



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

PRST STD
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Platteville, WI 53818
Permit No. 124



Celebrate Senior Health & Fitness Day All Month Long!
Move Today for a Better Tomorrow with our 31-Day Challenge Options



May 28 is **Senior Health & Fitness Day**, and this year’s theme, “*Move Today for a Better Tomorrow*,” encourages us to prioritize wellness through physical activity. While we had originally hoped to host a local event to celebrate, we unfortunately were not able to make that happen this year. But that does not mean we are sitting this one out! Instead, we are bringing the celebration to you—with not one, but two exciting **31-Day Challenges** designed to inspire movement, boost health, and make wellness fun.

CHOOSE YOUR CHALLENGE, OR TRY BOTH!



Challenge #1: The 31-Day Walking Challenge

Lace up your shoes and take a step toward better health. Each day offers a new prompt to help you increase your steps, discover new routes, and walk with purpose. Walk outdoors, indoors, or in place.

How It Works:

- Try to walk at least once each day for 31 days.
- Track your steps or minutes each day.
- Use the prompts below to mix things up.

Daily Walking Prompts

1. Walk for 10 minutes outside or near a window.
2. Take 1 extra lap around your house.
3. Walk during two commercial breaks.
4. Explore a new neighborhood or trail.
5. Walk and wave at 3 people you pass.
6. Invite a friend or neighbor to join you.
7. Try a gentle hill or incline (if safe).
8. Walk to music—choose an upbeat tune!
9. Try walking after each meal for 5 minutes.
10. Do your regular route, then walk it in reverse.
11. Walk in a figure-8 around furniture inside.
12. Add a balance challenge: stop and do 5 heel raises halfway.
13. Wear a pedometer or track steps on your phone.
14. Take a photo of something beautiful you see on your walk.
15. Try a morning and evening stroll.
16. Set a timer and walk in place for 7 minutes.
17. Walk like you are in a parade—swing your arms!
18. Use your walk to reflect on something you are grateful for.
19. Try a mall walk or indoor location.
20. Walk with good posture: shoulders back, chin up.
21. Walk just a bit farther than you normally do.
22. Try walking with a podcast or audiobook.
23. Check out a walking path you have never used.
24. Do “interval walking”: 1 minute fast, 1 minute slow.
25. Use walking time to plan your week or day.
26. Celebrate how far you have come—take a victory lap!
27. Walk in a zig-zag or loop to change things up.
28. Walk while listening to nature sounds or birds.
29. Walk with purpose—pick a nearby errand or destination.
30. Reflect on how you feel compared to Day 1.
31. Set a June Walking goal—keep it going!



Challenge #2: The 31-Day Movement Challenge

Looking for more variety? This challenge includes a mix of walking, stretching, balance, strength, and everyday activity prompts to keep your whole body moving.

How It Works:

- Complete one movement activity each day for 31 days.
- Track your participation and how you feel each day.
- Use the daily prompts below to guide your movement.

Week 1: Get Walking!

1. Take a 10-minute walk outdoors.
2. Walk one extra block or around your yard three times.
3. Do 20 sit-to-stand repetitions from a sturdy chair.
4. Try a walk-and-talk: call a friend while walking in place.
5. Explore a new walking path or park.
6. Set a timer and walk for 5 minutes three times today.
7. Stretch your arms overhead and side to side for 3 minutes.

Week 2: Balance & Strength

8. Practice standing on one foot (use a counter for support).
9. Do 10 wall push-ups.
10. Try a short tai chi or yoga video.
11. March in place for 2 minutes during commercial breaks.
12. Take the stairs (if safe) or do heel raises on the bottom step.
13. Reach for the sky! Try 15 overhead stretches.
14. Practice “tightrope walking” (heel-to-toe steps in hallway).

Week 3: Everyday Activity Boosters

15. Park farther away than usual at the store.
16. Do a 3-song dance party in your living room.
17. Walk and check your mailbox twice today.
18. Carry laundry in smaller loads to do more steps.
19. Try 5 minutes of light gardening or sweeping.
20. Do gentle shoulder rolls and neck stretches.
21. Stand up and stretch every hour on the hour.

Week 4: Mindful Movement & Motivation

22. Write down your favorite reason for staying active.
23. Call a friend and invite them to move with you this week.
24. Try a 10-minute balance video online.
25. Walk in a figure-8 pattern around your living space.
26. Write down how you feel after moving today.
27. Take a deep breath, then stretch for 5 minutes.
28. Celebrate SHFD with your favorite form of movement!
29. Take a photo during your walk and share it with a friend.
30. Review your progress—what did you enjoy the most?
31. Make a movement goal for June!



Tell Us How You Moved!

We would love to hear how you celebrated *Senior Health & Fitness Day* this year. Send us a photo or short story about how you participated in one of the challenges, and we may feature it in a future edition of the *La Crosse Senior Life*!

Today’s movement is tomorrow’s strength.

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)

For La Crosse County residents age 60yr+ or disabled adults. Monday-Saturday from 7am-6pm
Sundays from 7am-2pm. Closed on holidays.
Door to door service is available with a 24 hour notice or a 48 hour notice in rural areas. Wheelchair accessible.

Cost varies by zones:

Zone 1A- La Crosse and Onalaska South \$4.50 each direction.
Zone 1B- Onalaska North, Holmen and French Island \$5.00 each direction.
Zone 2- West Salem, Bangor, Brice Prairie and rural areas Galesville, Trempealeau, Mindoro, La Crescent, Stoddard. \$5.50 each direction.

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

Call the Aging and Disability Resource Center of La Crosse County at **608-785-5700** or **1-800-500-3910**. Our transportation coordinator will be happy to talk with you about transportation options.
Abby Vans: 1-800-236-8438 (once registered)

LA CROSSE MTU

Senior Citizen Discount (ages 65 and older)
*With an ID card issued by MTU or a Medicare Card
.75 cents is the cash fare, and \$25, monthly bus pass.
Call **789-7350** for more information or questions.



Main Office hours of La Crosse MTU at 2000 Marco Dr will be by appointment only. Please call 608.789.7350 to schedule an appointment between the hours of 8:00am and 3:00pm to purchase Bus Passes or Tokens.
Transit Center, 314 Jay St, La Crosse
Monday through Friday during the hours of 9:00am-12:00pm or 1:00pm-5:00pm
Download MTU's new app **TRANSIT** at <https://qrco.de/bdWSLP>

Advisory Committee is Looking for MORE MEMBERS!

The ADA Advisory Committee is a group of people who have a disability, use the MTU bus system and want to help MTU make sure its passengers with disabilities have an excellent experience while using the bus.

Some of the functions of the committee include but are not limited to the following items as they affect persons with disabilities: MTU Paratransit, MTU reports, programs and performance of the fixed route service.

Currently, the committee meets on the second Tuesday of every other month (January, March, May, July, September, November) from 5:30 p.m. to 6:30 p.m. in person and online.

