

# La Crosse Senior Life



JUNE 2026

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

PRST STD  
U.S. Postage PAID  
Platteville, WI 53818  
Permit No. 124

## Staying Informed, Staying Safe: Brain Health and Elder Abuse Awareness

June is **Brain Health and Dementia Awareness Month**, a reminder that cognitive changes touch many families and that there are steps each of us can take to support our well-being as we age. For anyone looking to learn more in a simple, approachable way, the **Brain Health Roadmap** event on June 11 offers a chance to do just that.

Held from 9:00 AM to 2:00 PM at the Dash Center, the event is designed to provide practical information about maintaining brain health.

Sessions include:

**9:30–10:30 AM:** *Vitality on Aging* with Bri Spicer, Health Director, La Crosse Area Family Y

**10:30–11:00 AM:** *Inflammation and the Brain* presented by Julia Johnson, Dementia Consultant, New Voi

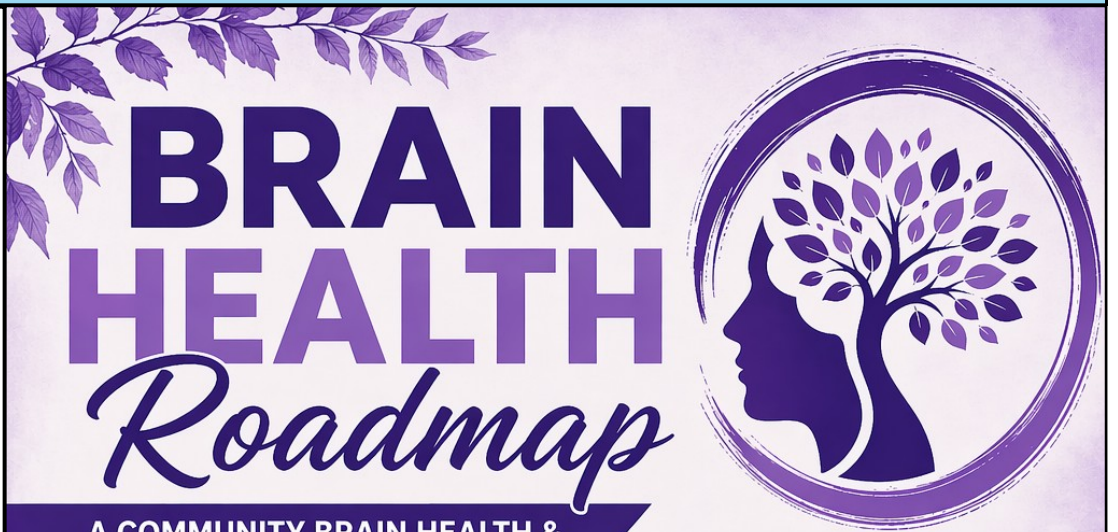
**12:15–1:15 PM:** Presentation by Megan Pike, Lead Chaplain Spiritual Care, Emplify by Gundersen

**1:15–1:45 PM:** *Brain Health Basics* with ADRC of La Crosse County Dementia Care Specialists

You will also be able to visit with local organizations dedicated to your well-being. Booths will include La Crosse County Libraries, YMCA, Emplify by Gundersen Dietitian (brain healthy samples and hydration station) and Spiritual Care, the Alzheimer's Association, the La Crosse County Dementia Coalition, La Crosse County Falls Prevention Coalition, and the Health Department (offering blood pressure checks).

If you are interested in checking in on your own brain health, the event offers individual brain checks by appointment. A brain healthy congregate meal will also be available with registration. Otherwise, you can simply stop in, stay as long as you would like, and take away whatever information is most useful to you.

For questions or help registering for the meal or brain checks, call the ADRC at **608-785-5700**.



**JUNE 11**  
9:00 AM – 2:00 PM



**The Dash Center**  
515 Quincy St.  
Onalaska, WI 54650

Join us for an inspiring day  
focused on learning, connection,  
and resources to help support  
*a healthier brain*  
at every age.

### PRESENTATIONS INCLUDE:



Brain Health



Vitality on Aging



Spirituality



Stress & Mindfulness

### INFORMATIONAL BOOTHS



Explore community  
resources and connect  
with local organizations  
dedicated to your  
well-being.

*Great resources.  
Stronger community.*



**BRAIN HEALTHY MEAL**  
served by our  
congregate meal site.  
**MUST REGISTER**  
**24 HOURS IN ADVANCE**  
Call **608-317-9870**



Pick up your passport-style card  
and visit booths and attend  
presentations for additional  
opportunities to  
*win great prizes!*

*Small steps today. Brighter tomorrow.*



**QUESTIONS?**  
Call **608-785-5700**  
[www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc)

My community,  
Your community,  
**OUR community** –  
free of elder abuse!



#WEAAD

NCEA  
National Center on Elder Abuse

June 15 is **Elder Abuse Awareness Day**—a reminder that a safe, respectful community is something we all help create. About 1 in 10 older adults experiences some form of abuse each year, yet only 1 in 24 cases is ever reported. Last year, 595 cases were reported locally.

If something seems concerning, even if you are not sure, “see something, say something” can make a real difference. You do not need proof—just concern. To report or talk through a situation, call **608-785-5700**.

*Together, we can help keep our community free of elder abuse.*

**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.

"My father didn't tell me how to live; he lived, and let me watch him do it. He gave me the greatest gift anyone could give another person: he believed in me."

**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](http://www.mtm-inc.net/wisconsin)



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](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!

**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!



**Healthy Living with Mild Cognitive Impairment Education Series Support**

**Navigating Alzheimer's Biomarker Testing & Results**

**Friday, June 12th 9am-11:30am**

**Hillview Healthcare Campus  
3501 Park Lane Dr.**

Join us for research and education presentations and stay afterwards for camaraderie and discussion with complimentary refreshments.

Register to attend in person or online via Zoom.  
Call the ADRC at 608-785-5700



Dementia Live® offers an 'inside-out' understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By "walking in their shoes," gain a heightened awareness and leave with valuable tips and tools to improve communication and connection.

