



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

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Permit No. 124

Cheers to the Years: Honoring the Gift of Growing Older

Each August, **National Senior Citizens Day** reminds us to celebrate the people who make our communities stronger with their time, talent, and wisdom. But the truth is, that recognition should not be limited to just one day.

Across La Crosse County, people of all ages are finding meaningful ways to stay involved—through caregiving, volunteering, or simply showing up for one another. These everyday contributions shape the heart of our community.

Let's also take a moment to reframe how we think about aging. Instead of seeing it as something to resist, what if we saw it as a gift? We do not *have* to grow older—we *get* to. Each year brings new stories, deeper relationships, and opportunities for continued growth.

Cheers to the Years is more than a theme—it's a reminder of the beauty, strength, and purpose that can be found at every stage of life.

So here's to the people who keep showing up, making a difference, and reminding us that aging is something worth celebrating. Cheers to the year—



LET'S CELEBRATE LIFE, WISDOM, AND COMMUNITY.



AUGUST 21, 2025
11:00 AM - 03:00 PM

COPELAND PARK

About Our Event!

In honor of **National Senior Citizens Day**, join us for a community picnic in the park as we celebrate the beauty of aging and those who enrich our lives with their stories and experience. Whether you are reconnecting with old friends or making new ones, this event is all about joy, connection, and community. Come for the food, stay for the fun, and help us celebrate life at every stage!

CHEERS TO THE YEARS!

Schedule of Events

Picnic Cookout ◀

Savor a classic picnic cookout at **11:30 AM** with the La Crosse County Senior Nutrition Program. Must be at least 60 years of age. Reservations required by calling 608-785-5775 no later than August 15, 2025. \$4.50 suggested donation.

MENU: Cheeseburger, Potato Salad, Baked Beans, Fresh Fruit Cup, Cookie

Bingo & Yard Games ▶

Play bingo at **12:30 PM** or try a yard game or two!

Live Music ▶

Enjoy music by the Driftless River Band at **1:30 PM**. Sit back and/or get up and dance!



Contact us:
608-785-5700

Event hosted by the Aging and Disability Resource Center (ADRC) of La Crosse County in partnership with the City of La Crosse Parks, Recreation & Forestry Department.

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.

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



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**

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, click "Get Involved" and then "Donate", and select the yellow "Donate" button at the bottom of the page. Thank you for your support!

La Crosse Senior Life Newspaper

Mailing List Request

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

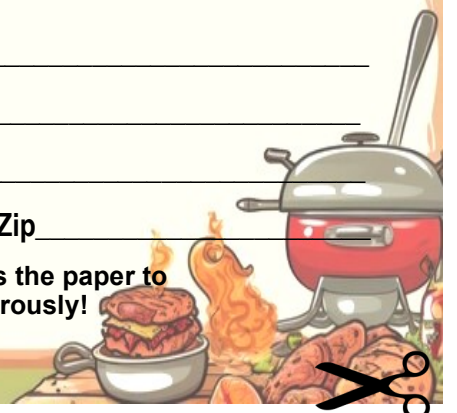
Name _____

Address _____

City _____

State _____ Zip _____

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




Dementia Live® 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,” participants will gain a heightened awareness and leave with valuable tips and tools to improve communication and connection.

August 18th
1pm - 2pm

Holmen Area Community Center

TO REGISTER for a 1-hour training session:

Call 608-785-5700 or Scan QR Code →



Bringing Hope & Light to the Dementia Journey Conference

Free conference for all those impacted by dementia or interested in the cause.

Wednesday, August 13th, 8:30am-3:15pm

First Free Church 123 Mason St. Onalaska

Register by phone: 1-715-343-6275

GRIEF & LOSS

Free Group Counseling for Care Partners

(Late Stage Dementia and End of Life)

Dementia can come with so much loss. Sometimes you feel like you're losing them over and over again only to lose them once more. This is a group where others who share similar trials can work through their grief and ambiguous loss together. Please consider joining the therapy group for care partners serving loved ones transitioning to later stages and beyond of dementia.

Enroll Now!

608-519-3790


Next Session starting soon!

Call or Text Joy for a Pre-Registration Appointment

Sessions Meet Weekly for 1.5 hours

Held in La Crosse, WI

Facilitated by Joy Buchman MS, LPC-IT, NCC and co-facilitated by Kelsey Flock, CTRS, Dementia Care Specialist



SPARK!

CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS

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

Spark on the Go:

Aug 11, 1:00pm-2:30pm

Gone with the Wind!

La Crosse Community Theatre

428 Front St. La Crosse

Register with Amber at 608-385-4819.

Spark at Clearwater Farms:

Aug 18, 10:30am-12:00pm

In Full Bloom: Exploring the richness of August gardens.

Clearwater Farm 760 Green Coulee Rd.

Onalaska

Register with Anna at 507-319-9156.

Dementia Caregiver Support Group Listing	
IN PERSON	VIRTUAL
Parkinson’s Disease Group 1st Monday Monthly: 5pm-6pm Black River Beach Neighborhood Center Contact: STAR Center at 608-797-6295	Monday Coffee Connect Every Monday: 10am Contact Kelsey at kflock@lacrossecounty.org
All Stages Caregiver Groups 2nd Tuesday monthly: 1:15pm-2:30pm Good Shepard 4141 Mormon Coulee Rd. LaX Contact: Kathy at 608-386-8908	Monday DISH 1st Monday of the month: 7pm-8pm Contact Carla cbersheit@chippewacounty.org
Navigating Together 3rd Thursday monthly: 1pm-2pm Holmen Area Community Center, Holmen Contact: Becky (608) 792-3805	Men’s Caregiver Support Group 1st Tuesday of the month: 1pm-2:30pm Contact Alison at 608-240-7496 or resch.alison@countyofdane.com
Healthy Living with Mild Cognitive Impairment (MCI) An education and support group for brain health from Wisconsin Alzheimer’s Institute Disease Research Center. Fridays Quarterly 9am-Noon at Black River Beach La Crosse. Call ADRC 608-785-5700	Aging & Down Syndrome Caregiver Support 3rd Wednesday of the month: 5pm Contact DSAW info@dsaw.org
Grief Therapy Group Pre-Registration Required. Offered annually. Call Kelsey, to inquire 608-386-0767	Wednesday Conversations- for persons with MCI 1st and 3rd Wednesday: 10:30am-12pm Contact Rob at rgriesel@co.dodge.wi.us
To the world you may be one person; but to one person you may be the world.	Family Caregivers of Loved Ones Living at a Facility Every Other Friday: 10am-11:30am Contact Alz. Assoc. 1-800-272-3900

