

# La Crosse Senior Life



August 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

## Picnic & Policy: Two Big Events to Close Out Summer

As summer winds down, August offers two meaningful ways to gather, celebrate, and engage at the Black River Beach Neighborhood Center. On August 21, join us for ***Cheers to the Years!***—a festive community picnic honoring National Senior Citizens Day with food, music, classic cars, and connection. Then, return on August 31 for our ***Legislative Town Hall***, where regional legislators invite you to share your experiences and priorities related to aging services. Whether you come for fun, advocacy, or both, these two events offer a perfect way to close out summer and strengthen your voice in our community.



LET'S CELEBRATE  
LIFE, WISDOM,  
AND COMMUNITY.

 **AUGUST 21, 2026**  
**11:00 AM - 03:00 PM**  
**BLACK RIVER BEACH  
NEIGHBORHOOD CENTER**

### 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

#### Live Music

Enjoy music by the Driftless River Band at 11:00 AM. Sit back and/or get up and dance!

#### Picnic Cookout

Savor a classic picnic cookout at 12:00 PM 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 19, 2026. \$6.00 suggested donation.



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

#### Classic Car Show & Frosty Floats

Admire timeless rides from 1:00-3:00 PM and treat yourself to a root beer float as you explore!

 **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.

## Legislative Town Hall: Your Voice Matters

Join us **Monday, August 31 from 1:30-4:00 PM** at the Black River Beach Neighborhood Center for a Legislative Town Hall focused on key aging priorities in Wisconsin. This event is an opportunity to speak directly with regional legislators about issues affecting older adults, including ADRC funding, nutrition supports, fall prevention, and more.

Attendees are encouraged to share stories, experiences, and insights that illustrate how state policies impact daily life for us all. Your perspective helps shape conversations that can influence future budget decisions and strengthen aging services across the state.

Registration is required. To register, call us (ADRC) at **608-785-5700**. When you call, please identify which topic you feel connected to so we can ensure balanced representation across all areas of interest.

If you are unable to attend in person, you are welcome to submit written testimonial. Please drop off or mail to ADRC of La Crosse County, 300 4th St N, La Crosse, WI 54601 or email [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org).

We hope you will join us for the important community conversation!

## Cheers to the Years! Let's Celebrate!

Each August, we pause to honor the people whose stories, experience, and contributions strengthen our community. *Cheers to the Years!* is our way of celebrating the beauty of aging and the connections that enrich every stage of life.

This year brings something new—along with live music and a classic picnic cookout, guests can enjoy a **Classic Car Show** and frosty root beer floats as part of the festivities. It is a fun chance to admire timeless rides, share memories, and connect with friends old and new.

Whether you join us for the music, the meal, the cars, or simply to be in community, *Cheers to the Years!* is a joyful reminder that aging is worth celebrating. We hope to see you on **August 21** at Black River Beach Neighborhood Center for a day of connection and summer fun.

Questions, or to reserve a meal, please call **608-785-5775**.



## LEGISLATIVE TOWN HALL

**MONDAY**  
**AUGUST 31**  
**1:30-4:00 PM**

Black River Beach  
Neighborhood Center  
1433 Rose St  
La Crosse, WI



Be an aging advocate and take part in a community conversation with regional legislators about key state budget priorities.

Share your stories and experiences related to key priorities such as:

- ✓ Investing in Aging and Disability Resource Centers
- ✓ Safeguarding Nutrition Supports
- ✓ Reducing Falls Among Older Adults
- ✓ Other local aging services initiatives





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-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 Inclusa & 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)

Seeking Volunteers!

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.



Do You Need Home Repairs?

Couleecap's Home Rehab Program Can Help

Our home rehabilitation program helps homeowners repair their homes. The focus is on repairs that make the home safe, sanitary, and energy-efficient. Common home repairs include:

- ▶ Accessibility for individuals with disabilities
- ▶ Window replacement
- ▶ Roofs or siding repairs
- ▶ Plumbing and electrical repairs

If you own your home and live in Crawford, La Crosse, Monroe, or Vernon counties contact us to learn more about how the home rehab program can help! **Ph: 608-782-4877**

[www.couleecap.org](http://www.couleecap.org) for qualifications



RISE Transportation Program

- Must be 55yrs + and ambulatory, without assistance.
- Monday – Friday, 7:30am-4:30pm.
- Drivers are volunteers with their own vehicles.
- Ride reimbursement is .76/mile.
- Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home + \$2 service fee applies.
- Ride must originate from La Crosse County.

Call **608-785-0500** for more information (previously RSVP)

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

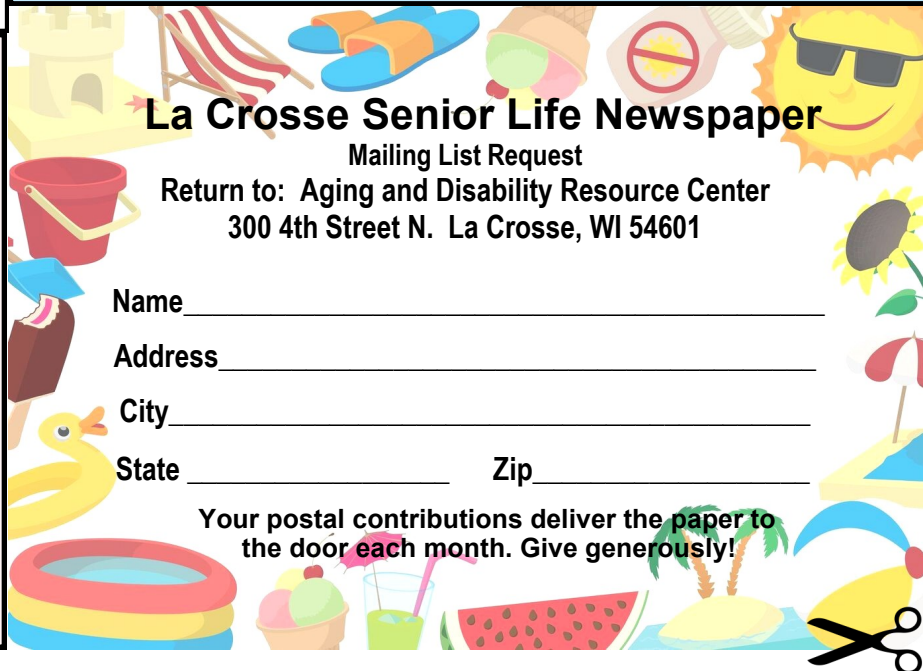
Name \_\_\_\_\_

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

**Friday, September 11, 9:00am-11:30am**  
Black River Beach Neighborhood Center – Maplewood Room  
Free • Registration required: 608-785-5700

This session features a **live-streamed latest-research presentation** shown on-screen with facilitation led by **Dr. Nathaniel Chin**, memory clinic doctor with UW Health and medical director of the Wisconsin Alzheimer’s Disease Research Center. Local **Dementia Care Specialists will be onsite in-person** to guide the session, answer questions, and support attendees throughout the morning.