If you are interested in serving on this committee, please contact:
Tim Koterwski, Operations Manager and ADA Coordinator, La Crosse MTU
608-789-7350 or KoterwskiT@cityoflacrosse.org



MTM 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

JOIN OUR GREAT TEAM!

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



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

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



The ADRC of La Crosse County Office, Meal Sites and Abby Van Transportation will be closed Monday, May 26th.

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!





Coming SOON! Educate,
Raise Awareness, Connect to Support

June marks **Brain Health and Dementia Awareness Month**, a time to educate the community. The **Dementia Friendly Community Coalition**, with the help of the dementia care specialists at the Aging and Disability Resource Center of La Crosse County, will be filling June with events that highlight brain health, raise awareness about dementia, and provide access to local resources and support for caregivers.

Event Highlights Include:

- June 2-6:** Brain Health Week at La Crosse County Nutrition Sites
- June 5:** Free Brain Checks at Holmen Area Community Center
- June 5:** Dementia Live and Alzheimer’s Research Update at Wafer Food Pantry
- June 11:** Meet & Greet with Local Author Sharon Lukert at Emplify Health Mooney Library
- June 15:** *Until My Memory Fails Me* book release party with Author Sharon Lukert at The Nature Place
- June 16:** Nourish Your Mind Retreat at The Dahl Family YMCA
- June 18:** ENDALZ Fest! at Celebrations on the River
- June 20:** Brain Health and Living Well with Support and Education at the Black River Beach Neighborhood Center
- June 23:** *The Power of Purple*: Featuring a film and Walk Celebration at the Weber Center
- June 26:** Awareness and Misperceptions of Hospice Care– Understanding the Basics at the Holmen Community Center.

Community members, caregivers, and professionals are encouraged to attend and spread the word. Full event schedule coming in June!
Visit <https://tinyurl.com/5em869d6>
Follow us on Facebook at **Dementia Friendly Community - La Crosse County Dementia Coalition**.

Bringing Hope & Light to the
Dementia Journey Conference

Wednesday, August 13th, 2025
First Free Church
123 Mason St. Onalaska, WI 54650
8:30am-3:15pm

Keynote Speaker:
Jolene Brackey, Author of
Creating Moments of Joy

Featured Panel:

Persons living with
Mild Cognitive Impairment
or Dementia

Conference Audience

All impacted by dementia or
interested in the cause are
welcome to attend!

Breakout Sessions:

- Using Meditation to live better with Cognitive Decline
- Embracing the Journey: Practical Tips & Laughter
- TimeSlips Engagement Party
- Living Well with Dementia
- Caring with Confidence: Everyday Skills for Family Caregivers
- Minds in Motion: Sessions for the Brain, Body, & Soul

FREE Onsite
Respite Available!



Coulee Region Giving Hearts Choir

Fridays, 10am- Rehearsals at North Presbyterian Church La Crosse. Creative support through your journey for people living with dementia and caregivers.
No singing experience required.
Call Ruth at 608-792-8608.

Coulee Region Giving Hearts Choir Upcoming Concerts:

Friday, **May 2nd**, 11:30am at St. Mary's Church in Galesville



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!
Second Monday Monthly, 1pm-2:30pm
May 12: Create Little Art on the Prairie at All Glazed Up!
Register with Amber at 608-385-4819

SPARK!
Third Monday Monthly, 10:30am-12pm
May 19: Tales from the Fields
Register with Anna at 507-319-9156, info@clearwaterfarm.org
Must pre-register. Call Amber at 608-385-4819


Embrace

12:30pm-2pm
May 14: Music Joe Cody, May 28: Harp Music by Sheri
Black River Beach Neighborhood Center
To register call 608-789-8640

Embrace is a non-traditional support group that offers fun, engaging and creative activities for persons living with dementia. Support and education for caregivers offered in a separate room session. Caregivers welcome to attend independently. Loved ones with dementia must have a caregiver present in caregiver group. Embrace is not respite.

Brain and Body Fitness

Mondays & Wednesdays
2:45pm-3:30pm (\$)
Star Center 1011 La Crosse St. La Crosse



Designed for people living with mild cognitive impairment (MCI) or early-stage dementias to maintain current functioning and increase socialization. A non-threatening way to remain active in the community that has been shown to improve physical fitness and mood in people living with dementia.

Register Call 608-797-6295 or online <https://starcenterlacrosse.org/programs/>



SPRING MEMORY CAMP

April 29- End of May
The Nature Place
789 Myrick Park Dr.
Weekly registration required
by calling Oasis Respite
at 608-780-0471.

The law on advance care planning documents and authority varies by state. In Wisconsin, legal practitioners typically recommend the following documents:

- Power of attorney for finances
- Power of attorney for healthcare
- Living Will (optional)
- Authorization for Final Disposition (burial & funeral arrangements)

Advance planning documents can be executed with or without an attorney. While the basic forms are available online for free, an attorney can provide legal advice and counseling regarding the person's specific circumstances to ensure that their wishes are stated and carried out as desired. It is important that the healthcare power of attorney is signed in front of two unrelated witnesses. While the power of attorney for finances does not technically require witnesses, it is granted important protections under Wisconsin law if it is notarized when signed.

Powers of attorney (POAs) provide authority for someone to make financial and/or healthcare decisions for another person. Wisconsin is not a “next of kin” state, meaning that family members do not have the ability to make healthcare decisions on behalf of another person just by virtue of being a relative. Powers of attorney documents are valid once they are drafted and signed, but the agents do not have authority to act on behalf of the principal until the document is activated. Healthcare POAs are usually activated upon subsequent incapacity of the principal. Financial POAs can be activated immediately or upon a future event.

A Living Will is a document which on its face may look similar to a power of attorney for healthcare; however, there are several important differences. In writing a Living Will, a person is making a directive to his or her doctor regarding the person's end of life decisions. There is no authority given to another person to act as an agent on the principal's behalf, as is the case in the power of attorney documents. Additionally, a Living Will only contemplates and provides for actions in very specific circumstances. By contrast, a power of attorney for healthcare provides for an agent to have broad authority to make decisions in a wide range of situations. A person can have both a power of attorney for healthcare and a Living Will, if desired, or one or the other. It's important that if a person has both documents that the wishes expressed within them be consistent. Finally, the Authorization for Final Disposition allows a person to indicate his or her funeral and burial preferences in writing and to appoint an agent to carry out those wishes upon the person's death. This document is recommended as part of a comprehensive estate plan because the authority under a power of attorney ends upon the principal's death. If no agent is appointed under an Authorization for Final Disposition form, Wisconsin law indicates that a surviving spouse, child, parent, or sibling (in that respective order) can make funeral and burial decisions on behalf of a decedent.

For free forms and more information on advance directives, visit the website at <https://gwaar.org/guardianship-resources>. The GSC provides legal information about powers of attorneys, advance directives, and guardianships via a helpline at (855) 409-9410.