Available 24 hours a day, 7 days a week
Serving Western Wisconsin and Southeastern Minnesota
**Simply dial the three-digit telephone number 2-1-1 or
(800) 362-8255 to learn more.**
Language Interpretation is available.
www.greatrivers211.org

- Stay upright as you move. This helps protect your back from strain or injury.
- Step into the walker, rather than walking behind it.
- Don't push the walker too far out in front of you.
- Make sure the handles are set at the right height.
- Take small steps and move slowly when you turn.
- Be careful when using a walker on surfaces that are slippery, carpeted or uneven.
- Watch for objects on the ground.
- Wear low-heeled shoes that have good grips on the soles

Black River Beach Neighborhood Center

1433 Rose Street, La Crosse
Most programs require registration: 608-789-8640
www.cityoflacrosse.org/parks

Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register.

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

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

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

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

Parkinson's Disease Support Group: Monday, August 4, 5pm-6:30pm. (CALL STAR CENTER TO REGISTER: 608.797.6295.)

International Folk Dance: Wednesday, August 6 & Saturday, August 16, 7pm-9:30pm. Register. \$2/session.

Embrace (for those with dementia & care partners): Wednesday, August 27, 12:30pm-2pm. (CALL ADRC TO REGISTER: 608.789.8640.)

Medicare 101-Understanding the ABCs of Medicare: Wednesday, August 27, 10am OR 6pm. Register by Friday prior.

Monthly Card Creations: Wednesday, August 27, 2pm-7pm. Register by Friday prior.

South Side Neighborhood Center

1300 6th Street, La Crosse
Most programs require registration: 608-789-8298
www.cityoflacrosse.org/parks

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register.

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

Coping Skills: Fridays, August 1 & 15, 10am-11:30am. Register by 1 day prior. Free

Wise Wednesdays: Wednesday, August 6 & 20, 10:30am-12pm. Register. Free

Bingo: Wednesdays, August 6 & 20, 12:30pm-1:30pm. Register by 1 day prior. Free

Shuffle Together (cards): Fridays, August 8 & 22, 2pm-3:30pm. Register. Free

La Crosse Area Parkinson's Social Night: Wednesday, August 20, 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	Chair Yoga/Tai Chi Class
	12pm	Coulee Region Woodcarvers
Tuesday:	9am	Strong Seniors
	1pm	500 Cards register at 786-1114
	7pm	Duplicate Bridge- 797-3587
Wednesday:	1pm	Euchre register at 786-1114
	6:30pm	Live Band Dance –public welcome
Thursday:	9am	Strong Seniors
	10am	Chat Bridge – register 797-3587
	12:30pm	Duplicate Bridge
Friday:	9:30am	Chair Yoga/Tai Chi Class

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

Sons of Norway: 1st Thurs, 7pm starting in August

Wednesday for Lunch: 3rd Wednesday, 11am-12:30pm. Free but please RSVP.

Senior Water Aerobics: Tues & Thurs, 11:15am, Logan Pool



HOLMEN AREA COMMUNITY CENTER

600 N Holmen Dr.
608-399-1870 www.holmencc.org
Mon. - Thurs. 7am- 4:30pm Friday 7am - 3pm
*Registration required for some programs.

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

Pickleball Open Play: Thursdays 8am–9:15am (Hours may vary)

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

Fun with Watercolor: Mondays at 9am–10:30am

Chair Yoga: Mondays at 9:15am and Friday, August 1, 15 & 29 at 9:15am

SimpleSteps Tech Help: Monday, August 11 & 25 10:30am-12pm

Beginner Line Dancing: Mondays & Wednesdays at 12:15pm

Mah Jongg Club: Mondays at 1pm

Holmen Area Historical Society: Sunday, August 3rd at 1pm

"Old Fashioned Pie and Ice Cream" at Yahnke's Antique Green

Public Health Nurse Visits: August 12, 8:30am–11am (Free Blood Pressure Checks & Education)

Music with Greg Grokowsky: Tuesday, August 12th at 11am

Cardio & Strength Fitness: Tuesdays and Thursdays at 10am

La Crosse County Veterans Service: August 7th, 12:30pm- 4pm`

Hearing Evaluations: August 5th, 9:30am–11:30am (call for appt)

Hearing Instrument Checks: August 19th, 9:30am–11:30am (appt)

Conversation, Coloring & Calmness: Tuesdays at 1pm

Caregiving 101: August 5th, 1pm–2:30pm (education and support)

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

Wellness Wisdom: Smarter Weight Loss After 50: August 26 at 1pm

Grumpy Old Men Concert: August 27th at 10am (Open to all)

Diamond Art: Wednesdays at 9am

Bingo: Wednesdays & Fridays at 12:30pm

"A Joyful Life" Monthly Group for Women: August 6th, 2pm–3pm

Cozy Readers Book Club: August 20th, 2pm–3pm

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

Crafternoon Social – Knit & Crochet: August 7 & 21 at 1pm

Navigating Together – Support for Caregivers: August 21st at 1pm

AA Meetings: Thursdays 6pm–7pm

Marriage and Family Solutions: August 14th, 5:30pm–7pm, free

Gentle Yoga for Beginners: August 1, 15 & 29 at 8am

Good Morning Holmen! August 15th, 9am–10am "Jim Carlson - Kornfest Car Show"