**June 19, 12:30pm-1:30pm**  
DASH Center- Onalaska

Call the ADRC or scan QR to register 608-785-5700



**HILLVIEW LIFE CENTER  
Where Generations  
Grow Together**

Hillview Life Center  
3511 Park Lane Dr.

(Located at Hillview Healthcare Center)

The Hillview Life Center is a space for those newly diagnosed with neurocognitive disorders, including dementia that offers:

- ◆ **Person-Centered Programs**
- ◆ **Engaging Wellness Activities**
- ◆ **Bee Well Program – First in the U.S**
- ◆ **Social & Intergenerational Connections**  
Caregiver Support

**Bee Alive Program with Julia & Kelsey  
June 16, 10am-11am**

Free and open to the public!

Must register by emailing  
hlcadultprograms@ywcalax.org



Questions? hlcadultprograms@ywcalax.org  
or 608-781-2783 ext. 251

**Join the Coulee Region Giving Hearts Choir**

Creative support through your journey for people living with dementia and caregivers.

No singing experience required.

**Rehearsals on Fridays at 10:00am**  
**North Presbyterian Church La Crosse**

Please call Ruth at 608-792-8608 for more information.

**Embrace**

**2nd & 4th Wednesday, 12:30pm—2pm**

**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.

**To register call 608-789-8640**

**FARM FAMILIES COPING WITH DEMENTIA (FFCD)**

A Caregiver Support Research Project

Free, online educational series to support caregivers living or working on farms who are showing signs of memory loss or confusion.

Four weekly sessions of 1 hour starting **June 23.**

To register call 319-384-3817 or  
email kanika-arora@uiowa.edu

Dementia Awareness Fundraiser

*EndAlz Fest 2026*  
**LIGHT THE NIGHT  
PURPLE**

Celebrations on the River  
June 17 · 5–9 PM · Casino games 5:30  
Cash bar & heavy appetizers

*Games · Raffles · Music · For a Greater Cause*

**Dementia Caregiver Support Group Listing**

IN PERSON	VIRTUAL
<b>Parkinson's Disease Group</b> 1st Monday, 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295	<b>Monday Coffee Connect</b> Every Monday, 10am Contact Kelsey at kflock@lacrossecounty.org
<b>All Stages Caregiver Groups</b> 2nd Tuesday, 1:15pm-2:30pm Good Shepherd 4141 Mormon Coulee Rd Contact: Kathy at 608-386-8908	<b>Monday DISH</b> 1st Monday, 7pm-8pm Contact Carla, cbersheit@dunncountywi.gov
<b>Online Men's Caregiver Support Group</b> 1st Tuesday, 1pm-2:30pm Contact Alison at 608-240-7496 or resch.alison@countyofdane.com	<b>Aging &amp; Down Syndrome Caregiver Support</b> 3rd Wednesday, 5pm Contact DSAW info@dsaw.org
<b>Living with Mild Cognitive Impairment</b> 2nd Thursday, 1:30pm-2:30pm. <b>June 18th for this month only</b> Franciscan Spirituality Center 920 Market St. Register with Kelsey Flock at 608-386-0767	<b>Family Caregivers of Facility Based Care</b> Every Other Friday: 10am-11:30am Contact Alzheimer's Assoc. 1-800-272-3900
<b>Grief Therapy Group</b> Pre-registration required. Offered annually Call Kelsey to inquire 608-386-0767	<b>Minds &amp; Voices</b> 2nd Wednesday, 10:30am-11:30am Contact Tonay, tonyar@jeffersoncountywi.gov



**June 8,  
1pm-2:30pm**

Bluff to Bluff  
Trolley Ride

Register with Amber  
@ 608-385-4819



**3rd Monday of the Month  
June 15, 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

### Prevention of Lyme Disease

New cases of Lyme disease have increased to close to 500,000 annually in the US. It is important to know how to reduce your risk by taking preventative steps to protect you and your loved ones.

The deer ticks that transmit Lyme disease are very small (the size of a pinhead) and difficult to see. It is important that you educate yourself with the following pro-active preventative measures to minimize your Lyme disease risk.

- When outside wear protective clothing treated with tick pesticides such as permethrin and treat your skin with a tick repellent such as deet. Use this EPA tool to help find the repellent that is right for you.
- Enjoy the outdoors more safely by staying on marked trails and out of tall grass and leaf litter.
- Create a tick-free zone around your house.
- Perform daily tick checks especially after coming in from the out of doors and showering.
- Remove ticks once found immediately by grasping with a tweezer and pulling them straight off the skin without twisting. Pull by the head, the part closest to the body, not the belly. Wash the bite site with soap and water and apply rubbing alcohol or antiseptic.
- Put clothes in dryer on high heat for 15 minutes after being outside
- If rash appears, take a photo, write down the date, and track your symptoms. Call or visit your doctor immediately.

#### Tips for Removing the Tick

You can't get sick from a tick that is crawling on you but has not yet attached. Ticks must bite you to spread their germs. If the tick is attached it will be hard to pull off.

Tick attachment time is important. Removing ticks as soon as possible reduces the risk of infection. If you or a loved one is bitten, remove the tick promptly. Here's how:

- Grasp the tick's mouthparts against the skin, using pointed tweezers.
- Be patient; the long mouthpart is covered with barbs, so removing it can be difficult and time consuming.
- Pull steadily without twisting until you can ease the tick head straight out of the skin.
- DO NOT pull back sharply; this may tear the mouthparts from the body of the tick and leave them embedded in the skin.
- If this happens, don't panic! Embedded mouthparts do not transmit Lyme disease.
- DO NOT squeeze or crush the body of the tick; this may force infected body fluids from the tick belly into the skin.
- DO NOT apply substances such as petroleum jelly, nail polish, or a lighted match to the tick while it is attached. They may agitate the tick and force more infected fluid into the skin.
- Once you have removed the tick, wash the wound site and your hands with soap and water, and apply rubbing alcohol or antiseptic to the site.
- If you have found a tick on you, it's a sign there may be others. Do a careful tick check of yourself and family.
- Observe the bite site over the next two weeks for any signs of an expanding red rash or flu-like symptoms.
- Consult with your primary doctor about potentially sending your tick to a lab such as TickCheck or TickEncounter to be tested for pathogens.