By the GWAAR Legal Services Team (for reprint)

When a loved one dies, it is important to notify the Social Security Administration (SSA), especially if the decedent was receiving Social Security benefits at the time of their passing. If you are working with a funeral home, they will typically notify SSA on your behalf as part of the services they offer.

Ultimately, however, it is up to you to ensure that SSA is informed about the death.

You should report the death to SSA as soon as possible after the individual's passing. You can inform your local Social Security field office or call SSA Monday through Friday, from 8 a.m. to 7 p.m. local time at 1-800-772-1213 and speak with a representative. When calling SSA, you will be asked to provide the deceased's name, Social Security Number, date of birth, and date of death.

Although any Social Security benefits should stop as soon as SSA finds out about the death, if your loved one continues receiving Social Security benefits after they die (including for the month in which they pass), you must be sure to return any money received. If the payment was received by direct deposit, you can contact the bank or other financial institution and ask them to return the funds to SSA for the month of death or later. It is also illegal to cash any Social Security checks received after someone has died. Instead, return the checks to SSA as soon as possible.

Once you have reported the death to SSA, you can review your eligibility for SSA survivor benefits.

SSA will, if applicable, notify Medicare about the death.

As spring comes to the Midwest, it's a good time for a reminder that severe weather can happen. Tornadoes, floods, and strong storms are common during this time, and they can be dangerous.

The National Weather Service says we should expect more severe weather this year, so it's important to be prepared.

If bad weather strikes, 211 is here to help. It's a free and confidential service that connects people with local resources and support during emergencies. If you need to know where to go for safety, find a shelter, or get help after a disaster, 211 is a great resource. 211 teams also gather information about damage to homes and businesses and share it with county and tribal emergency management teams, so people get help faster.

Make sure to save the 211 number in your phone and feel free to reach out. You can even do a test call when there's no emergency to get used to how it works. By staying informed and prepared, we can all help each other during springtime disasters and make sure everyone in our community is safe and has what they need to recover. So, call 211 or visit our website to learn more!

Simply Dial 2-1-1 * Get Connected, Get Answers column is provided by Great Rivers 211, an information & referral and crisis line service. Professionally trained staff can answer your questions about local, statewide, and national resources and can assist you with life situations and challenges.

Available 24 hours a day, 7 days a week.

**Simply dial the three-digit telephone number 2-1-1 or
(800) 362-8255 to learn more.**

Chat with us at our website www.greatrivers211.org
Or text your zip code to 898211

By the GWAAR Legal Services Team (for reprint)

Every day, Americans face insurance claim denials. Many denials are processed through private insurance, but a significant number also come from federal programs, such as Medicare. These denials can be for medications, medical procedures, or even long-term care. For example, you may find yourself or a loved one in a skilled nursing facility, also known as a SNF, and within a couple of weeks, you're told that Medicare is no longer covering your care. You're told you will have to pay out of pocket for the SNF care going forward. This can be alarming and frustrating because SNF care is expensive. Your first reaction may be to stop services like physical therapy to mitigate costs, but this could ultimately lead to you incurring more out-of-pocket expenses. So, what should you do?

First, you need to understand the requirements for SNF coverage before tackling your next step. Coverage eligibility begins with a three-day qualifying hospital stay. The doctor should order skilled care that can only be performed in a SNF. The SNF care should be for the issue that led to your hospitalization. The qualifying skilled nursing services must be performed daily, or you must receive skilled rehabilitation services at least five days a week. These skilled services can only be performed by skilled nursing or rehabilitation professionals. Finally, the skilled services are found to be reasonable and necessary to treat the injury or condition that led to the SNF stay. This is a general overview of the SNF coverage requirements. If you have further questions, please contact your plan, your SNF provider, or your local Aging and Disability Resource Center (ADRC). Understanding the appeals process will help you determine what your next step is after a SNF denial of coverage. The appeals process starts with a Notice of Non-Coverage. This letter serves to inform you that SNF care coverage will be discontinued 48 hours from the date of this notice. There are five levels of appeals, and the entity that reviews the appeal depends on whether you have Original Medicare or a Medicare Advantage plan. Each level has different time frames for submitting an appeal and varying wait times for appeal decisions. Reading the notice of denial will provide you with deadlines for submitting appeals and will outline the general appeal process. Below are the five levels of appeals.

Level 1 Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) or plan reconsideration

Level 2 Qualified Independent Contractor (QIC) or the Independent Review Entity (IRE)

Level 3 Administrative Law Judge

Level 4 Medicare Appeals Council

Level 5 Federal District Court

The SNF appeal process for coverage denials can be time-consuming and frustrating, but understanding the appeals process and the requirements for SNF coverage helps to make the process a little less complicated. Remember to reference the denial letters or notices that you receive from your SNF provider and throughout the appeal process to ensure you are following the correct steps for each level of appeal. The notices will inform you of the necessary actions, the appeal deadlines, and the address to send your appeal requests. If you are ever in doubt about the process, talk to your SNF provider or go to your local Aging and Disability Resource Center to request help with the process.

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 home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am; no class May 22 & 26. Register.

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

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

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

Expressive Dance: Saturday, May 3, 9am-11am. Register by Wednesday prior.

Parkinson’s Disease Support Group: Monday, May 5, 5pm-6:30pm. (CALL STAR CENTER to register: 608-797-6295)

Rebuilding American Civics: Wednesdays, May 7, 14, & 21, 12pm-1:30pm. Register, free

International Folk Dance: Wednesday, May 7 & Saturday, May 17, 7pm-9:30pm. Register. \$2/session.

Bus Trip to Scrapmania! – Cedar Rapids, IA: Saturday, May 10, 8am-7pm. Register.

Embrace (for those with dementia & care partners): Wednesdays, May 14 & 28, 12:30pm-2pm. Register at 608-789-8640

Great River Ringers Spring Concert: Sunday, May 18, 2pm-3pm. Free

Medicare 101-Understanding the ABCs of Medicare: Wednesday, May 21, 10am OR 6pm. Register by Friday prior. Free

Monthly Card Creations: Wednesday, May 28, 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; no class May 22 & 26. Register

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

Coping Skills: Fridays, May 2 & 16, 10am-11:30am. Register by 1 day prior. Free

Travel Tales: Tuesday, May 6, CANCELED.