ONALASKA PARK & REC EVENTS

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

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

Events at the new DASH Center
515 Quincy St. Onalaska

Open Pickleball- Mondays and Wednesdays from 5:30am-7:00am (Lyche Family Gymnasium)

Walking Group- Monday-Friday from 8:30am -9:30am (Lyche Family Gymnasium)

Bridge Group- Mondays from 12:30pm -4pm (Diermeier Family Room)

Mah Jongg- Wednesdays from 12:30pm -4pm (Sunset Room)

Senior Center Lunch: 11:30am, Monday-Friday.
Call 608-785-5775 to reserve a meal 24 hrs in advance.


OMNI CENTER EVENTS

BBBB Bingo: Wednesdays at 6pm

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

8/16: Whitetails Unlimited Deer Camp, 5pm

8/21: Ducks Unlimited Banquet, 5pm



National SENIOR CITIZENS DAY!
AUGUST 21

"Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!"
- Ingrid Bergman

2025 RIVERBOAT STOPS

8/3, 8/17: American Serenade
8/7, 8/11, 8/21, 8/25: Viking Mississippi

at Riverside Park

Visit explorelacrosse.com





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

wafermobile@waferlacrosse.org or 782-6003

1603 George St. La Crosse

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

August 12th
5pm-6pm
Onalaska
Methodist Church
212 4th Ave N.



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



3rd Wednesday of the month
August 20th
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



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

The Kane Street Community Garden
relies on volunteers to be successful. Volunteers are welcome during the following hours:
Monday & Thursdays 8 am-6 pm
Tuesday, Wednesday & Fridays 8 am-3 pm
Saturday 8 am-1 pm Sunday Closed

Come to the garden on harvest days during the hours listed below, register as a volunteer, and wait for instruction from a garden staff member.
Harvest Hours:
Monday & Thursdays 2 pm - 4:30 pm
Distribution 4:30 pm - 6 pm
Saturday 10 am - 11:30am
Distribution 11:30 am - 1 pm

Corner of Kane and St. Cloud Streets La Crosse
Phone: 608-793-1002

Taste of the Garden 2025
August 20th, 5pm-8pm
\$30 in advance or \$35 at the door
This is a 21 year and older event.



Taste of Summer!

Join at Clearwater Farm in Onalaska on September 6th from 4 PM-8 PM for a relaxed evening featuring wine and beer tastings from 10 local wineries and breweries, live music by Under Paris Skies, and a fresh, farm-inspired meal. www.clearwaterfarm.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 a **\$25.00** voucher to purchase fresh grown fruits & vegetables from local participating Farmers Markets. Individuals may call the ADRC at **608-785-5775** to request a form to be mailed or stop into the ADRC office.

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.

There are a limited number of vouchers, the program is first come first serve and processed in the order received. 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.

Is There a Right or Wrong Way to Eat Corn on the Cob?

In my family, there have been many debates at the dining room table about who is eating corn on the cob right and who is eating it wrong. In actuality, there is no right or wrong way to eat corn on the cob. It is simply a matter of personal preference.



How you eat your corn may say a great deal about your personality. The next time the great corn debate comes up while you and others are eating it, discuss these personality connections.

3 Ways to Eat Corn on the Cob

Before we dive into personality analysis, we should talk about how exactly people eat corn. There are really three main ways that people eat this vegetable. In straight rows from left to right. In circles by rolling the corn around and around. Avoiding the tricky cob issue altogether by slicing off the kernels with a knife. Some people prefer to use specialized cob holders to eat corn.

1. The Typewriter: From Left to Right
People who eat their corn from left to right do it like an old-fashioned typewriter. They start on the left side of the page (cob) and type (eat) in a straight line. Then they hit return (turn the ear slightly) and do the same thing with the next row.
Personality Traits
People who eat their corn from left to right are analytical and rational. They are the type of folks who like to finish one project before starting another.

2. The Rolling Pin: Twisting It in Circles
Some people eat their corn on the cob by rolling the cob around in a circular motion. After each complete rotation of the cob, the eater moves on to the next "column" of kernels.
Personality Traits
People who eat their corn this way are spontaneous, creative, and multitaskers. They enjoy new adventures.

3. The Shaver: Slicing the Kernels Off the Cob
Some people circumvent the challenge of the cob entirely by slicing the kernels off the ear.
Personality Traits
People who slice the kernels off the cob are very concerned about neatness and tidiness. They don't like to get their hands dirty, literally or figuratively, and they may also avoid conflicts.

How to Cook Corn on the Cob

Corn on the cob is eaten a lot in the summertime at picnics and cookouts, but it can also be eaten any time of the year no matter what the occasion is. Corn prepared on the grill is delicious, but there are many other ways to cook it. Links to a few great recipes are posted at the end of this article.
Boiled: Put corn on the cob in a pot of boiling water on the stove. Some people boil their corn in milk instead of water.
Microwaved: Yes, corn can be cooked in the microwave!
Baked/Roasted: Cook corn on the cob in the oven.
Steamed: Place corn on the cob in a steamer basket on top of the stove.
Grilled: Put ears of corn on the grill. It will look like it's partly burned, but it's delicious that way.
Raw: Yes, corn can even be eaten raw! However, many folks prefer it cooked in one of the above ways.


Senior Stock Boxes is a monthly meal program by The Hunger Task Force of La Crosse. It's set up for seniors 60+ who meet a certain income level. The income limits are \$1,580 for a 1-person household, \$2,137 for a 2-person household, add \$557 for each additional person.