**What to Expect:**

- Live viewing of research and education presentation (begins at 9:30am)
- In-person support, conversation, and connection
- Complimentary refreshments

• Time afterwards for camaraderie and optional peer support, hosted by the ADRC of La Crosse County Dementia Care Specialist Program.

Facilitated by the Wisconsin Alzheimer’s Institute Disease Research Center, Madison, WI.  
Donations accepted for refreshments.

### Save the Fall Dates! Details and Registration Coming

- **Autumn Memory Camp**  
September 8-Oct 27, 10:30am-1:30pm  
The Nature Place. Register 608-780-0471
- **Learn & Connect – Cognitive & Memory Loss Education**  
Take the guess work out of your dementia diagnosis  
Thursdays October 8, 15, 22 & 29 1 (4 sessions), 1:30pm-3:00pm
- **Supporting Emotional Health: Agitation in Dementia and Depression in Aging**  
Tuesday, October 20 9:30am–2pm.  
Kathy & Jack Family Fund for Alzheimer’s
- **Nourish Your Brain Retreat**  
November 4th | 12:30pm-4:00pm | DASH Center Onalaska | Free

### Grief Therapy Group for Dementia Caregivers

Class begins when registration fills

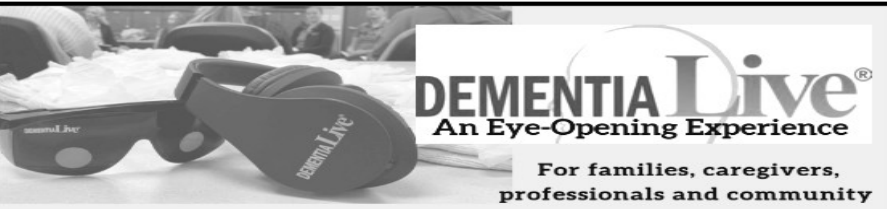
Grief is an unavoidable part of the caregiving journey and the loss of a loved one takes many forms—whether through a sudden passing or a gradual decline over time. Each person’s grief experience is unique, yet it is often not openly discussed. This group offers a supportive space to explore and process the grief and ambiguous loss that can accompany caring for someone with dementia, especially in the later stages and beyond. For questions about this program, please contact Kelsey 608-386-0767

Call or text for a pre-registration appointment: 651-412-6651

### Embrace

**2nd & 4th Wednesday, Aug 12 &26, 12:30pm—2pm**  
Embrace offers fun and engaging creative engagement for persons living with dementia. This program offers small group sessions with focus on physical, social, emotional, and cognitive skills. Care partner support and education is offered in a separate room during each session. Facilitated by ADRC Dementia Care Specialists

**Black River Beach Neighborhood Center**  
To register call 608-789-8640



**Dementia Live - Experience** what it may be like to live with dementia. 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. This experience is free and great for community members, families and professionals to better understand dementia.

**Monday August 10<sup>th</sup> at DASH Center, 5:30-6:30pm**  
or  
**Tuesday September 15<sup>th</sup> at Holmen Area Community Center, 1:00pm-2:00pm**

Register with The Aging and Disability Resource Center of La Crosse County  
608-785-5700 or scan the QR Code.

### Dementia Friends Information Sessions

- **Eagle Crest South: August 20 at 10:00 a.m.**
- **Eagle Crest North: August 27 at 1:00 p.m.**

Dementia Friends is a global movement with the mission of changing the way people think, act, and talk about dementia. Learn a little about what dementia is, how to communicate and then take action in small ways to make life better for everyone. No registration Required.

The logo for Dementia Friends, featuring a stylized flower icon and the text 'Dementia Friends' with 'An Alzheimer's Society initiative' below it.

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

The SPARK! logo features a stylized flower icon and the text 'SPARK!' with 'CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS' below it.

**Aug. 10**  
**1pm-2:30pm**  
La Crosse  
Community Theatre

Register with Amber  
@ 608-385-4819

The SPARK! logo features a stylized flower icon and the text 'SPARK!' with 'CREATIVE ENGAGEMENT PROGRAMS for PEOPLE WITH MEMORY LOSS and THEIR CARE PARTNERS' below it.

**3rd Monday of the Month**  
**August 17, 10:30am-12pm**  
Clearwater Farm  
760 Green Coulee Rd. Onalaska

Register with Anna at  
507-319-9156.  
[info@clearwaterfarm.org](mailto:info@clearwaterfarm.org)

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



Check Your Beneficiary Designations!

By the GWAAR Legal Services Team

When was the last time you checked the beneficiary designations on your retirement and other investment accounts? When you sign up for a 401(k) or any other bank or investment account, you are asked to name a beneficiary who will receive the money in the account when you pass away. Many people fill out the form and forget who is listed as a beneficiary on an account. Some people even leave the beneficiary designation blank when they open an account.

Although many people make sure that important documents like wills are updated when necessary, they overlook beneficiary designations on financial accounts and retirement plans. If it's been awhile since you checked, you may find that your designated beneficiary is not who or what you think it should be. For example, if you named a charity as your beneficiary many years ago, that charity may no longer exist. If you're divorced, your ex-spouse may still be listed as a beneficiary. It is important to notify your financial institution or the administrator of any retirement plan of any changes in your family status. You should be sure to ask what documentation the financial institution or retirement plan requires to show the change in your family status. Your family status can affect the benefit you, your spouse, or your former spouse will receive. If you don't choose a beneficiary or ensure that your financial institution or retirement plan has accurate information, your beneficiary may be determined by federal or state law or by the plan document that governs your retirement accounts. Whatever your beneficiary statement says will trump your will.

Fortunately, changing your beneficiary isn't hard to do. If you do not remember who you've chosen as a beneficiary, you can request a copy of your beneficiary forms from your financial institution. You can revoke your beneficiary designation and choose a new beneficiary with a change of beneficiary form. You can also add additional beneficiaries. If you change or add beneficiaries, make sure that your account administrator has received the form and any other necessary documentation. Beneficiary designations are only effective if they are received by the account administrator before the account owner dies.

You should check your financial and estate plans periodically, including your will, power of attorney documents, and any beneficiary designations. You should also check these documents after major life events, like marriage or divorce. If you have any questions about your beneficiary designation, you should contact your financial institution. If you are in the process of getting a divorce, and either spouse has a retirement plan, talk to a family law attorney about what will happen to any pensions or retirement accounts.

If you have any questions about your own, a spouse's, or an ex-spouse's eligibility for payments under a retirement plan, contact the plan. You can also request assistance from Trellis Pension and Retirement Rights at (866) 783-5021. If you have questions about any other documents in your estate plan, you should contact an estate planning attorney. To find an estate planning attorney near you, you can contact the State Bar of Wisconsin's Lawyer Referral Service at (800) 362-9082.

If You Have an Assistance Animal, Read This!