Wise Wednesdays: Wednesday, May 7 & 21, 10:30am-12pm. Register. Free

Bingo: Wednesdays, May 7 & 21, 12:30pm-1:30pm. Register by 1 day prior. Free

Before the After: Wednesday, May 7, 10am-12pm. Register by 1 day prior. Free

Shuffle Together (cards): Friday, May 9, 2pm-3:30pm. Register. Free

Monarchs & Milkweed: Thursday, May 15, 5:30pm-6:30pm. Free

Connect2Nature: Tuesday, May 20, CANCELED

La Crosse Area Parkinson’s Social Night: Wednesday, May 21, 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



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: Mon - Fri: 7am-10am and 11am–1pm

Pickleball Open Play: Tuesday & Thursday, 11am–1pm (may vary)

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

Chair Yoga: Mondays at 9:15am and Friday, May 9th & 23rd at 9:15am

Gentle Yoga for Beginners: Friday, May 9th & 23rd at 8am

Cardio & Strength Fitness: Tuesdays and Thursdays at 10am

Moving with Moments Fitness: Thursdays at 1pm

Beginner Line Dancing Classes: Mondays and Wednesdays at 1pm

Bingo: Wednesdays & Fridays at 12:30pm

Fun & Games: Thursdays from 1pm–4pm

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

Mah Jongg Club: Mondays at 1pm

La Crosse County Veterans Service: Tuesday, May 1st, 12:30pm-4pm

Hearing Evaluations: Tuesday, May 6th at 9:30am–11:30am (call for an appointment)

Caregiving 101: Tuesday, May 6th from 1pm–2:30pm (Monthly education and support series for family caregivers)

Holmen Area Historical Society: Monday, May 6th at 6pm “A Toast to Wisconsin’s Historic Bars and Breweries”

Community Crafts with Pam & Jackie: Tuesday, May 6 at 1pm
Craft: Creative Coasters

Diamond Art: Wednesdays at 9am

Craftersnoon Social – Knit & Crochet: Thursday May 1st & 15th at 1pm

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

Music with Greg Grokowsky: Tuesday, May 13th at 11am

Hearing Instrument Checks: 3rd Tuesday, May 20th at 9:30am–11:30am (call for an appointment)

AA Meetings: Thursdays, 6pm–7pm

Navigating Together – Support for Caregivers: May 15th at 1pm

Muscles in Motion: Tuesdays 9am–10am (Toddler Craft: Tuesday, May 13 & Toddler Story: Tuesday, May 27 at 10am)

Spring Rolls with Tan Pham: Wednesday, May 7th at 10am

NEW Mthly Group for Women “A Joyful Life”: May 7th, 2pm–3pm

Senior Housing Options – Mulder Health Care: Thursday, May 8th at 1pm

NEW Cozy Readers Book Club: May 14th, 2pm–3pm

Good Morning Holmen! Friday, May 16th at 9am, “Wellness Panel”

Thrivent Watch Party - "Estate Preservation for the Next Generation": Tuesday, May 13th, 5:30pm–8pm

Lunch & Learn – Eagle Crest Communities: Tuesday, May 20th at 11:30am

HARRY J OLSON CENTER

1607 North St. La Crosse
608-781-2122

Monday:	9:30am	Chair Yoga/Tai Chi Class
	12pm	Coulee Region Woodcarvers
	12:30pm	Duplicate Bridge register 797-3587
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.

Wednesday for Lunch: 3rd Wed. of the month,
11am-12:30pm. Free for 55+ yr olds

Interested in playing Cribbage or attending water aerobics? Contact the Center.

ONALASKA PARK & REC EVENTS

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

Mah Jongg: Wednesday’s, 1pm-4pm

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

Puzzle Club: May 5 & 12, 2pm at the Omni. Free

Zumba: May-June on Mondays & Wednesdays

Learn to Play Pickleball: May 7. Call to register

Adult Watercolor Painting: May 7 & 14, 10am at Omni

Gardening: Monarchs & Milkweeds- May 22, 5:30pm, Omni

Adopt-A-Garden: help maintain various gardens throughout the city properties. Contact LZahrte@onalaskawi.gov

Great River Sound at Dash Park: resumes June 3, 6:30pm

OMNI CENTER EVENTS

Bingo: Wednesdays at 6pm

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

5/4: **Artist Market**, 10am-4pm

5/7: **Nasa Banquet**

5/9-5/10: **Ryder Cup Championships**

5/17: **Hmoob American Day Celebration**

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



Save the Date
June 28th



World Migratory Bird Day
Saturday, May 10th

Free guided birding walk at Sugar Creek Bluff State Natural Area in Ferryville. Enjoy the sights and sounds of spring in a beautiful, natural setting as you stroll through the bluff lands while learning more about these migratory birds. Registration required.
Please contact Karen Solverson
at karen@mississippivalleyconservancy.org or call 608-784-3606 ext. 8.



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

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

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

MAY 13
5pm-6pm
Onalaska
Methodist Church
212 4th Ave N.

ONALASKA, WISCONSIN

COMMUNITY DINNER

In-person dining & Drive-thru available!

Eat Local and in Season for Health

By Karie Johnson, FoodWise Nutrition Education Coordinator

Farmers’ markets are all around our neighborhood. Whether you're looking for a change of scenery on your weekly shopping trip or wanting to support small businesses, local markets have you covered. Shopping at your local market comes with some great benefits - here are just a few:

- ▶ Senior Farmers’ Market Nutrition Program provides low-income seniors with \$45.00 in vouchers to purchase fresh grown fruits and vegetables from participating Farmers Markets. SNAP is accepted at Burns Park Farmers Market and Jolivette Family Farm. Your QUEST (EBT) card can be used to purchase food at these markets.
- ▶ Farmers’ markets are nice places to be active with friends. Make a date and get some exercise to walk the farmers’ market.
- ▶ Freshly picked food is healthy. It is at its peak in flavor and nutrition. Visit various booths and look for colorful fruits and vegetables.
- ▶ Kids and grandkids love farmers’ markets. Teach kids where food comes from. Encourage them to try something new.
- ▶ Farmers’ markets help communities. Shopping at a farmers’ market supports your local farmers and keeps the money you spend close to where you live.

Shopping at the farmers’ market is a smart idea for older adults. At farmers’ markets you can buy fruits and vegetables in small amounts, something you cannot always do in large stores.

Money and Time saving Tips

1. Plan ahead. Make a (flexible) list that includes foods that are in season and on sale. Walk around the market and look for the best deals. Be prepared to change your list if something costs more than you want to spend.
2. Browse before you buy. When you arrive at the market, see what is available and at what prices.
3. Do not overbuy. If you buy more than you can eat or use, your waste will turn good buys into not-so-good buys.
4. Buy only what you can safely store. Know exactly what you can fit in your refrigerator or freezer before you go shopping.
5. Buy fruits and vegetables that are seconds. Vegetables that are a little wilted or past their prime may cost less. Add them to soups or stocks. Fruit that is a little overripe can be added to quick bread, blended into a fruit smoothie, or stirred into hot oatmeal.
6. Farmers may discount items towards closing time.

SENIOR FARMER’S MARKET VOUCHERS

The Senior Farmer’s Market Nutrition Program, coordinated locally by the Aging and Disability Resource Center (ADRC) of La Crosse County, provides low-income seniors with a **\$25.00** voucher to purchase fresh grown fruits & vegetables from local participating Farmers Markets. This year, vouchers will be distributed at various locations (see below) and the ADRC, or individuals may call the ADRC at **608-785-5775** after **May 13th** to request a form to be mailed.

Eligible participants must live in La Crosse County, be 60 years of age or older (native Americans, 55 years of age or older) and at or below a monthly income of \$2,413 if single or \$3,261 for couples.