To apply call The Hunger Task Force at 608-793-1002.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.				Egg Salad Sandwich 1 Vegetable soup & crackers 3 bean salad, Fresh fruit Sugar cookie
Sloppy joe on a bun 4 Sweet potato wedges Corn Tropical fruit salad	Turkey & gravy 5 Mashed potatoes Green bean bake Marble cake, Cranberries	1/4 BBQ chicken 6 Au gratin potatoes Hubbard squash Carrot cake	Brat on a bun 7 German potato salad Baked beans Chocolate cake	Lasagna 8 Romaine salad Fresh fruit, grape juice Garlic bread stick
BBQ Ribbettes 11 Steamed baby reads Peas & carrots Watermelon	Goulash w/ beans 12 Country style vegetables Fresh fruit Pumpkin pie, rye bread	Pulled pork on a bun 13 Rosemary potatoes Calico beans Pumpkin bar	Chicken craisin salad 14 on romaine lettuce Pineapple orange salad Muffin, Ice cream	Meatloaf 15 Baked potato Buttered peas Strawberry shortcake
Fish on a bun 18 Potato wedges Carrots Rosy applesauce	Broccoli cheese soup 19 Chicken salad on bun Oriental coleslaw Fruit cup, Crackers	Beef stroganoff 20 Buttered noodles Baby carrots Applesauce, Juice	Cheeseburger on bun 21 Potato salad Baked beans Fruit cup, Cookie	Pepper steak w/tomatoes 22 Dairy potato bake California blend vegetables Choc pudding, Marble bread
Meatballs 25 Mashed potatoes Creamed corn Pumpkin bar	Chef salad 26 Watermelon Corn muffin Fruit pie	Salisbury steak 27 Mashed potatoes/ gravy Cauliflower & broccoli Blueberry crisp	Spaghetti 28 Spinach salad Pears Black bean brownie Garlic bread stick	Chicken alfredo 29 California blend vegetables Grapes Fruit fluff Garlic bread stick

Fresh Tomato Sauce


5 lb. unpeeled plump tomatoes, cored and quartered.
2 Tbsp. unsalted butter
4 cloves garlic, minced
2 tsp. kosher salt, plus more to taste
1/2 tsp. black pepper
2 Tbsp. olive oil
2 sprigs fresh basil



In a blender, blend the tomatoes, in batches as necessary, until an almost smooth pulp forms. Pour into a large bowl; there should be about 10 cups of puree.
In a large Dutch oven, melt the butter over medium-high heat. Add the garlic and cook until fragrant, about 30 seconds. Stir in the tomato puree, salt, and pepper. Bring to a boil, stirring frequently. Reduce the heat to medium-low, and simmer until the sauce reduces by one-third, 45 minutes to 1 hour. Remove the pot from the heat and stir in the oil and basil. Add salt to taste. Cover and refrigerate the tomato sauce for up to five days. The sauce can be placed in zip-top bags or airtight containers and frozen for up to six months.

TIP: Take advantage of precooked proteins.

Rotisserie chickens offer the most in terms of value and flavor. Enjoy fresh after bringing one home, or de-bone it and add it to salads, sandwiches, or other no-heat-needed meals later.



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.

Summertime Tomato Salad


1 pounds cherry tomatoes (about 3 cups), halved
1 small yellow summer squash, halved lengthwise and sliced
1/2 cup fresh blueberries
3 ears of fresh sweet corn
1 small red onion, halved and thinly sliced
1/4 cup olive oil
1 tablespoons lemon juice
1 tablespoon minced fresh mint
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper



In a stockpot, bring 4 cups water to a boil. Add corn; cook, uncovered, until crisp-tender, 2-4 minutes. Remove corn and immediately drop into ice water to cool; drain well.
Cut corn from cobs and place in a bowl. Add remaining ingredients; toss to combine. Refrigerate, covered, until cold, about 30 minutes.

Summertime Spaghetti

8 ounces thin spaghetti, halved
2 medium tomatoes, diced
1 small zucchini, diced
1 cucumber, halved, seeded and diced
1 green pepper, diced
1 sweet red pepper, diced
4 ounces Italian salad dressing
1 tablespoon grated Parmesan cheese
1 teaspoons sesame seeds
1/2 teaspoon paprika
1/4 teaspoon celery seed
1/8 teaspoon garlic powder




Cook spaghetti according to package directions; drain and rinse in cold water. Place in a large bowl; add tomatoes, zucchini, cucumber and peppers. Combine the rest & pour over salad. Cover and refrigerate for at least 2 hours before serving.

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



**La Crosse
County
Library**

Bangor • Campbell • Holmen • Onalaska • West Salem

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

Chair yoga: Thursdays, 10am-11am
Qigong: Saturday, Aug. 2, 10am-11am
Friends of the Library Book Sale: Monday's 9am-12pm
Chapters Book: Aug. 9 at 10am or Aug. 13 at 1pm. *Saturday Night at the Lakeside Supper Club*
Indigo Dyeing for Adults: Aug. 7 at 5:30pm. Registration required
Boggle Poetry Workshop: Aug. 20 at 5:30pm-6:30pm
Movies with a Mission: "Heroin e" Aug. 26 at 5:30pm-7pm. In recognition of International Overdose Awareness Day documentary.
Creation Space: Aug. 5 at 5:30-7pm at Franciscan Spirituality Center. Weekly Creation Space is available at the Clare Art room also.