By the GWAAR Legal Services Team

The U.S. Department of Housing and Urban Development (HUD) issued new guidance limiting the types of animals that people with disabilities can claim as a reasonable accommodation when renting. According to *Disability Scoop*, HUD will only consider "animals trained to provide disability-related assistance" as an accommodation for people with disabilities. Before this change, emotional support animals qualified for reasonable accommodation even if they didn't have specialized training. Reasonable accommodation requires a landlord to make adjustments or modifications that allow a person with disabilities to perform everyday functions and enjoy equal opportunities. The reasonable accommodation cannot cause undue hardship for the landlord. So, a landlord may allow a type of animal it wouldn't normally in its units to reasonably accommodate someone with an assistance animal. This now means that a landlord can charge a pet fee for an emotional support animal or choose not to rent to someone with an emotional support animal without specialized training. While this guidance does not change existing law, it does change how HUD will act on complaints. In the past, waivers were given for emotional support animals. Now, filing a complaint with HUD will likely not result in positive outcomes for people with emotional support animals, as HUD no longer considers waiving pet policies for untrained assistance animals "reasonable." The Disability Rights Education & Defense Fund notes that the Fair Housing Act has not changed, just HUD's enforcement of the law for disabled people with untrained emotional support animals. You still have the right to go to court if you require reasonable accommodation. If you need an emotional support animal, get a licensed medical professional's letter confirming your disability and the need for an emotional support animal. Contact your landlord to explain the need for accommodation, sharing the doctor's letter with them. Be prepared to justify your specific animal's role in your life, especially if it is a size or breed that the landlord may not normally allow. You can still file a HUD complaint if your landlord refuses without a specific reason. If your animal is trained to perform specific tasks, it may qualify as a service animal under the Americans with Disabilities Act.

Tips for Visiting Someone in a Skilled Nursing Facility

By the GWAAR Legal Services Team (for reprint)

Summer can be a time for travel, catching up with family and friends, and spending time outdoors. It can also mean more time and ability to visit loved ones in a skilled nursing facility. However, many people put off visiting friends and relatives in skilled nursing facilities because they are nervous, have had difficulty with visits in the past, or don't know how to act.

Here are some tips that may help you or someone you know make skilled nursing facility visits enjoyable for everyone:

- **Plan your visit**  
Know where you're going, the skilled nursing facilities visiting hours policies, and the activity schedule.
- **Time your visit carefully**  
Ask the person you are visiting and the nurses what is a good time to visit. For example, some people are more alert and energized in the morning.
- **Make your visit brief, if needed**  
There's no ideal length for a visit  
Consider a half hour of warm connection over sitting in silence for twice that time.  
Often people in skilled nursing facilities tire quickly, so shorter visits are better.
- **Try not to feel intimidated**  
It's natural to feel self-conscious about how you're "supposed" to act in a new situation.  
Consider it a gift to your loved one to set your own feelings aside.
- **Don't be intimidated by dementia**  
Try not to turn a visit with a person with dementia into a series of challenging questions, where they feel put on the spot to remember or come up with the "right" answer.  
Instead, try the phrase, "tell me about..."
- **Talk about yourself**  
Talking may take a lot of energy and tire the person out – listening may be an easier (and more pleasant) way to spend time together.
- **Go outdoors, if possible**  
Go for a short walk, take a drive, or sit outside on a bench.
- **Bring items to talk about**  
Pictures, videos, cards or drawings from children, objects with great memories to spur conversation.
- **Don't be afraid of physical contact**  
You don't have to talk the whole time - you can just spend time expressing that you care in other ways.  
Consider going at mealtime to share a meal or help with feeding  
Give a shoulder or foot massage, or a manicure.  
Sit quietly and hold hands.
- **Know that just your presence can be a source of comfort and reassurance**



Medicare 101: Understanding the ABC's of Medicare

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

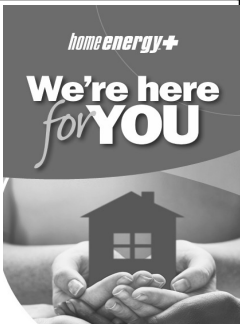
**AUGUST 5th**  
**10am-11am or 6pm-7pm**  
**Black River Beach Neighborhood Center**

Register by calling 608-789-8640

Is Your Furnace and Central Air System Not Working?

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

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





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 August 17 & 20)

**Wise Wednesdays:** Wednesdays, August 5 & 19, 10:30am-12pm. Register by 1 day prior. Free

**Shuffle Together** (cards): Friday, August 14 & 28, 2pm-3:30pm. Register by May 22. Free

**La Crosse Area Parkinson's Social Night:** Wednesday, August 19, 5:30pm-7pm. (Call STAR CENTER for details: 608.797.6295)

**Before the After:** Wednesday, August 26, 10am-12pm. Register by 1 day prior. Free

**\*NEW\* Nickel Bingo:** Wednesdays, 10am-11am, sponsored by the ADRC. Stay and enjoy lunch afterwards

**Senior Meal Site Open:** Lunch served at 11:30am, Monday-Friday. Call 608.792.6996 by noon the day prior to reserve a meal. Suggested donation is \$5. Home Delivered Meals are also offered from this site; when you call the ADRC, ask for Dawn.

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)

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

**Staying Active Together:** On site or at home w/link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class August 17 & 20)

**Shin Jin Do:** Mondays & Wednesdays, 6:30pm-8pm. Register. (No class August 3, 10, 17, & 19)

**Mah Jongg Club** (not an instructional group): Tuesdays, 12pm-3:30pm; \$2/session. (No class August 18)

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

**Knitting Group:** Thursdays, 1pm-3pm. \$1/week. (No class August 20)

**International Folk Dance:** Saturdays only, August 1 & 15, 7pm-9:30pm. Register. \$2/session.

**Parkinson's Disease Support Group:** Monday, August 3, 5pm-6:30pm. (Call STAR CENTER for details: 608.797.6295)

**Medicare 101:** Wednesday, August 5, 10am-11am OR 6pm-7pm. Register by Friday prior. Free

**Embrace** (for those with dementia & care partners): Wednesdays, August 12 & 26, 12:30pm-2pm. Register. Free

HARRY J OLSON CENTER

1607 North St. La Crosse

608-781-2122



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

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

**Wednesday Lunch:** August 19, 11am-12:30pm

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

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

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

**Tech Help Drop-In:** August 19, 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

**ADRC Caregiver Education-** August 20, 1pm-2:30pm, Scams

**ALS Support Group–** August 6, 1pm-3pm

**SimpleSteps, Google Photos–** August 19, 10am-11am

**SimpleSteps Tech Support–** August 4 & 18, 10:30am-12pm

OMNI CENTER EVENTS

255 Riders Club Rd. 608-781-9566

**Bingo:** Wednesdays at 6pm

**Reality Wars:** August 1, 11am-4pm

**Brews & Tunes:** August 14, 5pm-8pm

**Indoor Garage Sale:** August 22, 8am-2pm

**Touch-a-Truck:** August 23, 11am

**Legends Alive Concert:** August 29, tickets



NARVRE

National Association of Retired and Veteran Railroad Employees, Unit 047 meet **Aug. 11**, 10am at the Onalaska American Legion. Speaker: Dave Neme from Kwik Trip. Contact Patty Burr at 608-781-6032.