Source: [www.hopkinslyme.org/](http://www.hopkinslyme.org/)

### Medicaid Copays

By the GWAAR Legal Services Team

If you or a loved one is enrolled in a Medicaid program such as BadgerCare+, SSI Medicaid, or the Medicaid Purchase Plan (MAPP), you may have copays for certain items or services that range from \$0.50 - \$3.00. Similarly, if you are in the Qualified Medicare Beneficiary (QMB) program, you may also be charged copays. For most Medicaid programs, however, there is a limit on how much you can be charged per month. Qualifying members may not pay more than five percent of their household income for monthly premiums and copays.

#### Exempt Programs:

There are some Medicaid programs where members will not be charged copays. Those programs are:

- Family Planning Only Services
- Institutional Medicaid (not including childless adults (CLAs) enrolled in BadgerCare Plus and residing in an institution)
- Katie Beckett
- Wisconsin Well Woman Medicaid

#### Exempt Services:

The following services do not require copayment:

- Case management services
- Crisis intervention services
- Community support program services
- Emergency services
- Family planning services, including sterilizations
- HealthCheck
- HealthCheck "Other Services"
- Home care services
- Hospice care services
- Immunizations
- Independent laboratory services

- Injections
- Private Duty Nursing (PDN) and PDN services for ventilator-dependent members
- Pregnancy related services
- Preventive services with an A or B rating from the U.S. Preventive Services Task Force
- Residential substance use disorder treatment services
- School-based services
- Substance abuse day treatment services
- Surgical assistance

#### Five Percent Cost Share Limit:

Members enrolled in Medicaid programs and QMB may not pay more than 5% of their household income for monthly premiums and copays combined (total cost share). This limit does not apply to deductibles, or patient liability or cost share for long-term care Medicaid services. However, this cost share limit does not apply to members enrolled in MAPP and SeniorCare.

#### Misinformation:

Oftentimes, national sources unfamiliar with the specifics of the Wisconsin Medicaid program will incorrectly state that Medicaid or QMB members have \$0 copays. However, with the exception of the exempt Medicaid programs or medical services listed above, most Medicaid members may be charged copays of up to \$3.00 per item or service up to the monthly maximum, if applicable. This even applies to members who are in dual eligible special needs Medicare Advantage plans (D-SNPs) where the plan's evidence of coverage states that copays are \$0.

For more information, contact your health plan directly or call the number on the back of your Forward Health card.



### Medicare 101: Understanding the ABC's of Medicare

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

**June 17th**  
**10am-11am or 6pm-7pm**  
**Black River Beach Neighborhood Center**

Register by calling 608-789-8640

## Stepping On reduces falls, builds confidence for seniors

In people age 60 and older, falls are a leading cause of injury, hospitalization, loss of independence and death. Through the Stepping On program, participants learn how to prevent falls through strength and balance exercises, improved home and environment safety, safe footwear and more.

Reduce your risk of falling and maintain an active life

Mondays, June 29 - Aug. 10

2 to 4 p.m.

Gundersen Onalaska Clinic

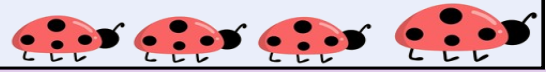
Lower Level Education Center

Cost is \$15 for the series. Refreshments will be provided.

Sign up for Stepping On by calling  
 Gundersen Trauma Services at  
 (608) 775-3054 today.

**emplyfy**  
 HEALTH

**wiha**  
 Wisconsin Institute  
 for Healthy Aging



### 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/link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class June 15 & 25)

**Expressive Drawing:** Tuesdays, May 5- Aug. 25, 1pm-3pm. Register by April 28.

**Before the After:** Wednesday, June 3, 10am-12pm. Register by 1 day prior. Free

**Wise Wednesdays:** Wednesdays, June 3 & 17, 10:30am-12pm. Register by 1 day prior. Free

**Bingo:** Wednesdays, June 3 & 17, 12:30pm-1:30pm. Register by 1 day prior. Free

**Coping Skills:** Friday, June 5 & 19, 10am-11:30am. Register by 1 day prior. Free

**Shuffle Together** (cards): Friday, June 12 & 26, 2pm-3:30pm. Register but free

**Grief & Loss Support Group:** Wednesday, June 10, 10am-11am. Register by 1 day prior. Free

**La Crosse Area Parkinson's Social Night:** Wednesday, June 17, 5:30pm-7pm. (call STAR Center: 608.797.6295)

**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 \$4. Home Delivered Meals are also offered from this site; when you call the ADRC, ask for Dawn.

### 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/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register.

(No class June 15 & 25)

**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register (No class June 1)

**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

**Mississippi Melodies Outdoor Concerts:** Tuesdays, 12pm-1pm, from June 2 to September 8. Bring a lawn chair

**Parkinson's Disease Support Group:** Monday, June 1, 5pm-6:30pm. (call STAR Center for details: 608.797.6295)

**International Folk Dance:** Saturdays only, June 13 & 20, 7pm-9:30pm. Register. \$2/session

**Embrace** (for those with dementia & care partners): Wednesdays, June 10 & 24, 12:30pm-2pm. Register. Free

**Medicare 101:** Wednesday, June 17, 1am-11am OR 6pm-7pm. Register by Friday prior. Free

### 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>
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>
	10:15am	<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.

**Sons of Norway:** 1st Thursday at 6pm.

**Variety Singers:** 1st Thursday at 10:15am

**Wednesday for Lunch:** June 17, 11am-12:30pm, 55+ yrs

**Foot & Nail Clinic:** call for date and appointment

**Tech Help Drop-In:** June 17, 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

**ALS Support Group** – June 4, 1pm-3pm

**Chair Yoga** – Tues & Thurs at 2pm. Register

**SimpleSteps Drop-In Tech Support**– June 9 & 23, 10:30am-12pm

**SimpleSteps with Facebook**– June 10, 10am-11am. \$5

**Tai Chi**– June 2,9,16 & 30, 9am. Register \$24

#### OMNI CENTER EVENTS

255 Riders Club Rd. 608-781-9566

**Bingo:** Wednesdays at 6pm

**Quilting with Confidence:** June 5-7

**Brews & Tunes:** June 12, 5pm-8pm

**Gem & Rock Show:** June 13-14

**Celebrate Onalaska:** June 27, 5pm-10pm. Breakfast, softball, inflatables, live concert and fireworks.



HOLMEN AREA

COMMUNITY CENTER

600 N Holmen Dr.

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

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

\*Registration required for some programs.