Myrick Park Center/ The Nature Place
789 Myrick Park Dr, La Crosse 608-860-6864
www.natureplacelacrosse.org

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

8/2: **Nature Saturday**, Free, 9:30am – 11:30am
8/6: **EnviroWednesday**, Free, Ages 14+, Topic TBD
8/9: **Driftless Area BioBlitz** (DABB), Free, 10am – 12pm, "Finding Fungi," Meet at lower Hixon Trailhead
8/20: **Forest Bathing with ReJuve Nature**, 5:30pm – 7:30pm, \$15 – pre-register, Ages 16+

Ashley for the Arts

BRAD PAISLEY
FRI 9PM

ZZ TOP
FRI 7PM

DAUGHTRY
FRI 5PM

THE CASTELLOWS
FRI 3PM

DARIUS RUCKER
SAT 9PM

THIRD EYE BLIND
SAT 7PM

CHRIS JANSON
SAT 5PM

NEON TREES
SAT 3PM

AUG 7, 8 & 9, 2025 | MEMORIAL PARK | ARCADIA, WI


August 1-30: Puzzle Hunt at all locations. Solve all 5 puzzles for a chance to win a \$50 gift card to Manny's Cocina.
Bangor movie on August 21 at 2:30pm and 6pm.
Campbell Book Club meets the second Tuesday of the month at 6pm.
Holmen "Drop-in Tech Help" on August 21 from 11am-12pm and 4:30pm-5:30pm.
Onalaska "Senior Moments" on Wednesdays at 10am:
August 20: 100 Wisconsin Things with The Traveling Cheesehead, Dannelle Gay
August 27: Back Home: Country Tales Through the Seasons with Chris Hardie
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 August 14 and August 28 at 2:15pm and 5:45pm.
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.

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

NARVRE
National Association of Retired and Veteran Railroad Employees Unit 047; Meeting August 12, 10am at the Onalaska American Legion. Speaker: Molly from La Crosse Fire Dept. Call to reserve to Jeanne 608-526-3304.

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.



Blood Drives for AUGUST



8/1: Valley View Mall, 12pm-5pm
8/6: La Crosse State Office Bldg., 8am-12pm
8/6: Mt Calvary Church Trempealeau, 11am-5pm
8/7: Church of Latter-day Saints Onalaska, 1pm-6pm
8/7: Hokah Fire Station, 1pm-6pm
8/8: Onalaska American Legion, 10am-2pm
8/11: St Pauls Lutheran Church Onalaska, 11am-4pm
8/12: West Salem High School, 10:30am-3:30pm
8/13: YMCA La Crosse, 9am-1pm
8/14 & 8/15: La Crosse Health & Human Services, 9:30am-2:30pm
8/15: Valley View Mall, 11am-4pm
8/22: Omni Center Onalaska, 9am-1pm
8/25: Bangor Hight School, 12pm-5:30pm
8/26: St Joseph Cathedral, 11am-4pm
8/28: Shepherd of the Hills Church Onalaska, 1pm-6p
8/29: First Free Church Onalaska, 9am-2pm
8/29: Moose Lodge, 11am-3:30pm

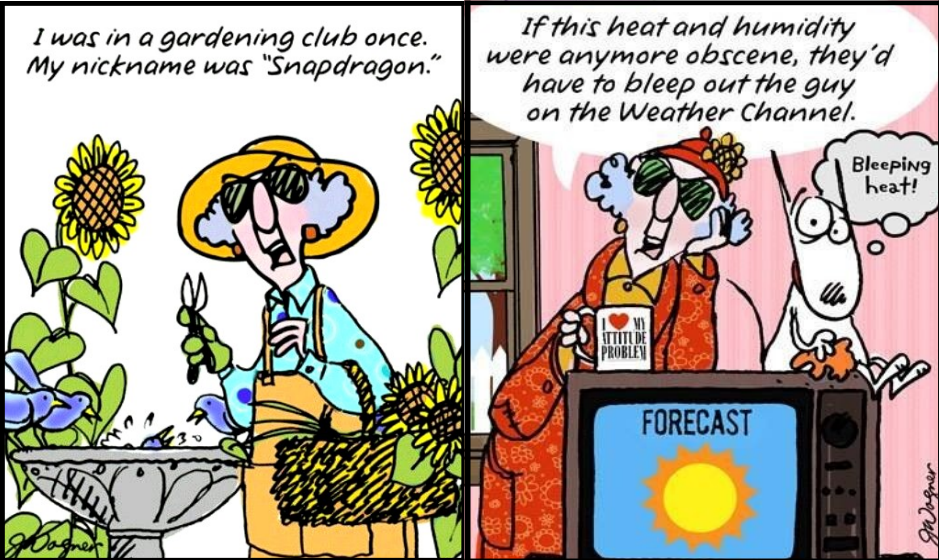
La Crosse Blood Donation Center– call for appt.
1-800-RED-CROSS
Versiti Blood Center– call for appt.
(877) 232-4376

Scramble answers: vacation, harvest, boating, grilling, camping, sunshine, gardening, picnic, swimming, sunscreen, humid, lemonade

August Scramble



VONACTIA
ARTSHVE
OTBIGNA
IGRGLLNI
GPMANCI
UNEISNSH
GNGNIERAD
CIPICN
MNSIGMWI
RUCEESNSN
UHMID
MANOEELD




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.


Sept. 25 at Eagle Crest South, La Crosse

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



Beat the Heat Without A/C!


1. Open your windows at night.
2. Close your window coverings during the day.
3. Insulate your home. This works for cold and hot days.
4. Bake and wash at night.
5. Fire up the grill instead of the oven.
6. Install an awning, porch or shade tree by your west windows.
7. Use fans to keep air circulating. Turn on exhaust fans in the kitchen and bath also. Put a bowl of ice in front of a fan.
8. Set ceiling fans to rotate counter clockwise during the summer.
9. Run a dehumidifier to take the humidity out of the room.
10. Shut doors to stop hot air from generating in from other rooms.



Gear up for the 20th annual Steppin' Out in Pink!