HOLMEN AREA  
COMMUNITY CENTER

600 N Holmen Dr.

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

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

\*Registration required for some programs. Visit website

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

**Holmen Area Historical Society:** August 2, 1pm–4pm (Antique Appraisal Fair) \*Fee is \$20 per appraisal; registration at the Holmen Library by 7/29

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

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

**Cardio Fitness Video Workout:** Mondays, 10am & Wednesdays, 9am

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

**Mahjong Club:** Mondays, 1pm- 4pm

**Create & Paint with Lori Ehlike:** August 17, 12:30pm– 2pm, Registration

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

**Piano Music with Lucy:** August 4 & 18, 11:30am-12:30pm

**Community Crafts** with Jackie & Pam: August 4, 1pm (Napkin Coasters)

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

**Hearing Evaluations:** August 4, 9:30am–11:30am (by appointment)

**Hearing Instrument Checks:** August 18, 9:30am–11:30am (by appointment)

**CATCH THE SUN –** Beaded Plants Workshop: August 18th, 1pm Register

**CHARCUTERIE BOARD BASICS FOR FAMILIES:** August 11th, 5:30pm

**Evening Euchre Open Play:** August 4 & 18 at 6pm

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

**MONEY MAGIC –** Turn Pennies into Possibilities: August 11, 10am

**WILD ABOUT BEARS –** HAPPY DANCING TURTLE: August 26, 1pm

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

**Wall Pilates for Beginners:** Wednesdays, 11am, Registration

**Mind Over Matter -** Healthy Bowel, Healthy Bladder: Wednesday (Aug 5 & 19 and Sept 2) 12pm-2pm \*Registration with ADRC 608-785-5700

**Empowering Adults with Essential Tech Skills:** August 12, 1pm

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

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

**A Joyful Life:** August 5, 2pm–3pm

**Cozy Readers Book Club:** August 26, 2pm, “Black Cake”

**“One”-derful 1 Wednesdays:** August 19, 2pm

**Total Body Conditioning Series:** Thursdays, 8:30am, Registration required

**Beginner Pilates Series:** Thursdays, 9:05am, Registration required

**Sound Healing with Laurie Café:** August 20, 10:30am Registration required

**NEW: Finding Your Peaceful Place:** August 6, 10am Registration required

**Fun & Games:** Thursdays, 1 pm–4pm

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

**La Crosse County Veterans Service Hours:** August 6, 12:30pm–4pm

**ADRC Options Connection with Jackie:** August 13, 11am–1pm, FREE resources & information

**AA Meetings:** Thursdays, 6pm

**Hello Holmen!** August 20, 8:30am (Plane Rides over Kornfest) FREE program, open to the public

**Coping with Grief Support Group:** August 13, 12:30pm, FREE program

**Music with Greg Grokowsky:** August 7, 11am–12pm

**Gentle Yoga for Beginners:** August 28, 8am, Registration required

**Chair Yoga with Samantha:** August 28, 9:15am, Registration required

**Yoga Nidra and Sound Bath:** August 28, 10:15am, Registration required

**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 \$5







**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**

**August 11th**  
**5pm-6pm**  
**Onalaska**  
**Methodist Church**  
**212 4th Ave N.**

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

**Senior Citizen Social**

**9am-11am**  
**Every Thursday**  
**Pizza Ranch**

**3130 Chestnut Pl. La Crosse**

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



**What Beneficiaries Need to Know about Medicare's GLP-1 Bridge Program**

*By the GWAAR Legal Services Team*

Starting in July 2026, some Medicare beneficiaries will be eligible for Medicare coverage of specific weight-loss medications through a new program called the Medicare GLP-1 Bridge Program. Under federal law, Medicare Part D plans cannot cover weight-loss medications. The Medicare GLP-1 Bridge Program is a temporary program created by the Centers for Medicare & Medicaid Services (CMS) that will allow CMS to learn how these medications affect health outcomes and health care costs. The program will run from July 1, 2026 through December 31, 2027. The Medicare GLP-1 Bridge Program currently includes the following GLP-1 medications approved for weight loss:

- Wegovy (injection and tablets)
- Zepbound (KwikPen®)
- Foundayo

To be eligible, beneficiaries must:

- Be enrolled in a Medicare Part D prescription drug plan,
- Receive a prescription from a health care provider,
- Meet specific medical criteria related to body weight and health conditions, and
- Obtain prior authorization approval.

In general, eligibility will depend on beneficiaries' Body Mass Index (BMI) and whether they have medical conditions like heart failure, uncontrolled high blood pressure despite treatment, chronic kidney disease, prediabetes, a previous stroke, or peripheral artery disease. Please note Medicare beneficiaries with Type 2 diabetes, obstructive sleep apnea, and noncirrhotic metabolic dysfunction-associated steatohepatitis (MASH) are already eligible for Part D coverage of GLP-1 medications. That means that they are not eligible to receive them through the Medicare GLP-1 Bridge even if they otherwise meet GLP-1 Bridge eligibility criteria. Eligible beneficiaries will pay a monthly copay of \$50 for covered medications through the GLP-1 Bridge Program. However, because this program is separate from standard Part D coverage, these copays will not count toward Part D out-of-pocket spending limits.

If you are interested in the GLP-1 Bridge Program, please speak with your health care provider. Your provider can determine whether you meet eligibility requirements and submit the prior authorization request.

For more information about the GLP-1 Program, please see: <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge>

**WHAT IS CHOLESTEROL?**

Cholesterol is a waxy and fat-like substance found in the body with many functions including helping with building tissue and cells. Many people hear "cholesterol" and think that it's bad, but did you know there's a "good" type too? Low-Density Lipoprotein, or LDL, is the "bad" type of cholesterol. It's needed for the process of repairing cells but becomes dangerous when there's too much of it. High-Density Lipoprotein, or HDL, is the "good" type because it helps move the bad cholesterol to your liver to be removed from your body.

**What causes high cholesterol?**

There are many risk factors for high cholesterol, including having diabetes, eating an excessive amount of saturated fat or trans fats, not getting enough exercise, tobacco and alcohol use, a family history of high cholesterol or heart disease, and a Body Mass Index (BMI) over 30. Cholesterol levels can also increase with age, and men tend to be at higher risk than women.

If you have an excess of "bad" cholesterol, plaque may build up in your arteries. This would make the arteries narrow and eventually restrict blood flow. These situations could result in heart disease, a heart attack, or a stroke.

**How can I lower my cholesterol?**

There are many ways to help lower your cholesterol, but adjusting your diet seems to have the most impact. It can also be helpful to exercise daily, cut out alcohol and tobacco use, and be sure to stay hydrated. If you have a high BMI, weight loss can also help keep your cholesterol in check. Making some of the changes mentioned here can also help with weight management. The CDC has a great handout with tips on controlling your cholesterol.