#### SUMMER HOURS BEGIN JUNE 18TH

**Indoor Walking:** Monday to Friday: 7am-10am

**Pickleball Open Play:** Tuesdays 8am- 9:45am

**Holmen Area Historical Society:** June 1 at 6pm (Dear Sirs Documentary)

**Fun with Watercolor:** Mondays, 8:30am–10:30am

**Chair Yoga with Marty:** Mondays, 9:15am

**Beginner Line Dancing Video:** Mondays, 12:30pm-1:30pm

**Mah Jongg Club:** Mondays, 1pm-4pm

**NEW Create and Paint with Lori Ehke:** June 29, 12:30pm–2pm register

**NEW Family Fun & Flow Yoga:** Tuesdays, 10am-11am

**Piano Music with Lucy:** June 9 & 23 11:30am–12:30pm

**Community Crafts with Jackie & Pam:** June 2 at 1pm (4th of July Décor)

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

**Hearing Evaluations:** June 2, 9:30am–11:30am, register

**Hearing Instrument Checks:** June 16, 9:30am–11:30am, register

**Evening Euchre Open Play:** June 2 & 16 at 6pm

**Holmen Ukelele Group (HUG):** Tuesdays, 12pm–1pm, register

**NEW Charcuterie Board Basics for Families:** June 9, 5:30pm-7pm, register

**Chair Yoga with Sarah:** Wednesdays at 10:15am

**Cardio Fitness Video Workout:** Mondays & Wednesdays at 10am

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

**Intermediate Line Dancing Video:** Wednesdays, 12:30pm-1:30pm

**A Joyful Life:** June 3, 2pm–3pm

**Cozy Readers Book Club:** June 24, 2pm–3pm “The Lost Bookshop”

“One”-derful 1 Wednesdays: June 17 at 2 pm

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

**ADRC Options Connection with Jackie:** June 11, 11am–1pm, free

**Total Body Conditioning Series:** Thursdays, 8:30am, register

**Beginner Pilates Series:** Thursdays, 9am, register

**Sound Healing with Laurie Café:** June 25, 10:30am–11:30am, register

**Fun & Games:** Thursdays, 1pm–4pm

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

**NEW: Beaded Spider Suncatcher Workshop:** June 23, 1pm–3pm, register

**AA Meetings:** Thursdays, 6pm–7pm

**Hello Holmen!** June 18, 8:3 am, topic: Alice in Dairyland

**Coping with Grief Support Group:** June 11 at 12:30 pm

**Music with Greg Grokowsky:** June 5, 11am–12pm

**Gentle Yoga for Beginners:** June 5 & 19 at 8am, register

**Chair Yoga with Samantha:** June 5 & 19 at 9:15am, register

**Yoga Nidra and Sound Bath:** June 19 at 10:15am, register

**Holmen Cheese Fest:** Saturday, June 20, 10am–7pm

**Senior Meal Site:** Lunch served at 11:30am, Monday-Friday. Call 608-317-8104 by noon the day prior to reserve a meal. Suggested donation is \$4.50



### CHEESE FEST

Saturday, June 20

10am-7pm

Holmen Community Center  
Contests, vendors, raffles,  
cheesy food, live music &  
activities for the whole family





- 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](mailto:wafermobile@waferlacrosse.org) or 782-6003  
1603 George St. La Crosse

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

June 9th  
5pm-6pm

Onalaska  
Methodist Church  
212 4th Ave N.



ONALASKA, WISCONSIN

**COMMUNITY DINNER**

In-person dining & Drive-thru available!

**How Hydration Changes with Age**

Aging brings natural changes, and our hydration needs change too. Less thirst: Older adults may not feel thirsty as often, even when the body needs fluids.

Lower body water: The body holds less water over time due to changes in muscle mass.

Kidney changes: The body may not hold onto water as well as it once did.

Daily factors: Medications, health conditions, and even busy routines can affect how much we drink.

These changes mean hydration takes a bit more attention—but also offers a chance to build healthy routines that support aging well.

**Simple Tips to Stay Hydrated**

Healthy aging is about small, steady habits. Here are easy ways to stay hydrated each day:

1. Sip often  
Do not wait until feeling thirsty. Take small sips throughout the day.
2. Keep fluids nearby  
Place a glass or bottle of water within easy reach.
3. Enjoy a variety of drinks  
Water is great, but milk, tea, and soups also help with hydration.
4. Eat water-rich foods  
Fruits, vegetables, and yogurt add fluids to the body.
5. Build it into routines  
Drink a glass of water with meals or when taking medications.
6. Watch the signs  
Dark urine, dry mouth, or feeling tired may mean it is time to drink more.

**How Much Fluid Is Enough?**

Fluid needs are different for everyone. Many older adults need around 50-70 ounces (roughly 6–8 cups) of fluids per day. This includes fluids from foods and beverages. Fluid recommendations can change based on health, weather, and activity level.

Source: wihealthyaging.org

**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 form is received and completed, 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 VOUCHER (\$25) PER PERSON.