Saturday, September 13, 2025 | Riverside Park | La Crosse

7:00 a.m. Vendor market is open. Come early to shop with awesome local vendors and food trucks.
7:00 - 8:30 a.m. Survivor Social takes place across the street at 333 Front St. N.
8:15 a.m. Mollie B & Squeezebox kick things off on the Riverside Park bandshell
8:30 - 8:40 a.m. Survivor Walk - Survivors walk together from Survivor Social to Riverside Park Bandshell.
8:40 a.m. - 9:00 a.m. Pre-walk opening ceremony at Riverside Park Bandshell.
9:00 a.m. Walk kicks off! You do not want to miss the exciting kick off to this year's walk! The **UW-La Crosse Screaming Eagles Marching Band** returns in 2025 for an exciting send-off onto the route! Enjoy a 2.5 mile walk through downtown La Crosse, taking in some awesome entertainment along the way!
9:00 a.m. - 12:00 p.m. Enjoy some exciting entertainment from the UW-La Crosse Screaming Eagle Marching Band and Mollie B and Squeezebox while you enjoy the Vendor Market at Riverside Park!
More information at <https://steppinoutinpink.donordrive.com/>




What Can I Do to Keep My Bones Healthy?

The following steps may help prevent or slow bone loss:

- **Include plenty of calcium in your diet.** For adults ages 19 to 50 and men ages 51 to 70, the Recommended Dietary Allowance (RDA) is 1,000 milligrams (mg) of calcium a day. The recommendation goes to 1,200 mg a day for women age 51 and older and for men age 71 and older.
- **Get enough vitamin D.** Vitamin D helps the body absorb calcium. For adults ages 19 to 70, the RDA of vitamin D is 600 international units (IUs) a day. The recommendation goes to 800 IUs a day for adults age 71 and older.

Good sources of calcium include dairy products, turnip greens, salmon and canned salmon with bones, sardines, tuna, and soy products, such as tofu. If it's hard to get enough calcium from your diet, ask your healthcare professional about taking a calcium supplement.

Good sources of vitamin D include oily fish, such as salmon, trout, tuna and mackerel. Some foods also have vitamin D added to them, such as milk, cereals and orange juice. Sunlight helps the body make vitamin D too. If you're worried about getting enough vitamin



Stepping On

Building Confidence and Reducing Falls

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, Sept. 15- Oct. 27, 2 pm to 4 pm

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.

Healthy Living with Diabetes

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

What is Healthy Living with Diabetes?

This is a proven workshop...

- Designed for adults with type 1 or type 2 diabetes or pre-diabetes or their caregivers
- Teaches skills to effectively manage diabetes, or delay the onset of diabetes
- Can result in 25% improvement in your condition
- Can help minimize the adverse effects of diabetes

Workshop Information

Harry J Olson Senior Center
1607 North Street, La Crosse
Mondays, August 4 – September 15
9:30am-12pm

Cost is \$30 to participate.

Pre-register by calling (608) 775-6870 or visit

Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers.

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

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

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

Suicide Prevention Summit

Wednesday, September 17, 2025
8:45 a.m.–4:15 p.m.
Student Union, UW-La Crosse
521 East Ave North | La Crosse, WI 54601

Increase your understanding of suicide, its prevalence, and the risk factors for specific populations, and acquire tools for prevention, assessment, and intervention.

Register at www.lacrossesuicideprevention.org/events or call 608-785-6500.

D, ask your healthcare professional about taking a supplement.

- **Stay active.** Weight-bearing exercises can help you build strong bones and slow bone loss. Examples include brisk walking, jogging, dancing, climbing stairs, and playing soccer, tennis and pickleball.
- **Don't use tobacco or drink too much.** If you'd like help to stop using tobacco, talk to your healthcare professional. If you choose to drink alcohol, do so in moderation. For healthy adults, that means up to one drink a day for women and up to two drinks a day for men.
- **Ask about medicines.** If you have to take any medicine for a long time, ask your healthcare professional if that might affect your bones. If so, talk about steps you can take to keep your bones healthy.

If you're worried about bone health or you have risk factors for osteoporosis, talk to your healthcare professional. Also talk to your healthcare professional about bone health if you break a bone when you're older than 50. You may need a bone density test. The results of that test show your level of bone density. The test results also can help your care team check your rate of bone loss and other measures of bone health. Using that information along with your risk factors, your healthcare professional can decide if medicine to help slow bone loss may be a good choice for you. Source: Mayo.org



Healthy Meals, Healthy Minds
Grant Program for
Family Caregivers

Family caregivers deserve support—and the **Healthy Meals, Healthy Minds Grant** is here to help! This grant provides funding for nutritious meals as respite and mental health and wellness services, including counseling, gym memberships, wellness classes, and more. **Most family caregivers are eligible!** To qualify, a professional (such as an ADRC staff member, Tribal ADRS representative, or case manager) must verify that the care recipient meets one of the grant's eligibility conditions. If you're unsure whether you qualify, we encourage you to reach out—we're happy to help!

Allowable expenses include:

- ✓ Delivered meal kits (no groceries, fast food, or restaurant meals)
- ✓ Mental health counseling (in-person or telehealth)
- ✓ Wellness classes (yoga, meditation)
- ✓ Gym/community memberships, self-help books, weighted blankets, and more

Have questions about eligibility or allowable expenses? Contact us at info@respitewi.org before applying or making purchases.

Apply today and give yourself the support you deserve!

Website: <https://respitewi.org/healthy-meals-healthy-minds-hmhm-grant-program-for-family-caregivers/>

Upcoming Caregiver Events

Caregiver Education: Respite Care Association of Wisconsin (RCAW)

Leslie Thede, Program Manager at RCAW will speak about respite services and services offered by RCAW. Leslie's role at RCAW involves managing information and referrals, maintaining the Wisconsin Respite Registry, and overseeing the Caregiver Respite Grant Program (CRGP) and Supplemental Respite Grant Program (SRGP). Additionally, she represents RCAW on various committees, ensuring the organization's voice is heard and its mission is advanced.