Of course, prior to making any major health changes, you should always consult with your doctor first to make sure they approve of the plan. Some people need to take medication to

manage their cholesterol levels.

**How do I check my cholesterol?**

Cholesterol levels are checked with a simple blood test. The test will tell you what your LDL and HDL levels are, as well as your total cholesterol level, and triglycerides level, which is a type of fat found in blood.

Screenings are typically recommended once every five years, starting as a child. Coincidentally, Medicare Part B will cover one screening every five years. Under Original Medicare, you wouldn't have to pay anything for the tests if the health care provider accepts assignment.

If you have any of the risk factors, your doctor may recommend testing more frequently for you. In this case, you may have to pay for some, or all the service provided, but you can always check with your provider in advance to find out if Medicare will pay for it and/or how much it will cost you. Source: smp.org

**SENIOR FARMER'S MARKET VOUCHERS**

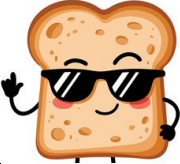
The Senior Farmer's Market Nutrition Program, coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with \$25.00 vouchers to purchase fresh grown fruits & vegetables from local participating Farmers Markets. This year individuals may call 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 are requested by phone and the completed form is received, vouchers will be mailed. Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf.

**ONLY ONE SET OF VOUCHERS (\$25) PER PERSON.**



| MONDAY                                                                                                       | TUESDAY                                                                                       | WEDNESDAY                                                                                 | THURSDAY                                                                                          | FRIDAY                                                                                        |
|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Sloppy Joes on a bun 3<br>Sweet potato wedges<br>Corn<br>Tropical fruit salad                                | Turkey & gravy 4<br>Mashed potatoes<br>Green bean bake<br>Marble cake, Cranberries            | 1/4 BBQ chicken 5<br>Au gratin potatoes<br>Hubbard squash<br>Fruit salad, Carrot cake     | Brat on a bun 6<br>German potato salad<br>Baked beans<br>Diced pears, Cookie                      | Lasagna 7<br>Romaine salad<br>Fresh fruit<br>Garlic knot, Grape juice                         |
| BBQ Ribette 10<br>Steamed baby reds<br>Peas & carrots, Orange salad, Cottage cheese                          | Goulash w/ beans 11<br>Country style vegetables<br>Fresh fruit<br>Cherry crisp, Rye bread     | Pulled pork on a bun 12<br>Rosemary potatoes<br>Calico beans<br>Pumpkin pie               | Chicken craisin salad 13<br>Romaine lettuce<br>Watermelon, Ice cream<br>Blueberry muffin          | Meatloaf 14<br>Baked sweet potato<br>Buttered peas<br>Strawberry shortcake                    |
| Fish on a bun 17<br>Potato wedges<br>Carrots<br>Rosy applesauce                                              | Broccoli cheese soup 18<br>Chicken salad on a bun<br>Oriental coleslaw<br>Fruit cup, Crackers | Beef stroganoff 19<br>Buttered noodles<br>Baby carrots<br>Applesauce, O.J.                | Egg salad sandwich 20<br>Vegetable soup, Crackers<br>Broccoli raisin salad<br>Fresh fruit, Cookie | Cheeseburger on a bun 21<br>Potato salad<br>Baked beans<br>Fresh fruit cup, Cookie            |
| Meatballs 24<br>Mashed potatoes<br>3 bean salad<br>Pumpkin bar                                               | Chef salad 25<br>Watermelon<br>Corn muffin<br>Fruit pie                                       | Salisbury steak 26<br>Mashed potatoes, gravy<br>Cauliflower & broccoli<br>Blueberry crisp | Spaghetti 27<br>Spinach salad<br>Pears, Garlic breadstick<br>Black bean brownie                   | Chicken Alfredo 28<br>California blend vegetables<br>Grapes, Garlic breadstick<br>Fruit fluff |
| Pepper steak w/tomato 31<br>Dairy potato bake<br>Broccoli & cauliflower<br>Chocolate pudding<br>Marble bread |                                                                                               | WHAT DOES OUR BREAD DO<br>ON SUMMER VACATION?<br><br>IT JUST LOAFs AROUND.                |               | *All meals include milk or juice & bread.<br>*Substitutions may occur.                        |

### Chicken & Sweet Potato Kebabs

1 tsp. lime zest plus 1/3 cup lime juice  
1 Tbsp. olive oil  
1 Tbsp. pure maple syrup  
1 lb. boneless, skinless chicken thighs, 1-inch  
2 small, sweet potatoes, 3/4-inch pieces  
Kosher salt and freshly ground black pepper

Set up grill for direct cooking and heat to medium. Once hot, clean and lightly oil grates with canola oil. Whisk together lime zest and juice, olive oil, and maple syrup in a bowl, transfer half to a small bowl and reserve for basting. Add chicken and sweet potatoes to remaining marinade and toss to coat; let stand 5 minutes.  
Thread chicken and sweet potatoes onto skewers; discard marinade. Season chicken with salt and pepper. Grill, covered, turning occasionally, and brushing twice with marinade, until chicken is cooked through, 10 to 15 minutes. Serves 4



### Strawberry Pretzel Ice Cream Cake

1 cup mini salted pretzels  
15 gingersnap cookies  
6 tablespoons salted butter, melted  
5 cups vanilla ice cream  
4 cups strawberry ice cream  
1 cup strawberry jam  
1 cup sliced fresh strawberries

Line an 8-inch square baking pan with parchment paper. In large zip lock bag smash the pretzels and gingersnaps into fine crumbs. Add the butter until the mixture holds together when pinched. Press into the bottom of the pan. Freeze 15 minutes. Scoop 4 cups vanilla ice cream out onto the frozen crust. Flatten/spread into a mostly even layer. Freeze 30 minutes. In a bowl, gently swirl together the strawberry ice cream and strawberry jam. Spread onto the vanilla layer. Freeze for 30 minutes more. Take a 1/2 cup of vanilla ice cream and flatten/spread onto the strawberry layer. Top with sliced strawberries. Wrap the cake and freeze 4 hours or until frozen.  
Remove the cake from the freezer. Use the parchment paper to lift the cake out of the pan. Let sit 5 minutes. Slice and enjoy immediately. Serves 8



### Grilled Turkey Burger

1 pound ground turkey  
1 packet dry onion soup mix  
1/4 cup bread crumbs  
1 teaspoon parsley or chives  
2 teaspoons water  
½ teaspoon ground black pepper

Preheat a grill for high heat. In a large bowl, combine the ground turkey, soup mix, and water. Season with pepper. Mix lightly using your hands, and form into 4 patties. Lightly oil the grill grate. Grill patties 5 to 10 minutes per side, until well done. Let rest and serve on bun with desired fixings.