**VOUCHERS WILL BE DISTRIBUTED AT THE BELOW LOCATIONS:**

Aging and Disability Resource Center 1st Floor 300 North 4th Street, La Crosse	Starting June 1	8:00 am— 4:00 pm Mon-Fri
DASH Center 515 Quincy Street, Onalaska	Tuesday, June 2	10:30 am— 11:30 am
Stokke Tower 421 6th Street South, La Crosse	Wednesday, June 3	10:30 am— 11:30 am
Holmen Community Center 600 Holmen St N, Holmen	Thursday, June 4	10:30 am— 11:30 am
Sauber Manor 1025 Liberty Street, La Crosse	Friday, June 5	11:00 am— 12:00 pm
Forest Park 1230 Badger Street, La Crosse	Monday, June 8	10:30 am— 11:30 am
South Side Neighborhood Center 1300 6th St. S, La Crosse	Wednesday, June 10	10:30 am— 12:00 pm
Hazel Brown Library 201 Neshonic Rd, West Salem	Thursday, June 11	2:00 pm— 3:00 pm
La Crosse Public Library 800 Main St, La Crosse	Wednesday, June 18	10:30 am— 12:30 pm
Pizza Ranch 3130 Chestnut Pl. La Crosse	Thursday, June 25	9:00 am-- 11:00 am

**LOCAL FARMER'S MARKETS**

**Cameron Park Market**

Sundays, 9AM-2PM,  
400 King St. La Crosse

**Hmong Cultural Center**

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

**Jackson Plaza Market**

Saturdays, 8AM-12:30PM  
19th St & Jackson 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  
Village Square West Salem

**Galesville Market**

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

**Trempealeau Market**

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

**La Crescent Market**

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



**La Crosse County  
Dairy Breakfast**

**Creamery Creek Farm W1250 CR-U, Bangor**  
**Saturday, June 20, 6:00 AM – 11:00 AM**

Enjoy a dairy-themed breakfast, live entertainment, and activities for all ages. Discounted tickets will be available at River Bank locations. Regular-priced tickets will be available the day of the event. St. Joseph's Ridge Lions at [lacrossedairybreakfast@outlook.com](mailto:lacrossedairybreakfast@outlook.com).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloopy Joe on a bun 1 Baked beans Broccoli Peaches	Rosemary pork loin 2 Mashed potatoes & gravy California blend veggies Applesauce, Banana cake	Swedish meatballs 3 Scalloped potatoes Squash, Rye bread Strawberry fruit fluff	Salisbury steak 4 Mashed potatoes & gravy Carrots Fruited Jello	Spaghetti 5 Asparagus Fruit, Garlic breadstick Black bean brownie
Hearty vegetable soup 8 Chicken salad on a bun Broccoli raisin salad Fruit salad, Crackers	Pepper steak w/tomatoes 9 Garlic mashed potatoes Peas & carrots Ice cream 	Baked 1/4 chicken 10 Baked beans Spinach salad Pumpkin bar	Cabbage roll casserole 11 Mixed vegetables Fresh fruit	Chef salad 12 Sliced peaches Blueberry muffin Fruit pie
Hamburger on a bun 15 Oven browned potatoes Peas & carrots Banana	Brat on a bun 16 Potato salad Baked beans Sauerkraut & onions	Meatloaf & gravy 17 Mashed potatoes Asparagus Peaches	Grilled chicken breast 18 Baked potato, sour cream Broccoli Fresh fruit, Cookie	Lasagna 19 Romaine salad Pears Pudding, Garlic toast
Beef stroganoff 22 Buttered noodles Peas & carrots Grape juice, Applesauce	Baked fish 23 Sweet potato Coleslaw Applesauce spice cake	Taco salad 24 Corn chips Sliced peaches Fruit pie, taco sauce	Turkey & gravy 25 Mashed potatoes Squash Melon salad, Cranberries	Chicken rice casserole 26 Green & gold beans Tropical fruit salad Banana bread
Meatballs & gravy 29 Mashed potatoes Broccoli Pears	Potato soup & crackers 30 Turkey sandwich Broccoli raisin salad Cream pie Lettuce, tomato, mayo			*All meals include milk or juice & bread. *Substitutions may occur.

### Teriyaki Shish Kabobs

- 1 cup sugar
- 1 cup reduced-sodium soy sauce
- 1 cup ketchup
- 2 teaspoons garlic powder
- 2 teaspoons ground ginger
- 2 pounds beef top sirloin steak, cut into 1-1/2-inch cubes
- 2 to 3 small zucchinis, cut into 1-inch slices
- 1/2-pound medium fresh mushrooms
- 1 large, green or sweet red pepper, cut into 1-inch pieces
- 1 small onion, cut into 1-inch pieces
- 2 cups cubed fresh pineapple



For marinade, mix first 5 ingredients. In a large bowl or shallow dish, add half the marinade and the beef; turn to coat. Cover and reserve remaining marinade. Cover and refrigerate beef and marinade overnight.

On metal or soaked wooden skewers, thread vegetables and, on separate skewers, thread beef with pineapple. Discard remaining marinade from beef bowl. Grill kabobs, covered, over medium heat until vegetables are tender, and beef reaches desired doneness, 12-15 minutes, turning occasionally.

In a small saucepan, bring reserved marinade to a boil, stirring occasionally; cook 1 minute. Remove vegetables, pineapple and beef from skewers before serving. Serve with sauce. Serves 8

### Grilled Ham Burgers

- 1-1/2 pounds fully cooked boneless ham
- 3/4-pound ground pork
- 2 large eggs
- 2/3 cup graham cracker crumbs
- 1/3 cup packed brown sugar
- 1/3 cup unsweetened crushed pineapple
- +3T pineapple juice
- 1 tablespoon spicy brown mustard
- 1/4 teaspoon ground cloves
- 8 slices Swiss cheese
- 8 kaiser rolls, split
- 2 large tomatoes, cut in sixteen 1/4-inch slices
- 1/2 cup honey mustard salad dressing



Pulse ham in food processor until finely ground. Combine with pork, eggs, cracker crumbs, brown sugar, pineapple and juice, mustard and cloves. Mix lightly but thoroughly. Shape into 8 patties. Using fingertips, make a shallow indentation in center of each patty so it remains flat while grilling. Refrigerate 1 hour. Grill burgers covered over medium-high direct heat for 5-6 minutes; turn and grill another 3-4 minutes. Add 1 slice cheese to each burger. Remove from heat when a thermometer reads 160°. Place a burger on bottom half of each roll; add 2 tomato slices. Drizzle with 1 tablespoon honey mustard dressing. Serves 8

### June Bug Punch

- 3 cups ginger ale
- 3 scoops orange sherbet
- 1/4 cup grenadine syrup
- 1/4 cup orange juice

Combine ginger ale, sherbet, grenadine, and orange juice in a pitcher or punch bowl until smooth. Serves 4



### Cake Mix Cobbler

- 2(15 ounce) cans peaches in light syrup
- 1 package yellow cake mix
- 1/2 cup butter, melted



Preheat oven to 350 degrees. Pour undrained peaches into a 9x13 baking dish. Mix yellow cake mix with melted butter in a bowl.