Because there are a limited number of vouchers, the program is first come first serve and processed in the order received. Please be advised there may be a wait at time of distribution. If requested by phone and form is received and completed, vouchers will be mailed after June 1st, or within two weeks of paperwork completion.

Eligible participants may also sign a permission slip to allow another person to pick up vouchers on their behalf.
ONLY ONE SET OF VOUCHER (\$25) PER PERSON.

DISTRIBUTION LOCATIONS & DATES

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


Farmer’s Markets Opening in May
Onalaska - Sundays, May 18th - Oct 26th
8am-1pm. 2906 Market Place
(Ashley Furniture Parking Lot).

The Burns Park Market – Fridays, May 2nd-October
3:30pm-6:30pm. 701 Main St. La Crosse



Market on Market
2102 Market St. La Crosse
May 10, 11am-2pm

Monthly market with live music and 50+ vendors
Hosted by Beer By Bike Brigade

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All meals include milk or juice & bread. *Substitutions may occur.			Sweet & Sour Chicken 1 Brown rice blend Broccoli, Cranberry juice Chocolate chip cookie	Grilled chicken breast 2 Roasted sweet potatoes Asparagus, lettuce & tomato Peach cobbler
Hot dog on a bun 5 Baked beans Peas, Rosy applesauce Sugar cookie	Turkey & gravy 6 Stuffing w/ apples Broccoli, Cranberries Pumpkin pie	1/4 dark chicken 7 Baby red potatoes Glazed carrots Cake w/ strawberries	Chef salad & dressing 8 Sliced peaches Muffin, Breadstick Fruit pie	Spaghetti 9 Romaine salad & dressing Mixed fruit Garlic breadstick
Meatballs & gravy 12 Mashed potatoes Broccoli Pears	Chicken broccoli divan 13 Baked sweet potato Green beans Fruited jello	Pork loin 14 Rice pilaf, Grape juice Mixed vegetables Black bean brownie	Hamburger on a bun 15 Potato wedges Baby carrots Watermelon, Cookie	Ham w/ pineapple 16 Scalloped potatoes Beets, Cornbread muffin Banana pudding
Meatloaf 19 Mashed potatoes Peas & carrots Fruited jello	Chicken craisin salad 20 Pineapple orange salad Blueberry muffin Ice cream	Salisbury steak 21 Mashed potatoes/ gravy Carrots Fruited jello	Pulled pork on a bun 22 Rosemary potatoes Baked beans, Fruit cup Pumpkin bar	Baked fish 23 Baked sweet potato Coleslaw, Dinner roll Applesauce spice cake
 26 Closed For Holiday	Polish sausage 27 Potato salad Baked beans Sauerkraut Ketchup, onion, mustard	Stuffed green pepper 28 casserole Spinach salad Strawberry fluff	Beef stroganoff 29 Noodles Peas & carrots Rosy applesauce Orange juice	Turkey tetrazzini 30 Romaine salad & dressing Peaches Peanut butter cookie

Strawberry Rhubarb Crisp

4 cups fresh rhubarb, 1-inch diced (4 to 5 stalks)
4 cups fresh strawberries, hulled and halved, if large
1 1/4 cups granulated sugar
1 1/2 teaspoons grated orange zest
1 tablespoon cornstarch
1/2 cup freshly squeezed orange juice
1 cup all-purpose flour
1/2 cup light brown sugar, lightly packed
1/2 teaspoon salt
1 cup quick-cooking (not instant) oatmeal
12 tablespoons (1 1/2 sticks) cold unsalted butter, diced
Preheat the oven to 350 degrees F.
For the fruit, toss the rhubarb, strawberries, 3/4 cup of the granulated sugar and the orange zest together in a large bowl. In a measuring cup, dissolve the cornstarch in the orange juice and then mix it into the fruit. Pour the mixture into an 8"x11" baking dish and place it on a sheet pan lined with parchment paper.
For the topping, in the bowl combine the flour, the remaining 1/2 cup granulated sugar, the brown sugar, salt and oatmeal. Mix on low speed, add the butter and mix until the dry ingredients are moist and the mixture is in crumbles. Sprinkle the topping over the fruit, covering it completely, and bake for 1 hour, until the fruit is bubbling and the topping is golden brown. Serves 8



Bacon Wrapped Asparagus

1 1/2 pounds asparagus spears, trimmed 4 to 5 inches
Extra-virgin olive oil
A few grinds black pepper
4 slices center cut bacon or pancetta
Preheat oven, if using, to 400 degrees F.
Lightly coat asparagus spears in extra-virgin olive oil. Season the asparagus with black pepper. Take a quick count of the spear tips. Divide the total number by four. Gather that number of spears and use a slice of bacon to wrap the bundle and secure the spears together. Repeat with remaining ingredients. To grill, place bundles on hot grill and cover. Cook 10 to 12 minutes until bacon is crisp and asparagus bundles are tender. For oven preparation, place bundles on slotted broiler pan. Bake 12 minutes



Spring Vegetable Sauté

1 teaspoon olive oil (or cooking oil of choice)
1/2 cup medium sweet onion, sliced
1 garlic clove, finely chopped
3 small new potatoes, quartered
3/4 cup carrots, sliced
3/4 cup asparagus pieces
3/4 cup sugar snap peas, or green beans
1/2 cup radishes, quartered
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon dried dill
Heat the oil in a large skillet over medium heat. Cook the onion for 2 minutes, then add the garlic and cook another minute. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes. If the vegetables start to brown, add a tablespoon or two of water. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender -- about 4 minutes. more. Serves 4



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.

ADRC NUTRITION OFFICE PHONE IS 608-785-5775

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

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



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

Libraries Closed: May 24-26
Western Region for Economic Assistance: Wednesdays, 11am-1pm. Apply for foodshare, healthcare or other public benefits
Chair Yoga: Wednesdays at 10am.
Then & Now: Housing Access, Affordability & Discrimination: May 2 at 9:30am
Qigong: May 3 at 10am
Chair Fitness: May 5, 12 & 19 at 9am
Friends Monday Book Sale: May 5, 12 & 19, 9am-12pm
Monday Mornings at Main: Mondays May 5, 12, & 19 at 10am
Crafty Chaos: May 5 at 2:30pm. Register
Footsteps of La Crosse History Tour: Mondays at 5pm. Register
Knit & Needle: May 7 at 5pm
Chapters: May 10 at 10am & May 14 at 1pm. *What We Kept to Ourselves*. Register 608-789-7130
Repair Café: May 10, 10:30am-12:30pm. Limit of 3 items to repair
Cultivating Culinary Mushrooms: May 15 at 5:30pm. Register
Mental Health Meditation: May 19 at 5:30pm
Indigenous Film Series: May 22 at 5pm. *Reel Injuns*
Storytime for Adults: May 29 at 6:30pm at Turtle Stack Brewery

All library locations will be closed on May 13 for staff training and May 26 for Memorial Day.