### Charred Corn with Parmesan Butter

8 ears corn  
1/2 cup butter, at room temperature  
1 1/2 cups flat-leaf parsley leaves  
2 Tbsp. grated Parmesan, plus more for serving  
1 tsp. lemon zest plus 2 teaspoons lemon juice

Pull outer husks of corn down to expose kernels, then remove silk. Pull husks back up to cover kernels, transfer to large cover with cold water and soak 30 minutes. In a food processor, puree butter, parsley, Parmesan, garlic, lemon zest and juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Set aside. Heat grill to medium-high. Pat corn very dry and grill, turning occasionally, until charred on all sides and corn is tender, 8 to 10 minutes. Remove and let sit until cool enough to handle, then pull down husks, exposing kernels. Return to grill and cook until slightly charred, about 5 minutes. Serve with butter as well as a sprinkling of Parmesan and cracked pepper if desired. 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 \$5 being the suggested donation for in-person and \$5.50 for home delivered.

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

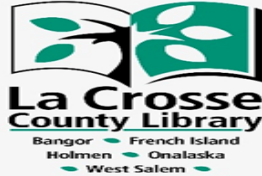
| MEAL SITES         | TIME    | ADDRESS                   | PHONE    |
|--------------------|---------|---------------------------|----------|
| DOWNTOWN LA CROSSE |         | HOME DELIVERED            | 792-4487 |
| SOUTHSIDE          | 11:30AM | 1300 6TH ST S., LA CROSSE | 792-6996 |
| HOLMEN             | 11:30AM | 600 N. HOLMEN DR.         | 317-8104 |
| ONALASKA           | 11:30AM | 515 QUINCY ST             | 317-9870 |
| WEST SALEM         |         | HOME DELIVERED            | 785-5775 |



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, French Island, Holmen, Onalaska, and West Salem

**Friends of the Library Book Sale:** Mondays, 9am-12pm  
**Chair Fitness:** Tuesdays, 10am  
**Chair Yoga:** Thursdays, 10am  
**Qigong in the Park:** August 1, 10am at Burns Park  
**Mushroom Identification Walk:** August 2, 10am. Register  
**La Crosse Veterans Services:** August 4, 9am-12pm  
**Chapter Book:** August 8, 10am and August 12, 1pm. *All Fours*  
**Older Adult Advisory Council:** August 12, 2pm-3pm  
**G.E.T. Fresh!** August 15, 9am-1pm

**French Island** Book Club meets the second Tuesday of the month at 6pm.  
**Holmen** "Drop-in Tech Help" on August 20 from 11am-12pm and 4:30pm-5:30pm.  
**Onalaska** "Senior Moments" at 10am on Wednesdays:  
**August 12:** Pao Lor, author of *Bamboo Son*  
**August 19:** Enduring Families, Denise Christy  
**August 26:** Travel Wisconsin, Glenn Schmidt  
**Onalaska** Book Club meets the third Thursday of the month at 1:15pm.  
**West Salem** "Midday Movie" on August 13 and August 27 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.

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

8/1: **Nature Saturday**, 9:30am-11:30am  
8/5: **Enviro-Wednesday**, 7pm-8:15pm, 14+ yrs.  
8/15: **Driftless Area BioBlitz**, 10am-12pm at Lower Hixon Forest Trailhead. Topic: Fascinating fungi  
**Coulee Region Audubon Society:** no meeting until Sept.

Concordia Ballroom



1129 La Crosse St. La Crosse  
608-782-7049  
[www.concordiaballroom.com](http://www.concordiaballroom.com)

**Dances every Sunday, 1pm-4pm.**  
Zumba, Salsa and line dance classes also available.  
**Senior Card Players:** MWF, 1pm-3pm  
**Continental Dance:** Sept 11, 7pm  
**Line Dancing:** Aug 6 & 20, 7pm



TOBY KEITH  
Geoff Landon



GRETCHEN WILSON  
Sammy Ray Marshall



TOM PETTY  
Geoff Landon



**LEGENDS ALIVE USA**  
Is Coming To Wisconsin to Present Their  
Tribute to the  
Superstars of  
Country & Rock-n-Roll  
**August 29th, 2026**

**THE OMNI CENTER**

255 Riders Club Road Onalaska, WI

**7:00 PM**

Doors open a 6:00 PM  
**Food & Drinks**  
Available for Purchase



**TICKETS** (Go On Sale 1/10/26)

VIP TABLE Seat \$49  
General Admission Seat \$45

<https://onalaskaomnicenter.ticketspice.com/legends>  
or In Person at The Omni Center Office



ELVIS PRESLEY  
Garry Wesley



ROD STEWART  
Steve Bobbitt



THE BLUES BROTHERS  
Mike Peterson  
Ron Van Den Busch

Market on Market

August 9, 11am-2pm  
2102 Market St. La Crosse  
Vendors, Live Music, Food  
**Hosted by: Beer By Bike Brigade**

Pump House Regional Arts Center

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

**July 31: The Getaway & Pegasus Concert**  
**August 22: Feral Apparel Fashion Show**

Blood Drives for AUGUST

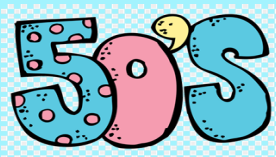
8/5: State Office Bldg, 11am-3pm  
8/5: West Salem High School, 12:30pm-5:30pm  
8/5: Mount Calvary Church Trempealeau, 10:30am-4:30pm  
8/6: Church of Latter Day Saints Onalaska, 1pm-6pm  
8/6: YMCA Onalaska, 10:30am-3pm  
8/6: Holmen Library, 12:30pm-5:30pm  
8/6: Omni Center Onalaska, 9am-2pm  
8/7: First Free Church Onalaska, 9am-1:30pm  
8/10: St Paul's Church Onalaska, 11am-4pm  
8/11: Olivet Lutheran Church, French Island, 9am-2pm  
8/18: Moose Lodge, 11am-4pm  
8/21: Valley View Mall, 11am-4pm  
8/21: La Crosse County Human Services, 9:30am-2pm  
8/25: St Joseph Workman Cathedral, 11am-4pm  
8/31: Chaseburg Village Hall, 11am-4pm



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

REMEMBERING 1955

- ◆ **Disneyland** opens July 17 in Anaheim, California
- ◆ **Bill Haley & His Comets** hit #1 with "Rock Around the Clock"
- ◆ **James Dean** died in a car crash at age 24, just before the release of his legendary film, *Rebel Without a Cause*
- ◆ Ray Kroc opened his first **McDonald's** franchise in Des Plaines, Illinois, serving 15-cent hamburgers
- ◆ **Top Song** - "Cherry Pink and Apple Blossom White"
- ◆ **Top Movie** - *Lady and the Tramp* (Box Office) & *Marty*
- ◆ Average Annual **Income**: \$4,130
- ◆ New **House** Cost: \$10,950
- ◆ New **Car** (Chevrolet Bel Air): \$2,000
- ◆ Gallon of **Gas**: \$0.23
- ◆ Gallon of **Milk**: \$0.93
- ◆ First-Class **Stamp**: \$0.03
- ◆ The Arrival of **Elvis**: 1955 was the year Elvis Presley signed with RCA Victor
- ◆ **Rosa Parks** was arrested for refusing to give up her bus seat in Montgomery, Alabama





FREE Brain Checks

NORMAL AGING OR SOMETHING ELSE???