Sprinkle cake mix over peaches. Bake until top of cobbler is golden brown, about 50 minutes. If desired, serve with a scoop of ice cream. Serves 8



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

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

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

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

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

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

### 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](mailto:libraryprograms@lacrossecounty.org)  
 Website: [lacrossecountylibrary.org](http://lacrossecountylibrary.org)  
 Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

- Friends Monday Book Sale:** Mondays 9am-12pm
- Footsteps of La Crosse History Tours:** Mondays, 5:30pm. Register
- La Crosse Veteran Services:** June 2, 9am-12pm
- Knit & Needle:** June 9, 5pm-7pm
- Chapter Book:** June 10 at 1pm or June 13 at 10am. *Hula*, register
- Chair Fitness:** Tuesdays, 10am
- Chair Yoga:** Thursdays, 10am
- Connect to Care:** Telehealth & Health Resources: June 2, 5pm-6:30pm
- Qigong in the Park:** June 6, 10am at Burns Park
- Western WI Archaeology:** June 17, 10am
- No Sew Felt Pennant Flags:** June 19, 1pm, register
- Canvas Paint Along for Adults:** June 22, 5pm, register
- Sound Immersion Beat Bath:** June 29, 5:15pm-6:45pm

- 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 June 18 from 11am-12pm and 4:30pm-5:30pm.
- Onalaska** Book Club meets the third Thursday of the month at 1:15pm.
- West Salem** "Cheesecake & Canvas" on June 18 at 6:30pm. Register in person with \$15 workshop fee.
- West Salem** movies on June 11 and June 25 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.



**Norskedalen**  
 Nature & Heritage Center

N455 O Ophus Rd.  
 Coon Valley  
 608-452-3424

**Midsummer Fest: June 20th**

**Music in the Valley: Weds at 5:30pm**  
 starting June 24. Bring a lawn chair and a picnic. Food will also be available for purchase.

**The Nature Place**

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

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



- Nature Saturday:** June 6, 9:30am-11:30am
- EnviroWednesday:** June 3, 7pm, ages 14+
- Driftless Urban Orchestra:** June 11, 7pm. w/ ticket
- Driftless Area BioBlitz:** June 20, 10am-12pm
- Free Birding Program:** June 17, 6pm potluck (bring tableware and dish to pass) 7pm walk to follow
- Heart of Art Fundraiser:** June 30, 5pm-7pm w/ ticket

**The La Crosse Area Retired Educators' Association**  
 next luncheon is on **Thurs., June 4** at Cedar Creek Country Club. Arrive by 11:10am. Cost is \$20. Speaker: Kris & Lisa Rish Reserve at [lacrosserea@gmail.com](mailto:lacrosserea@gmail.com) by May 26th. Please bring your own leftover containers.



**PUMP HOUSE**  
 REGIONAL ARTS CENTER  
 PRESENTS

**ARTSPIRE**

**SATURDAY, JUNE 13, 2026**

10AM-5PM RIVERSIDE PARK LA CROSSE WI

**FREE FINE ART FAIR**  
**MUSIC & DANCE**

**ART ACTIVITIES CULTURE**

[WWW.ARTSPIRE.THEPUMPHOUSE.ORG](http://WWW.ARTSPIRE.THEPUMPHOUSE.ORG)



**Market on Market**

June 14, 11am-2pm

2102 Market St. La Crosse

Vendors, Live Music, Food

Hosted by: Beer By Bike Brigade

**West Salem Historical Society Events**

**Historic Houses Open for the Season**

Memorial Day-Labor Day, Mon-Fri 1pm-4pm

**Kids Day/Flag Day in Village Park**

June 14, 1:30pm-4:30pm

Kids parade, coloring contest, games, hot dogs & ice cream

**Pie & Ice Cream Social at the Octagon House**

June 28, 1pm-4pm

Tours, croquet, homemade pie & ice cream for donations.

For questions call 608-518-8566



**River City Waterski Shows**

7pm at the Airport Beach

June 10, 17, 24

July 2-5 at Riverfest

July 8, 12, 22, 29

August 5, last show

Bring a lawn chair, snacks and enjoy this free show.

**Blood Drives for JUNE**

- 6/1: First Lutheran Church Onalaska, 12pm-5pm
- 6/1: Presbyterian Church West Salem, 11:30am-4:30pm
- 6/3: K.T. 2700 Midwest Dr. Onalaska, 10am-2:30pm
- 6/4: Onalaska YMCA, 10am-3pm
- 6/11: La Crosse County Human Service, 9:30am-2:30pm
- 6/12: Valley View Mall, 11am-4pm
- 6/12: St. Paul's Onalaska, 11am-4pm
- 6/15: Trempealeau Library, 11:30am-4pm
- 6/15: Coon Valley Lutheran Church, 1pm-6pm
- 6/16: Immanuel Lutheran School La Crosse, 11am-4pm
- 6/16: Chaseburg Village Hall, 12:30pm-5:30pm
- 6/19: Moose Lodge, 12pm-4pm
- 6/19: First Free Church Onalaska, 9am-2pm
- 6/23: Blessed Sacrament Church, 11am-4pm
- 6/25: St. Patrick's Church Onalaska, 1pm-6pm

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

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



**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@gmail.com](mailto:britney.hodson@gmail.com)



**FitLot**

**Mondays & Wednesdays**

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

**All Abilities Trane Park**

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

**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.

**THURSDAY, JUNE 11**

**DASH CENTER, 515 QUINCY ST. ONALASKA**

**TUESDAY, JULY 21**

**CARROLL HEIGHTS LA CROSSE**

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



**Senior Citizen Social**

**9am–11am**

**Every Thursday**

**Pizza Ranch**

**3130 Chestnut Pl. La Crosse**

**Meet new friends over coffee and treats!**

**Do You Have Questions About Guardianship?**

Contact the WI Guardianship Support Center

**Call 855-409-9410**

Or questions to: [guardian@gwaar.org](mailto:guardian@gwaar.org)

**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.*

**Beware of the Rising Elder Financial Fraud Crisis**

Financial scams targeting adults over age 60 are increasing rapidly. Older adults are often targeted because they have savings, home equity, and good credit—making them appealing to criminals who use fear, urgency, or emotional manipulation to gain trust.