“Finding Poetry in Nature” at the Mississippi River National Wildlife Refuge on May 21 from 10am-12pm. Registration required.
Bangor “Birdwatching for Beginners” on May 5 at 10am at the library; May 12 at 8am at the La Crosse River State Trail.
Bangor “Game Day” on May 8 at 1:30pm.
Bangor movie on May 15 at 2:30pm and 6pm.
Campbell Book Club meets the second Tuesday at 6pm.
Campbell Book Sale at the Campbell Town Hall on May 10 from 7am-11am.
Holmen movie on May 5 and May 19 at 2:15pm and 6pm.
Holmen “Drop-in Tech Help” on May 15 from 11am-12pm and 4:30pm-5:30pm.
Onalaska Book Sale: May 1 from 9am-6pm; May 2 from 9am-5pm; May 3 from 9am-12pm.
Onalaska “Sensory Story Time” for adults with disabilities Mondays at 1:45pm. Does not meet May 26.
Onalaska Senior Moments on Wednesdays at 10am:
May 7: Castlerock Museum
May 14: Joe Cody, musician
May 21: Senior Fair at the Omni Center from 10am to 12pm.
Onalaska movies on May 8, 15, and 29 at 6pm.
Onalaska Book Club meets the third Thursday of the month at 1:15pm.
West Salem movies on May 8 and May 22 at 2:15pm.
West Salem Afternoon Book Club meets the second Wednesday at 1:30pm.
West Salem Evening Book Club meets the third Monday at 7pm.

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
5/3: Nature Saturday, 9:30am-11am
5/7: Enviro-Wednesday, 7pm, Frog walk
5/10: Parkinson Walk, 10am-2pm
5/17: Driftless Area Bio Blitz, 10am-12pm, Birds
5/21: Forest Bathing Walk, 5:30pm
5/21: Free Bird Program, 7pm

NARVRE

National Association of Retired and Veteran Railroad Employees
Unit 047; Meeting May 13th, 10am at the Onalaska American Legion. The Smith Bike Shop will present.
More information call Jeanne 608-526-3304

The La Crosse Retired Educators' Association

The next luncheon is on Thursday, May 1st
Cedar Creek Country Club, Onalaska
Enjoy an engaging presentation: From a non-reader to Doctorate of Nursing in 12 years by Ta Her.
A reservation must be made by emailing lacrosserea@gmail.com
Cost \$15



La Crosse Marathon
Saturday May 3, 6am
26 miles from Sparta to La Crosse
lacrossemarathon.com



MAY 31
WINE WALK
Saturday MAY 31
12 - 5 PM
Wine and Non-Alcoholic Options are available at a variety of downtown businesses!
tickets will be available soon!
lacrossedowntown.com



Rusty Ankle Logrolling Tournament- May 3, 1pm at La Crosse YMCA
Wicked Fun Gala- May 8 at the La Crosse Center, 5pm. Contact the La Crosse YMCA for tickets.
Forest Bathing Walk- May 15 at 10:15am. Contact the Onalaska YMCA.
Grounded Onalaska- Coming soon new coffee shop and café.
To Register for these call 608-782-9622.


Blood Drives for MAY

5/1: Shepherd of the Hills Church Onalaska, 1pm-6pm
5/2: Onalaska Omni, 12pm-4pm
5/5: Rivoli Theatre, 10am-3pm
5/5: St Joseph's Ridge Hall, 1pm-6pm
5/6: Onalaska American Legion, 9am-1pm
5/8: St Andrews Square 1501 St. Andrews St., 11am-3:30pm
5/9: YMCA La Crosse, 9am-1:30pm
5/8: Journey Lutheran Church Onalaska, 12:30pm-5:30pm
5/12: St Matthews Lutheran Church Stoddard, 12:30pm-4:30pm
5/12: Chaseburg Village Hall, 11am-4pm
5/13: La Crosse Public Library, 11:30am-3:30pm
5/14: Moose Lodge, 10am-3pm
5/15: Church of Latter-day Saints Onalaska, 1pm-6pm
5/16: Halfway Creek Church Holmen, 9:30am-2pm
5/20: YMCA Onalaska, 10am-3pm
5/22: Valley View Mall, 11am-4pm
5/30: Presbyterian Church, West Salem, 11:30am-5pm
5/30: Hokah Fire Station, 9am-2pm



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.



BrainCheck

April 30th at Holmen Area Community Center

Contact HACC for appointment at 608-399-1870 for this class

Next Class—June 5 at Holmen Area Community Center

Mother’s Day Activities for Seniors

Spending quality time with your aging mother on Mother’s Day can be a wonderful and low-cost way to show your love and appreciation.

Here are some Mother’s Day ideas for senior citizens that can be enjoyed together:

1. Take a leisurely walk:

Enjoy the outdoors and spend time in nature with your mother. A slow and steady walk can provide gentle exercise and stimulate conversation.

2. Have a picnic:

Pack a basket of her favorite snacks and beverages and head to a nearby park or garden for a relaxing and enjoyable picnic.

3. Watch a movie:

Watch a classic movie or a new release with your elderly mother at home, or take her to a nearby theater for a special screening.

4. Play board games or cards:

Games can be a fun and engaging activity that promote mental stimulation and socialization. Pick a game she played earlier in life that could bring back fond memories.

5. Listen to music:

Listen to her favorite music or introduce her to some new artists that she might enjoy.

6. Create a photo album or scrapbook:

Work together to create a special photo album or scrapbook that showcases your family’s memories and milestones.

7. Have a spa day:

Treat your aging mother to a pampering spa day at home, complete with massages and facials.

8. Cook a special meal together:

Cooking a meal together can be a fun and rewarding activity that promotes bonding and creates lasting memories.

9. Attend a cultural event:

Check out local museums, art galleries, or cultural events that your mother may be interested in.

10. Take a virtual tour:

Explore the world from the comfort of your home by taking a virtual tour of a museum, historical site, or other cultural landmark.

No matter what Mother’s Day activity you choose, make sure it’s something that your mother enjoys and can participate in comfortably. Celebrating Mother’s Day with your mother can be a meaningful and memorable experience that you both will treasure.

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: mjnylander61@charter.net

North American Squirrel Association

Outdoor Fun For Seniors and the Physically Challenged



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

Pontoon Rentals available for June- August only

• **Reservations open May 1, and reserved 30 days in advance**

• Mon. - Fri only, no weekends

• First rental at 8 am ... Last rental ends at 5pm

• Pontoon Rental limited to 1-2 hours

• The boat will only hold 9 passengers plus our captain. We can hold up to two wheelchairs at one time.

• To sign up for a pontoon cruise visit: www.nasasquirrel.org



Mental Health Wellness, Connection & Hope Support Group

Meets every Thursday at 4pm at the Franciscan Spirituality Center on Market Street. Registration is not required.

Attend any or all sessions as your schedule permits. This FREE group is for anyone seeking mental health wellness, connection and hope. We gather weekly to listen to, and learn from, each other. No one is required to speak or share their story. You can simply choose to listen if that feels best. For more information, please call Therese at 608-386-2965 or email therese.recovery.resources@gmail.com.