Early Detection is Important

A brain-checkup is a wellness tool that can identify possible changes in cognition, capture a baseline and allow for conversation and planning if something is detected. Similar to other health screenings, brain checks can help you identify early; both irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Results are free and confidential. *NOT intended for people diagnosed with dementia.*

TUESDAY, AUGUST 25

HILLVIEW HEALTHCARE CENTER

OR

WEDNESDAY, SEPTEMBER 23

HOLMEN AREA COMMUNITY CENTER

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

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

How to Protect Yourself from Identity Theft

By the GWAAR Legal Services Team

The news is full of stories of data breaches at retailers, insurance companies, and other organizations that have access to consumers' personal information. It's important to protect yourself from individuals looking to use your personal information to commit fraud. They may try to open new accounts in your name, access your bank accounts, or use your credit cards. This can happen if someone has access to any combination of the following information: name, address, date of birth, social security number, ATM pin, bank account number, credit card number, or Medicare number. You might not realize that you were a victim of identity theft until you look at your financial statements or a credit report and see charges you didn't make or accounts you don't remember. Here are some steps you can take to prevent an identity thief from getting ahold of your personal information.

- Don't carry your Social Security card with you or use your social security number as a password for anything.
- If you don't need to save them, shred bills, bank statements, receipts, credit card offers, and any other items that have your personal or financial information.
- If you're going out of town, have the post office hold your mail.
- Never give out personal information unless you have initiated contact.
- Sign up for the Do Not Call Registry at <https://www.donotcall.gov/> or by calling 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you're registering.
- Stop pre-approved credit card offers by using the Opt Out website at [www.optoutprescreen.com](http://www.optoutprescreen.com) or by calling 1-888-567-8688.
- Check your bills, bank statements, and Medicare summary notices as soon as you get them to make sure there are no unauthorized charges. If there are, report them right away.
- Make sure you have updated antivirus protection, spyware protection, and a firewall on your computer.
- Check your credit report at least once a year. Many financial institutions recommend checking your credit report more often, like once every three months. You can get a free credit report every week at <https://www.annualcreditreport.com/index.action>.

If you see anything out of the ordinary on your financial statements or credit reports, no matter how small, you should take action immediately.

- Tell your bank that your identity was stolen even if your bank accounts haven't been accessed and your ATM card wasn't used. Your bank can reopen your accounts with new numbers and give you a new ATM card with a different number and PIN.
- Also contact all of your credit card companies to advise them.

Mind Over Matter

Healthy Bowels, Healthy Bladder

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

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

MIND over MATTER

Dates: August 5, 19 & September 2

Holmen Area Community Center

Workshop fee: \$10 donation

wiha Wisconsin Institute for Healthy Aging

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)

Stay on the Move this Summer!

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

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

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

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

Crisis Line

608-784-4357(HELP)

La Crosse County Crisis Intervention Services

Providing 24 Hour Crisis Mental Health Services

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

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

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

La Crosse County Adult Protective Services

If you SEE something, SAY something.

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

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

Call us to ask questions or submit a report

608-785-5700

ADRC Aging and Disability Resource Center of La Crosse County

Confidential • Professional • Supportive



Mississippi River Caregiver Cruise!

Set sail on a joyful riverboat aboard the La Crosse Queen as we cruise the beautiful Mississippi River.  
**Saturday, September 19**  
**1:30pm-3pm**  
**Boarding at Riverside Park at 1:10pm**

Free pizza, soda and beer.  
All expenses covered for family caregivers  
and up to two guests.  
**You must register by calling the ADRC at 608-785-5700.**



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

Save the Date!

Caring Better and Braver Conference 2026

**When:** Saturday, October 24, 2026

**Time:** 9:00 AM to 3:30 PM

**Where:** La Crosse Medical Health  
Science Consortium  
1300 Badger St  
La Crosse, WI 54601



What to Expect:

- Vendor Fair 9:00 AM to 11:00
- Morning Breakout Sessions:
  - For the working caregiver: Using FMLA for Caregiving Activities
  - For the caregiver who is considering long term care: The State of Wisconsin's Ombudsman Program
  - For the stressed out caregiver: Stress Reduction
- Free Lunch and the opportunity to socialize with other caregivers
- In the afternoon, we will be showing the documentary, "Caregiver". This documentary was produced by Bradley Cooper after he took time off from his acting career to care for his father.

**Watch for more details coming soon! Registration will open September 15, 2026.**

Sponsored by:  
**La Crosse County Caregiver Coalition**  
&  
**ADRC of La Crosse County**

Telephone Reassurance Program



The Telephone Reassurance Program is offered to any older adult, persons with disabilities, or veterans who are homebound that need socialization.

- It is a safety check and serves as a catalyst for home-bound citizens to socialize daily.
- Our volunteers offer reassurance to the participants, their family and their friends that someone will be calling them.
- There is no charge to participate in the program.
- Calls are weekdays between 8am and 5pm. No weekends or holidays.
- You will be matched with a volunteer based on your interests.

**Contact Seniors RISE 608-785-0500**

**Parkinson's Disease Support Group:**  
Meets on August 3 from 5:00 PM to 6:30 PM at the Black River Beach Neighborhood Center

**Parkinson's Disease Social Night:**  
Meets on August 19 from 5:30 PM to 7:00 PM at the South Side Neighborhood Center

**Greater La Crosse Area Stroke Club:**  
Meets August 18 from 1 PM to 2 PM at the Healthy Living Center. Contact Gundersen Health System Rehab Services at (608) 775-7842.

Do You Have Questions About Guardianship?

Contact the WI Guardianship Support Center  
**Call 855-409-9410**  
Or questions to: guardian@gwaar.org

2026 Caregiver Education Series

DASH Center  
515 Quincy St. Onalaska

**August 20, 1pm—2:30pm**  
**Topic: Scams & Fraud**

**Do you know how to protect yourself or others from being scammed?**

Register with the ADRC at 608-785-5700 or email kmeyer@lacrossecounty.org with questions.  
This is a free event!

Family Caregiver Support Group

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

**August 13, 1:30pm-2:30pm**

Franciscan Spirituality Center  
920 Market St. La Crosse

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

Virtual Working Families Caregiver Support Group  
August 5, 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





**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.

- Aug 5:** Guys and Dolls– Chanhassen  
**Aug 19:** Minnesota Amish Country  
**Aug 26:** House on the Rock, Arthur's Supper Club  
**Sept 9 & 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  
**Oct 7:** Celebration Belle Autumn Cruise, Prairie du Chien  
**Oct 10:** Annie– Chanhassen  
**Oct 13:** Gangster Tour– St Paul

**Old Main Cultural Center**

20869 S College Ave. Galesville  
608-582-4412

*One Accord Concert*– Aug 22, 6pm

**Arnold House at East Side Farm**

19408 Silver Creek Rd. Galesville  
608-865-1047

**Open Houses:** 2nd & 4th weekends, 10am-2pm  
Tours on the hour. \$5  
**Back to School Bash:** August 13, 6pm-8pm  
at the fairgrounds. Inflatables, games & music.

