband.org](http://www.lacrosseconcertband.org)



**Holmen Concerts in the Park**  
Sundays, 5pm-7pm  
Halfway Creek Bandshell

**June 1:** Double Take  
**June 8:** La Crosse Confluence  
**June 15:** Pinski Brothers  
**June 22:** Sal & Dean  
**June 29:** The Executives  
Rain location: Holmen Library



**June 27  
July 25  
August 22**  
**Riverside Park**  
Vendors, arts and music

**WEBER CENTER**  
FOR THE PERFORMING ARTS

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

**June 21: Counted As Mine, 7:30pm**  
**June 23: The Power of Purple, 4:30pm**  
(Alzheimer’s Association program)  
**August 19: Saw, The Musical, 7pm**



**VITERBO**  
UNIVERSITY  
FINE ARTS CENTER

**Viterbo University  
Fine Arts Center**  
929 Jackson St. La Crosse  
608-796-3100  
[www.viterbo.edu/fac](http://www.viterbo.edu/fac)

**July 18: Tribute to Queen**  
**July 19: Okee Dokee Brothers**

**JUN 14**

**PUMP HOUSE PRESENTS**


**ARTSPIRE**

FREE | COMMUNITY | CULTURE | MUSIC |  
DANCE | ART FAIR | FOOD | FUN

**SATURDAY  
JUNE 14, 2025  
10 AM – 7 PM  
RIVERSIDE PARK  
LA CROSSE WI**

**Moon Tunes Concerts**

**June 5:** Mae Simpson  
**June 12:** Secret Menu, Double Take  
**June 19:** TUGG, Confluence  
La Crosse Riverside Park at 5:30pm  
[www.moontuneslacrosse.com](http://www.moontuneslacrosse.com)



**Cappella Performing Arts Center**  
721 King St, La Crosse  
608-299-7248

**6/5: DRIFTLESS ORCHESTRA CONCERT, 4PM**  
**6/15: AMY BAKLUND’S RECTIAL, 9AM**  
**6/20: DRAG SHOW, 7PM**

**BREWS & TUNES**  
— A COMMUNITY GATHERING —

**June 13      July 11**  
**Aug 8      Sept 12**

**5-8PM AT THE OMNI CENTER**



**LOCAL MUSIC    LOCAL WINERIES & BREWERIES**  
**FOOD TRUCKS    CARD & BOARD GAMES**  
**FAMILY-FRIENDLY EVENT!    YARD GAMES**