May is National Stroke Awareness Month

By the GWAAR Legal Services Team (for reprint)

Strokes can happen to anyone, regardless of age. If you’ve had one stroke, you’re at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!

F = Face Drooping. Does one side of the person’s face droop, or is it numb? Ask the person to smile – is the smile uneven?

A = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Is one arm weaker?

S = Speech Difficulty. Is the person’s speech slurred?

T = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

• Numbness or weakness of the face, arm, or leg, especially on one side of the body;

• Confusion, including trouble speaking or understanding;

• Trouble seeing in one or both eyes;

• Trouble walking, dizziness, loss of balance or coordination; and

• Severe headache with no known cause.

Mental Health Awareness Celebration 2025

May 29 2025

Join us for a celebration of May is Mental Health Awareness Month

Turning Awareness into Action

Save the Date!

Event Schedule

12:00 Noon Welcome

• Mayoral Proclamation

• Honored Speakers

• 1 mile Community Walk Downtown

• Refreshments after Walk

• Community Resource Fair, 1-2:30pm

12th Annual

Throughout the month of May, we invite you to amplify the power of ***Turning Awareness into Action!**

There is Always Help!

SIMPLY DIAL 211 TO GET HELP WITH LIFE...

www.greatrivers211.org

211

Wisconsin

Introducing In-Home Care When Your Loved One Says ‘No’

By Family Caregiver Alliance

Desperate though caregivers may be for a temporary respite from their care responsibilities, many care recipients are resistant to strangers coming into their home to help. The help may be perceived as an invasion of privacy, a loss of independence, or a waste of money. Yet in-home assistance is often critical in offering caregivers a break and time to relax and rejuvenate. There are ways to make this transition easier. Here are some tips for making your loved one feel more comfortable with in-home help:

1. **Start gradually.**

Begin by having the aide come only a couple of hours each week, then add hours as your loved one builds a relationship with the helper. If you feel comfortable with the attendant running errands or preparing meals that can be brought to the house, you can start with those services, which can be done outside the home.

2. **Listen to your loved one’s fears and reasons for not wanting in-home care.**

Express your understanding of those feelings. If possible, get your loved one involved in choosing the aide. He or she will feel more invested and comfortable with the decision.

3. **“This is for me. I know you don’t need help.”**

Expressing the need as yours, rather than your loved one’s, helps maintain her sense of dignity and independence. You can also add that having someone stay at home allows you not to worry while you are gone. Make it clear that you will be coming back.

4. **“This is prescribed by the doctor.”**

Doctors are often seen as authority figures and your loved one may be more willing to accept help if she feels that she is required to do so.

5. **“I need someone to help clean.”**

Even if this is not the real reason, often people will allow someone in to clean when they “don’t need” care for themselves.

6. **“This is a free service.”**

This strategy may work if other family members are paying for the home care or if it is, in fact, provided without charge. Your loved one may be more open to using the service since she does not feel that she is spending money for it.

7. **“This is my friend.”**

By pretending that the attendant is a friend of yours you are relating the home care worker to the family. This can help with establishing trust and rapport. You can also say that your “friend” is the one who needs company and that by having him or her over your loved one is helping him out.

8. **“This is only temporary.”**

This strategy depends on the condition of your loved one’s memory. If she often forgets what you say, then she may also forget that you said this. By presenting the situation as short-term, you will give some time for your loved one to form a relationship or become comfortable with home care as part of her daily routine, and give you a chance for a well-deserved break.



Men’s Shed

May 27, 2025

1:30 pm - 3:00 pm

Tomah Senior Center

1002 Superior Avenue, Tomah

This month’s topic will be Coulee Region and Fort McCoy Natural Resources. The speaker will be the group’s own, Kim Mello, retired Wildlife Biologist.

The Men’s Shed offers a FREE lunch from 12:30PM-1:15PM at the Tomah Senior Center. Please call the ADRC of La Crosse County at 608-785-5700 by May 20, 2025, to register and/or reserve a lunch.

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

Caregiver Education Series

This is the third session of an 8 part series to support caregivers sponsored by the ADRC of La Crosse County and the Caregiver Coalition of La Crosse County. Future topics include benefits, financial matters, hiring providers, and home safety technology.

Medicare, Medical Assistance, and Veteran’s Benefits- oh my!

- If my wife must go to the nursing home, will they take my house?
- Does Medicare pay for home care?
- My husband served in the military. Is he eligible for any benefits?

This is your opportunity to learn more about benefits that may be available to you and your care partner. There are a lot of misconceptions about what the benefits will cover and what will transpire if you accept the benefits. The training also will allow time for you to ask general questions. If you have personal questions, you will learn how to access the services and will be referred to the appropriate agency to start the process.

Tuesday, May 6th from 1pm—2:30pm
Holmen Area Community Center
600 Holmen Drive

This is a **FREE** event!
Questions and registration through the ADRC of La Crosse County at 608-785-5700 adrc@lacrossecounty.org

“THE ACT OF CARING FOR SOMEONE ELSE IS AN ACT OF LOVE IN ITSELF.”
THIS QUOTE ACKNOWLEDGES THAT CAREGIVING CAN BE CHALLENGING, BUT IT ALSO HIGHLIGHTS THE INHERENT LOVE AND COMPASSION THAT MOTIVATES US TO TAKE ON THIS RESPONSIBILITY. IT REMINDS US THAT EVEN WHEN WE FACE DIFFICULT MOMENTS, OUR ACTIONS ARE DRIVEN BY LOVE.

Tips For Trying New Activities

Reprinted from Trualta

As your care recipient’s dementia (or any cognitive decline/ deficit) progresses, some activities will become harder to cognitively or physically. These may be the signs they need a new activity. Use the following tips to help find new activities for your care recipient to try:

Introduce the new activity slowly into their routine. They may be resistant to trying something new at first, but this doesn’t always mean they won’t like later! Don’t be afraid to experiment and make adjustments as you go. Where possible, let them pick a new activity.

Pay attention to their behaviors and emotions. Are they excited, bored, frustrated, or sad? What is it about the activity causing them to feel this way? Incorporate new activities with similar qualities to what they enjoy and avoid ones that are boring or upsetting to them. To see if they are interested, you can ask: “Did you enjoy this activity? Would you like to try this again sometime?”

Brainstorm past jobs or hobbies. If they worked as an accountant,

they may like to sort coins or type on a calculator. If they love shopping for clothes, open their closet and let them take out clothing they enjoy and put in a basket.

Consider their activity level. Are they restless or like to pace or rummage through things? Is it difficult to encourage them to participate? You may need to adjust your approach and expectations of what it means to participate in an activity.

Match activities to their abilities. Choose activities to emphasize your care recipient’s strengths. Think about what they CAN do and choose an activity that matches those skills. If they are still having trouble, try to make the activity easier.

Be patient and flexible. Skills and abilities change over time. Some days will be easier and more challenging than others. It’s important to be patient with your care recipient and with yourself. You both are doing your best.