*La Crosse Symphony Orchestra*

929 Jackson St. La Crosse  
608-783-2121

9/18: BACHTOBERFEST

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

**August 14, 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.

**WEBER CENTER**  
FOR THE PERFORMING ARTS  
608-784-9292

LA CROSSE *LCT*  
**community  
THEATRE**

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

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

7/29: Glenn Miller Orchestra  
8/7– 8/9: The Music Man Jr.



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

**Music in the Valley**  
8/5 & 8/12 at 5:30pm

8/12: Threshing Bee Dinner



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

**JULY 29: TUSK: THE CLASSIC TRIBUTE TO FLEETWOOD Mac**  
**SEPT 19: THE BOULEVARDS**  
**SEPT 20: Dave Marck & Friends**



**MISSISSIPPI MELODIES**

**Tuesdays, 12pm-1pm**

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

Black River Beach Neighborhood Center, La Crosse



**Thursdays,  
5:30pm-8pm  
Riverside Park**

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

**CONCERTS IN THE PARK- HOLMEN**

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



**Jazz In The Park**  
August 2  
Riverside Park at 7pm

**MARIE HEIDER CENTER FOR THE ARTS**

405 E Hamlin St. West Salem  
608-786-2550 [www.heidercenter.org](http://www.heidercenter.org)

9/20: Barn Bash & Chili Cook Off, 3pm-6pm  
10/23: Tribute to Toby Keith, 7:30pm



**August 22, 5pm-12am**  
Brice Prairie First Responder  
Building at W7886 Cty ZN  
Onalaska  
[www.bpfr.org](http://www.bpfr.org)

**LA CRESCENT LIVE SUMMER CONCERT SERIES**

WEDNESDAYS, AUGUST 5 & 19, 5:30PM  
322 1ST ST. GREEN SPACE BEHIND THE LIBRARY  
FOOD & BEVERAGE VENDORS ON SITE.

**GREAT  
RIVER  
SOUND**

**2026  
SUMMER  
CONCERT SERIES**  
DASH-PARK, DOWNTOWN  
ONALASKA, WI

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



**Senior Life newsletter Questions?**

To reach the Aging and Disability Resource Center you can  
locally call **608-785-5700** or toll free **1-800-500-3910**.

Email: [seniorlife@lacrossecounty.org](mailto:seniorlife@lacrossecounty.org) or fax to 785-6135

**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

**8/2-** Historic Home tours on the 40&8, 1pm-4pm, West Salem.  
Call 608-518-8566 for more details

**8/5:** Concert in the Park (Dweebs), 5:30pm, Bosshard Park Sparta

**8/6-8/8:** Ashley for the Arts music festival in Arcadia

**8/7:** RCCW Wrestling, 7pm at La Crosse American Legion Post 52

**8/8:** Holmen Summer Splash, 9am-9pm, logrolling tournament at the Aquatic Center with an outdoor pizza party.

**8/8:** Second Saturday Art Market, 10am-4pm, Main St. La Crosse

**8/8:** Chicken Q and Car Show, 11am-3pm, Genoa Park

**8/9:** Car Show and Craft/Swap, 8am-3pm, Bangor Village Park

**8/14-8/16:** Bangor Fun Daze at the Village Park

**8/18:** Music in the Park, 6pm-8pm at Barre Park West Salem

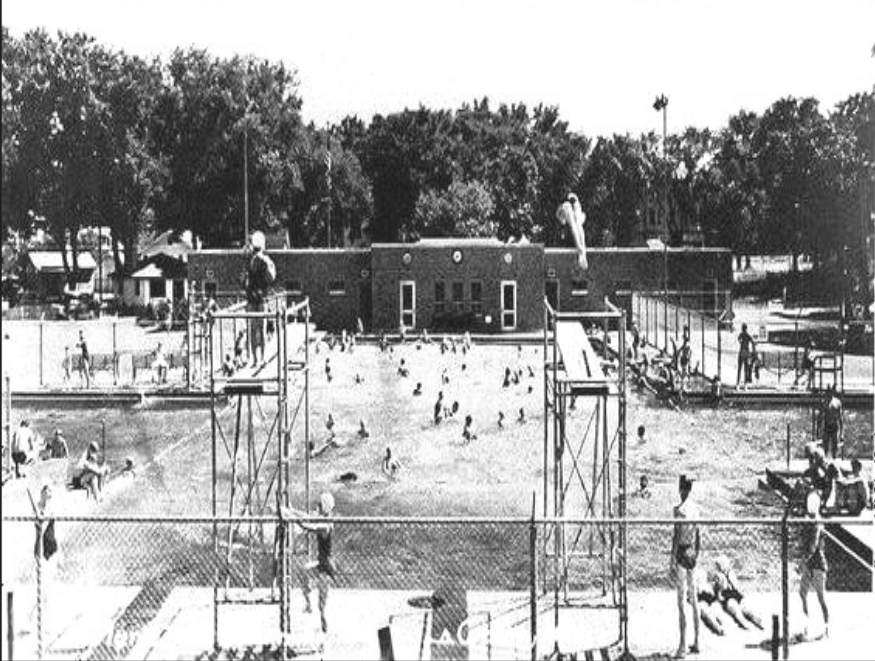
**8/19-8/23:** Houston County Fair, Caledonia Fairgrounds

**8/20:** Dueling Duo Pianos at Copeland Park. [copelandevents.com](http://copelandevents.com)

**8/29:** Coon Valley Heritage Days, 8am-10pm, Veterans Park

**8/29:** Saturday Market, 9am-1pm at 127 Sand Lake Rd Onalaska

**9/10:** Alabama Concert at the La Crosse Center



Municipal Pool La Crosse, Wisconsin - 1946

La Crosse Municipal Pool on Campbell Road



Onalaska Community Days

**August 1st**

Onalaska American Legion

All day with live music,  
family activities and  
local vendors

**RIVERSIDE SHORE STOPS**

**Viking Mississippi:**

August 6- 9:30am-5pm

August 10- 8am-5pm

August 20- 9:30am-5pm

August 24- 8am-11pm

**American Serenade:**

August 2- 8am-11pm

August 16- 8am-11pm

August 30-8am-11pm



Holmen KORNFE**ST**

August 14-16

Saturday parade, sweet corn,  
food tents, Sunday car show,  
beer garden, live music  
& carnival



**National Night Out**  
Tuesday,  
August 4th  
5pm-8pm

La Crosse, Onalaska,  
Holmen, West Salem, and  
throughout many  
county & city parks