Tuesday, August 5, 1 PM-2:30 PM
Holmen Area Community Center 800 N. Holmen Dr. Holmen, WI 54636
Registration deadline: June 6, 2025 This is a **FREE** event!
Questions and registration through the ADRC of La Crosse County at 608-785-5700 /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, not a specific diagnosis. Come and meet other family caregivers and share the caregiving journey!

Thursday, August 14, 1:30 PM-2:30 PM
Franciscan Spirituality Center 920 Market St. La Crosse, WI 54501
Any questions?
Contact Kristine Meyer at 608-386-0922 or kmeyer@lacrossecounty.org

Caregiver Cruise

All aboard family caregivers!

Join us on a riverboat tour of the mighty Mississippi River! Enjoy an afternoon of sightseeing and relaxation aboard the La Crosse Queen. Let us treat you to **free** pizza and refreshments. All expenses paid for family caregivers. The person you are caring for is also welcome to join at no cost (limit of 2 per caregiver).

Saturday, September 13th, 1:30 - 3pm

If you aren't sure whether you're a family caregiver, or if you have any barriers to attending, please let us know so we can try to assist.

Must arrive for boarding no later than 1:10pm!



To sign up, please call the ADRC of La Crosse County at (608) 785 - 5700



Trualta offers an incredible library of resources designed to support family caregivers in their journey. From expert tips to practical skills, this platform empowers you with the tools you need to confidently provide care and take care of yourself, too.

What You'll Get:

- ✓ On-demand caregiver training
- ✓ Interactive lessons and guides
- ✓ Stress management techniques
- ✓ Expert insights on dementia care, mobility, and more

Men's Shed

August 26, 2025
1:30 PM - 2:30 PM
Tomah Senior Center
1002 Superior Avenue
Tomah, WI 54660

This month's topic will be "A Farmer Goes to War". No Civil War battles were fought in Wisconsin, but men from Wisconsin fought in them. Learn what being a Union soldier from Monroe County was like during the American Civil War—from the drudgery of drill to the horrors of battle. Presented by Jarrod Roll, Director, Monroe County Local History Room & Museum

The Men's Shed offers a **FREE** lunch from 12:30pm-1:15pm at the Tomah Senior Center. Please call into the ADRC of La Crosse County by August 19, 2025, to reserve a lunch.

Sponsored by:



Please register by calling the ADRC of La Crosse County at 608-785-5700.

Questions??? Please contact Kristine at 608-386-0922 or kmeyer@lacrossecounty.org



**La Crosse Parks & Rec
Senior Excursions**

For ages 50+

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

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

- August 7:** Go! Pack! Go! – Green Bay
September 11: Lake Geneva Mail Boat Tour
September 17: Minnesota's Largest Candy Store, Jordan, MN
September 24: "76 Trombones Led the Big Parade", Mason City
October 14: Gangster Tour, St. Paul
November 16: Some Like It Hot, Overture Center
January 18: Hamilton, Overture Center

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
Aug. 23: *Fly Casual* concert on the lawn
Sept. 20: The Main Event, 11am–4pm



Norskedalen
Nature & Heritage Center

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

Music in the Valley
Wednesday, August 13
5:30pm–7:30pm.

Food available or carry in.
Bring a lawn chair.
Donations accepted.

**Great
River
Sound**

DASH PARK

Onalaska
Tuesdays at 6:30pm

Live music line up:
7/29: *The Molly Maquires*
8/6 (Wed): *Tabasco Cat*
8/12: *Rafe Carlson*
8/19: *Ryan Howe*
8/26: *Double Take*

MISSISSIPPI MELODIES

BLACK RIVER BEACH NEIGHBORHOOD CENTER
TUESDAYS AT 12PM

7/29: DRIFTLESS RIVER BAND
8/5: PINSKI BROTHERS
8/12: COULEE ACCORDIONS
8/19: TBD
8/26: PRAIRIE SMOKE

FREE CONCERT-BRING A LAWN CHAIR

FEATURES WEST SALEM AND G&T HEATING PRESENT

FEATURES FEST XVIII
SATURDAY, AUGUST 23, 2025

early pearce



KARISSA ELINA
Blue Collar 40

LA CROSSE SPEEDWAY | ALL AGES - OUTDOOR CONCERT
GATES OPEN AT 3PM - MUSIC STARTS AT 4PM

PURCHASE TICKETS
FEATURESSPORTSBAR.COM
OR SCAN HERE



Sunday July 13, 20, 27 & August 3 7:00 p.m

LOCATION: LA CROSSE RIVERSIDE PARK | RAIN SITE: CAPPELLA PERFORMING ARTS CENTER

MAKE GREAT MEMORIES WITH FAMILY & FRIENDS!

laccrossejazzorchestra.com



VITERBO
UNIVERSITY
FINE ARTS CENTER

**Viterbo University
Fine Arts Center**

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

August 22: *The Righteous Brothers*

Pump House Regional Arts Center

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

Aug 16: Feral Apparel Fashion Show, 5pm

Moon Tunes Concerts

8/7: Irish Band Night
8/14: Tribute to Lindy Shannon
8/21: Remainders, Phoenix
8/28: Hans Mayer & Hot Sauce, Canyon Band
La Crosse Riverside Park at 5:30pm
www.moontuneslacrosse.com



Cappella Performing Arts Center

721 King St, La Crosse
608-299-7248

August 9– Annual August Ball, 6:30pm

WEBER CENTER
FOR THE PERFORMING ARTS

LA CROSSE **LCT**
community
THEATRE

608-784-9292

www.webercenterarts.org

August 19-21: *Saw, The Musical*, 7pm
September 12: *Sons of Serendip*, 7:30pm

Holmen Concerts in the Park

Sundays, 5pm–7pm

8/3: Dave Rodgers & The Tone Benders
8/10: Rafe Carlson
8/17: no concert due to Kornfest
8/24: Big Strum
8/31: Radioactive

Halfway Creek Bandshell
Rain location: Holmen Library



BREWS & TUNES
— A COMMUNITY GATHERING —

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

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



Senior Life newsletter Questions?