Losses have grown dramatically. In 2024, Americans over 60 reported losing a record \$2.4 billion to scams, four times more than in 2020 (FTC). In 2025, the FBI received over 200,000 scam complaints from older adults, with losses topping \$7.7 billion. Investment scams caused the largest losses, followed by schemes using artificial intelligence (AI), with \$352 million in AI related losses.

Social media has become one of the most harmful ways scammers make contact. Top schemes targeting seniors now include digital asset fraud, romance based investment scams, fake investment coaching, and social media based fraud. In 2024, Wisconsin seniors lost more than \$26 million to cryptocurrency scams. A growing tactic involves directing victims to cryptocurrency kiosks (Bitcoin ATMs), which allow quick and irreversible transfers. Nationally, kiosk related scam losses reached \$333 million in 2025.

Criminals are also using AI voice cloning and deepfakes. In updated “grandparent scams,” an AI generated version of a loved one’s voice may urgently request money. Scammers also pose as government agencies, tech support, or romantic partners. Tech support scams alone cost older adults \$159 million in 2024.

Regulators are stepping up efforts to shut down scam websites and track digital assets, but prevention remains the best defense. Common red flags include:

- Unsolicited contact via text or social media
- Requests to switch to encrypted messaging apps
- Early use of affectionate language
- Pressure to open new bank or crypto accounts
- Boasts about investment success with offers of “coaching”
- Refusal to meet in person

If you feel pressured to send money, pause and talk with a trusted friend or family member. If funds have already been sent, report it immediately.

Wisconsin recently enacted new protections for residents who use cryptocurrency kiosks. These kiosks must now display warning notices and have a \$1,000 daily transaction limit. If a scam occurs, victims must report it to both the kiosk operator and law enforcement within 30 days. Doing so may make them eligible for a refund under the new law.

Reporting scams helps law enforcement track patterns and protect others. Wisconsin residents can report fraud to the Department of Financial Institutions (DFI) Division of Securities at (608) 266-2139 or [DFIDLSecuritiesEnforcement@dfi.wisconsin.gov](mailto:DFIDLSecuritiesEnforcement@dfi.wisconsin.gov). Victims should also file reports with local law enforcement, the FBI’s IC3, the FTC, and the U.S. Secret Service at [CryptoFraud@SecretService.gov](mailto:CryptoFraud@SecretService.gov).

For more information, visit the Report Elder Abuse in Wisconsin website or call (833) 586-0107.

**DFI resources:**

DFI’s Avoiding Fraud Against Seniors webpage

**DFI Investment Scam Tracker:** <https://dfi.wi.gov/Pages/Securities/InvestorResources/InvestmentScamTracker.aspx>

**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*

# CAREGIVER PONTOON RIDES



TO REGISTER  
CALL  
608-785-5700



**The ADRC of La Crosse County and 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 dates.

## 2026 DATES & TIMES

JUNE 1 1PM TO 3 PM  
JUNE 25 1 PM TO 3 PM  
JULY 7 10 AM TO 12 NOON  
JULY 21 11 AM TO 1 PM  
AUGUST 4 1 PM TO 3 PM  
AUGUST 28 1PM TO 3 PM

The pontoon departs from Mosey's Landing. The address is W7207 North Shore Lane, Onalaska, WI.

Please arrive 15 minutes before the launch time.

Water will be provided.

You are welcome to bring Hat, sunglasses, camera and snacks.



## CAREGIVER BIKE DAY JUNE 8, 2026

Time: 10 AM to 1 PM

Meet in Myrick Park by the Drift Bikes rack. We will bike on the marsh trails and will complete a Wildlife Scavenger hunt. Upon our return to the park, we will enjoy a picnic lunch in a shady spot in the park.



Drift Bikes will provide the bikes!

Bring your water bottle!

Cost: \$5 donation for lunch

Call 608-785-5700 to reserve your bike and lunch!

This will be a leisurely ride through the Myrick Park Marsh!

Questions??  
Contact Kristine Meyer  
608-386-0922  
kmeyer@lacrossecounty.org

## 2026 Caregiver Education Series

DASH Center  
515 Quincy St. Onalaska

June 18th, 1pm—2:30pm  
Hiring Caregivers for Your Home

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

June 3rd, 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.*

June 11th, 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.

- June 17: Nobody's Perfect – Day Trippers
- June 25: Million Dollar Quartet – Fireside
- July 15: Celebration Belle River Cruise - Dubuque
- July 24: Incident at Our Lady of Perpetual Help-Lanesboro
- July 27: Paddle Boat Tour and Stillwater Shopping
- Aug 5: Guys and Dolls– Chanhassen
- Aug 19: Minnesota Amish Country
- Aug 26: House on the Rock, Arthur's Supper Club
- Sept 9 or 22: 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



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

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

- June 7: Mantra Meditation, 10am
- June 12: Way Down East, silent movie, 7pm
- June 19: Dance Party, 7pm
- June 27: Double Take band, 6pm
- Kari Hogden artwork on display until June 15

**Arnold House at East Side Farm**

19408 Silver Creek Rd. Galesville  
608-865-1047

Summer Tours start June 13 & 14, 10am-2pm



Thursdays,  
5:30pm-8pm  
June 4 - August 27  
Riverside Park

Free concert for the whole family.  
Food trucks on site.