EXPERT TIP: Try an activity on at least 3 different occasions before deciding your care recipient doesn’t have an interest in it.



**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.

May 7: Looney Lutherans & Leinenkugels tour in Chippewa Falls
June 11: Back Roads of SE Minnesota & Niagara Cave
June 20: Church Ladies-The Last Potluck Supper at the Fireside
June 25: Veterans Museum, State Capitol, Babcock Dairy
July 16: Taffy, Ducks & Relish Trays in Wisconsin Dells
July 24: Circus Juventas-Lumiere Acrobatic Show, St. Paul
August 7: Go! Pack! Go! – Green Bay
August 20: Mystery Trip
September 11: Lake Geneva Mail Boat Tour

La Crosse Symphony Orchestra

5/3: Midnight in Paris

929 Jackson St. La Crosse
608-783-2121

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

5/9: **Game Night**, 6pm

5/10: **Family Matters concert**, 7pm

5/18: **Syttende Mai**, 4pm

5/24: **The Last Bridge Home** film, 7pm

5/25: **Car Show**

6/21: **Founder's Day** at the Arnold House

**Ruby's
PANTRY**

3rd Wednesday of the month
May 21st
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

julie.kramer@aptiv.org.

**Miss
RemarkAble**

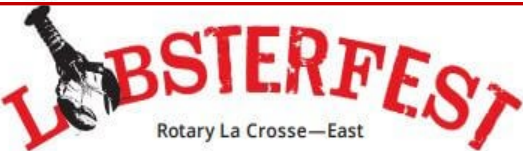
Empowering Women with Disabilities

Saturday, May 10, 2025 | 3PM
UW-La Crosse | Union Bluffs Room



La Crosse 48 Hour Film Festival
May 2, 5pm-8:30pm
Rivoli Theatre, La Crosse

The Festival aims to honor and celebrate local storytelling artists and lovers of cinema while increasing awareness, access and skills around filmmaking.
Free to attend with donations accepted.
<https://www.lacrossefilmacademy.org/.../lax48hrfilmfestival>



Rotary La Crosse—East

June 6

4pm-9:30pm

Colgan Air Hanger– La Crosse

For tickets contact kathim@centurylink.net
or any Rotary member.

Pump House Regional Arts Center

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

5/4: College Spring Choir Concert, 5pm

5/18: Film Society, 5pm

WEBER CENTER
FOR THE PERFORMING ARTS

608-784-9292

www.webercenterarts.org



May 2-18: Waitress

May 23 & 24: Arcadia

Senior Preview: May 1st, Waitress, \$15

**Purchase at Black River Beach
Neighborhood Center**



VITERBO
UNIVERSITY
FINE ARTS CENTER

**Viterbo University
Fine Arts Center**

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

May 6: iLuminate

July 18: Tribute to Queen

Truman T. Lowe Center for the Arts

333 N 16th St. La Crosse

May 3

UW-L Symphonic Band Spring Concert, 2pm
Wind Ensemble, 4pm

May 6

Music Scenes from the Stage, 7:30pm

PUMP HOUSE PRESENTS

ARTSPIRE

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

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



Moon Tunes Concerts Coming Soon

June 5: Mae Simpson

June 12: Secret Menu, Double Take

June 19: TUGG

La Crosse Riverside Park at 5:30pm

**HMoob
American Day
Celebration**

Celebrating 50 years



Saturday
May 17, 2025



Onalaska
Omni Center

10am-5pm Open to the public



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

Remember La Crosse's First McDonald's?
Opened at Losey Blvd & Ward Ave Aug 26, 1959.



Blast from the past...La Crosse's first McDonald's at 2727 Losey Blvd S. It opened in 1959 with hamburgers selling for 15 cents, equivalent to about \$1.50 today. This McD's was replaced in 1976 by a new one at 2810 S. Losey Blvd, which in turn was replaced by another just to its north.



Kentucky Derby



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

My Old Kentucky Home	Run For The Roses	American Pharoah
Woodford Reserve	Churchill Downs	The Twin Spires
Winner's Circle	Kentucky Oaks	Triple Crown
Secretariat	Mint Julep	Sir Barton
Hats		

Kentucky Derby The 151st Run for the Roses will be held on Saturday, May 3.
Preakness Stakes on May 17th.
Belmont Stakes on June 7th.



PORKIN IN THE PARK!

May 10, 9:30am-7pm
Gaylord Park, Rockland
Car/Motorcycle Show, Music, Games
Pork Dinners, Bingo and Fun.

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 (May 7, June 4)
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
1st & 3rd Thursday: 6pm Bingo @ Moose Lodge
5/2: First Friday Downtown Art Walk, 4pm-7pm
5/3: Market on the Mississippi, 11am-4pm. Fox Hollow La Crosse
5/3: Spring Market in the Valley @ Coon Valley Dairy Supply
5/3: Coon Creek Confluence, 11am-5pm @ E7969 Cty P, Westby
5/3: West Salem Fireman's Dance at 8pm at the Fire Station
5/9-5/10: Galesville city-wide rummage sales
5/10: Mothers Day Sip n' Paint at Whispering Pines Holmen at 11am. Call to register 608-526-4956
5/10: Clothing & Bake Sale, 8am at First Presbyterian La Crosse
5/11: Mothers Day Breakfast, 8am-11am, all you can eat at the American Legion West Salem
5/15: Street Drags at La Crosse Speedway, 6pm
5/15-5/17: La Crescent city wide rummage sales
5/16-5/18: Village wide rummage sales in West Salem
5/16-5/18: Westby Syttende Mai
5/24: Designer Purse Bingo, 5pm at Holmen American Legion
5/31: Timmer's Fest, 6pm @ 10 Mile Pub. Free outdoor dance

**La Crosse Parkinson's Walk
& Awareness Event**
Saturday, May 10th
10am-2pm at Myrick Park
Food trucks/ live music/ resources/
demos/children activities



June Dairy Days

May 30- June 1
West Salem

Friday: Music & fireworks
Saturday: Chicken Q, parade at 12pm, bingo, carnival and music
Sunday: Chicken Q, car show, music and baseball

For a complete schedule visit:
www.junedairydays.com



Northside Plant Sale

May 9, 3pm-6pm, May 10, 9am-12pm
Northside Elementary 1611 Kane St. La Crosse
House plants, vegetable starters, perennials, fertilizers,
artwork, pots and hangers.

Longfellow Middle Plants & Pots Sale

May 16, 3pm-6pm, May 17, 9am-12pm
Redfield St. La Crosse
Pottery, jewelry, houseplants, annuals, and herbs.

BREWS & TUNES
A COMMUNITY GATHERING

MAY 09 WITH ONE ACCORD
JUNE 13 WITH BRYCE THOMASCHESKY
JULY 11 WITH BRIAN BEARD
AUG 08 WITH DYLAN HARRIS
SEPT 12 WITH ?

5-8PM AT THE OMNI CENTER



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