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

Many Members Recalled the Starlite.
Remember the North Star?

NORTH-STAR-DRIVE-IN
THEATER
GRAND OPENING
—TONITE—

We are proud to bring to you as our first offering — a motion picture with a terrific story — **A RAW-RAMPAGING EPIC!** Along the bitter, brawling road to Silver City, rode a man with a future to stake out. But why talk about it now — Come on out and see —

“THE SILVER-WHIP”

WITH DALE ROBERTSON - RORY CALHOUN - ROST. WAGNER - KATHLEEN CROWLEY

FIRST SHOWING IN LA CROSSE

COME AS YOU ARE! YOUR CAR IS YOUR PALACE — ENJOY THE BEST IN MOVIES UNDER THE STARS



Blast from the past...The North Star Drive-In opened in 1953, making it a part of the drive-in movie theater boom of the of the era. It was situated on Highway 16 in Onalaska.

It was a family-friendly destination, known for a featured a playground for children and a concession stand offering treats like popcorn and hot dogs. The drive-in's final showings were in 1986, with "Ghostbusters" and "Back to the Future" being among the last films screened. After its closure, the site was demolished in 1990. The City of Onalaska commemorated the drive-in by naming a street "Theater Road," which is near where the drive-in once stood.

WHAT’S GOING ON IN THE NEIGHBORHOOD:

- Mondays:** 6pm Bingo @ Eagles Club 1254, La Crosse
Mondays: 1pm Euchre @ Moose Lodge, \$5 register
Tuesdays: 6pm Bingo @ Features in Holmen
Tuesdays: 6pm Bingo @ Features in West Salem
Tuesdays: 6pm Bingo @ Onalaska American Legion
Wednesdays: 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall (August 6)
Wednesdays: Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
Wednesdays: 6pm Bingo @ Omni Center. See Beer by Bike Brigade facebook page for monthly calendar
Thursdays: 6pm Bingo @ Holmen American Legion
Saturdays: 11am Bingo @ Shimmy’s La Crosse
8/2: Craft & Vendor Fair, 9am-4pm at Features Fieldhouse
8/3: Holmen Area Historical Society’s Pie & Ice Cream Social, 1pm at Yahnke’s Antique Green W6816 Village View Lane, Holmen
8/7-8/9: Downtown Sidewalk Sales in La Crosse
8/9: Art Market, 2nd St & Main St La Crosse. Art, music, food
8/8-8/10: Bangor Fun Daze, Village Park
8/9: Medary Fun Days, 12pm-4pm. N3393 Smith Valley Rd
8/15: Charmant River Roast, outdoor concert from 5pm-10pm. Tickets 608-519-8800
8/21: Dueling Duo Piano Show & Fireworks, 6:30pm at Copeland Park Field.
8/23: Rockin the Prairie, 4:30pm-12pm. First Responders building on Brice Prairie. Food, drinks, two great bands
8/23: Heritage Days in Coon Valley. Fun for the whole family
8/29-8/31: Holmen Rodeo, N6350 Briggs Rd. Rodeo and concert
8/30-8/31: Stoddard Labor Day Celebration, Village Park
8/31: 4th Annual Street Dance, 4pm. South Leonard St West Salem
8/31: Rock the Vets, 11:40am-7pm, American Legion French Island



Tuesday, August 5

5pm-8pm in Holmen, Onalaska, West Salem and a variety of locations throughout La Crosse. Promotes police-community partnerships and neighborhood camaraderie to make neighborhoods a safer, better place to live.

Kiwanis **LA CROSSE KIWANIS** **DAY OF FUN FOR EVERYONE!**

BINGO! GAMES & ACTIVITIES FREE FOOD

FREE EVENT FOR KIDS AND ADULTS WITH DIFFERING ABILITIES

Sept 13, 12pm-2pm All Abilities Trane Park



Irishfest
la crosse
August 8-10
La Crosse Oktoberfest Grounds
www.irishfestlax.org



HOLMEN KORN FEST
August 15-17
Holmen American Legion
Fireworks, 5K Run, St Elizabeth’s breakfast, music, parade-Saturday, car show-Sunday, horseshoe tournament, carnival, famous charcoal chicken and corn on the cob.

GREAT RIVER FOLK FESTIVAL
LA CROSSE, WI
AUGUST 22-24
RIVERSIDE PARK

‘25 GREAT RIVER

CHARLIE PARR
WILLI CARLISLE
WILLY PORTER w/ CARMEN NICKERSON
TEXAS TOAST
FEEDING LEROY DUO
SARAH KING
WYATT B THOMPSON
PRAIRIE SMOKE
CARRIAGE HOUSE
CASS MAGPIE
ESTHER B SAW

HUMBIRD
RESONANT ROGUES
THE FOXGLOVES
CLAUDIA SCHMIDT
TOO OLD CAT
JACK KLATT
KELLEY SMITH
ALEX TOAST
WILLOW WATERS
CHEEZLAND UKE BAND
MICHAEL SCOTT
SONGWRITERS’ CONTEST FINALISTS
RIVERTOWN SONGWRITERS SHOWCASE
ART VENDORS. SARA MAE YOGA. & MORE

TICKETS AVAILABLE AT GREATRIVERFOLKFEST.ORG

This project is funded in part by a grant from the City of La Crosse Arts Board. For lodging information, visit ExploreLaCrosse.com or call 800-658-9424

ONALASKA COMMUNITY DAYS
FAMILY.FUN.MUSIC

August 2
Onalaska American Legion

Music, Food trucks, Texas Hold Em, Bingo and Family Activities

fourth Fridays
ON FRONT ST. LA CROSSE, WI

July 25
August 22
Riverside Park
Vendors, arts and music