**La Crosse Concert Band 95<sup>th</sup> Season**

- Riverside Park on Wednesdays at 7:00 PM
- June 10 "Oh, the Places You'll Go"
- June 17 "The Spice of Life"
- June 24 "No Strings Attached"

**CONCERTS IN THE PARK- HOLMEN**

Sundays from 5pm-7pm, June 7 thru August 30  
Halfway Creek Park Band Shell (300 W Roberts St.)  
Rain location @ Holmen Library  
Visit [www.holmenwi.gov](http://www.holmenwi.gov) for complete schedule

MOVIE IN THE PARK- JUNE 5 AT DUSK, FREE FOR ALL

**BREWS & TUNES**  
A COMMUNITY GATHERING

June 12, 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! This is a dog friendly event and is indoor/outdoor, held rain or shine. Next event: July 10th

**GREAT RIVER SOUND CONCERTS**



Tuesdays from 6:30pm to 8:30pm  
Great River Sound brings the most talented local musicians to scenic Dash-Park Onalaska for a FREE to the public concert. Concerts run from June through August.

**WEBER CENTER**  
FOR THE PERFORMING ARTS



608-784-9292

[www.webercenterarts.org](http://www.webercenterarts.org)

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

- 6/13: Girls Night: The Musical
- 7/29: Glenn Miller Orchestra

JOIN US FOR A  
*Celebration of Freedom,  
Culture & Community!*

**JUNETEENTH**

HONORING THE PAST • CELEBRATING THE PRESENT • INSPIRING THE FUTURE

**SATURDAY  
JUNE 20<sup>TH</sup>, 2026**

**12PM – 8PM**

**RIVERSIDE PARK**  
100 STATE STREET  
LACROSSE, WISCONSIN

*A Day of Unity. A Future of Possibility.*

- FOOD**  
Delicious food for everyone!
- FREE FAMILY GAMES & ACTIVITIES**
- MUSIC DANCING**  
Live music & good vibes all day!
- ALL ARE WELCOME!**  
Come as you are. Everyone belongs.

*Our History. Our Freedom. Our Future.*

LAXJUNETEENTH@GMAIL.COM | 608-881-6418

**LA CRESCENT LIVE SUMMER CONCERT SERIES**

WEDNESDAYS, 5:30PM STARTING JUNE 10TH  
322 1ST ST. GREEN SPACE BEHIND THE LIBRARY  
FOOD & BEVERAGE VENDORS ON SITE.

**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



**Sias Isles Boat Livery:** A 1948 photo captures the boat rental business on the Black River, a site that operated from the 1930s through the 1990s.

**The Area Surroundings:** The livery located near the old Onalaska train depot and close to the Black River's main channel, which was a popular spot before the creation of the lock and dam system.

**Operational Era:** Ben Sias passed away in 1950, but his wife, Floyde, continued operating the livery, which remained a staple in the area for decades. Historical records and photos also reference Ben Sias as a former Mayor of Onalaska and the city's health officer.

The site is now Onalaska's Waterfront Park.

**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
- 6/5:** Lobster Fest at Colgan Air. Tickets at Eventbrite.com
- 6/5:** Downtown Art Walk, La Crosse from 4pm-7pm
- 6/5 & 6/6:** State Track & Field Competition at UWL Veterans Field
- 6/6:** Reggae Fest, outdoors at the Trempealeau Hotel
- 6/6:** Summer Market, 9am-2pm at Old Town Center, Holmen
- 6/6 & 6/7:** Perrot State Park Fun Free Weekend, explore and hike
- 6/6:** Timmer's Fest at 10 Mile Pub with *The Remainers*
- 6/11:** Moonlight Cinema movie at Riverside Park at dusk
- 6/11-14:** Sparta Butterfest, various events all weekend
- 6/11:** Bangor Cornhole Tournament, Village Park starting at 9am
- 6/12 & 6/13:** Galesville Summer Fest at the Fairgrounds
- 6/13:** 80's Fest at Maple Grove Venues, West Salem at 4:30pm
- 6/13:** Rockin' the Viaduct Block Party, 500 Copeland Ave. 12p-10p
- 6/13:** Trempealeau Fireman's Dance, 2pm-11pm
- 6/20:** La Crosse Open Logrolling Event, 10am-5pm at Pettibone Park
- 6/20:** Tractor Pulls, 4pm in Ettrick
- 6/20:** Horse Show, 10am at Galesville Fairgrounds
- 6/27:** Summer Market, 9am-1pm, 127 Sand Lake Rd Onalaska

**JUNE DAIRY DAYS**


Friday, June 5 – Sunday, June 7  
West Salem Village Park

Parade on Saturday

Fun Run/Walk: 2-mile and 5K, Saturday, 8:00 AM  
at the Panther Den

Festival Activities: A grand parade, fireworks,  
carnival rides, a car show, and live music

Car Show: Sunday, 10:30 AM – 3:00 PM



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

**Celebrate Onalaska**  
Saturday, June 27



Omni Center

Highlights include:

- **Pancake Breakfast:** 7AM–11AM
- **Lumberjack Show** at the Aquatic Center
- **Family Fun Zone:** 5PM–8PM games
- **Your Generation Concert:** 6:45PM–9:45PM
- **Salute to the 4th Fireworks:** 9:45PM

ALEXANDRITE	GARDEN	LEMONADE	SOLSTICE
BARBECUE	GEMINI	LONGEST DAY	STRAWBERRY
D-DAY	GRADUATION	OUTDOORS	SUMMER
DIPLOMA	HONEYSUCKLE	PEARL	THIRTY DAYS
FATHER'S DAY	JUNE	PICNIC	VACATION
FLAG DAY	JUNETEENTH	ROSE	WEDDING



KANE STREET  
COMMUNITY GARDEN

**Open House**

JUNE 9TH • 4-6 PM

901 Kane St, La Crosse  
FAMILY FRIENDLY EVENT  
FOOD & DRINKS

Join us for a picnic lunch and learn about the benefits of our garden to the community and how you can get involved.

**FOOD. FAMILY. FUN.**  
A FAMILY TRADITION SINCE 1983



**JULY 1ST - JULY 4TH 2026**