

La Crosse Senior Life



September 2025

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

PRST STD
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September is Falls Prevention Awareness Month: Stay Strong, Stay Steady

Every September, Falls Prevention Awareness Month serves as a reminder that falls are not an inevitable part of aging. While one in four adults age 65 and older experiences a fall each year, many falls can be prevented with simple lifestyle changes.

Falls can have serious consequences, but prevention is possible. By staying active, checking your vision and hearing regularly, and making small safety updates at home, you can reduce your risk and maintain your independence.

Three Key Tips for Preventing Falls:

- Stay Active and Strong.** Activities like walking, Tai Chi, or gentle strength training improve balance and coordination.
- Schedule Vision and Hearing Checks.** Good eyesight and hearing help you navigate your surroundings and react to hazards.
- Make Your Home Safer.** Remove clutter, secure rugs, add grab bars in the bathroom, and ensure hallways and stairwells are well lit.

Preventing falls is not just about avoiding injury, it is about continuing to do the things you enjoy, living independently, and feeling confident.

For more falls prevention resources, contact us (Aging and Disability Resource Center of La Crosse County) at **608-785-5700**.

Steady Steps: Promoting Balance, Strength, and Connection—One Step at a Time

This September, in recognition of Falls Prevention Awareness Month, you are invited to join us for a walking series—

Steady Steps. These walks will be a fun, social way to get moving, strengthen your balance, and connect with others in the community.

Each **Tuesday in September at 10 a.m.**, Aging and Disability Resource Center (ADRC) staff will meet participants at **Riverside Park** for a casual stroll. The pace will be comfortable, the conversation relaxed, and the focus on staying steady—both on your feet and in your everyday life.

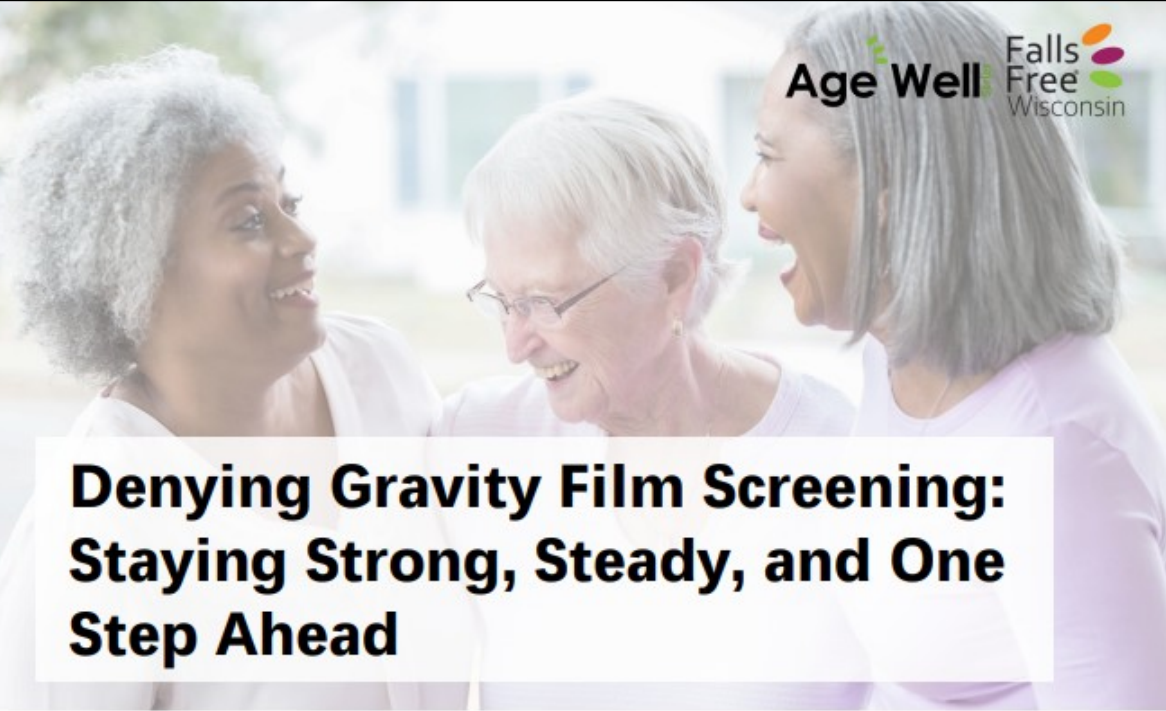
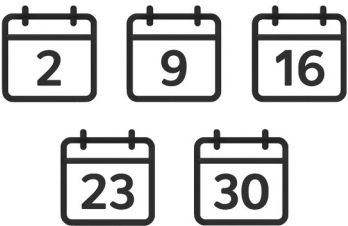
Falls are not a normal part of aging, and there are simple, enjoyable steps you can take to lower your risk.

Walking regularly is one of the best ways to maintain strength and improve balance. Combine movement with friendly conversation outdoors, and you have a great way to start the day!

When you arrive, look for ADRC staff in blue shirts near the Friendship Gardens entrance. No registration is required—just show up, wear comfortable shoes, and take a few steady steps with us.

Steady Steps Schedule

Tuesdays in September (10 a.m.)
Riverside Park-Friendship Gardens



Denying Gravity Film Screening: Staying Strong, Steady, and One Step Ahead

Join the Wisconsin Institute for Healthy Aging and the Falls Free® Wisconsin Coalition for a special screening of **Denying Gravity** — a powerful, entertaining play that follows Claire, a vibrant retiree whose life takes an unexpected turn after a series of falls.

**Tuesday,
September 9
12:30 - 2:00 p.m.
Virtual on Zoom**

Stick around after the film for a lively discussion with guest expert panelists who will share tips and insights on staying strong, independent, and confident as we age. Panelists include:

- Deputy Chief Jeff Dostalek, Fitch-Rona EMS District
- Dr. Doubara Stucki, UW-Madison
- Dr. Ben Weston, Medical College of Wisconsin

Scan the QR Code
to Register:



wiha
Wisconsin Institute
for Healthy Aging
<https://wihealthyaging.org>

Stay healthy and independent by checking your risk for a fall.
Visit www.ncoa.org/tools/falls-free-checkup or call us (ADRC) at **608-785-5700**.

TRANSPORTATION OPTIONS

Did you know that there are a variety of affordable transportation options available throughout La Crosse County that could help meet your transportation needs?

Shared Ride/DriftLink Transit Service provides door to door transportation to all citizens in Onalaska, Holmen and West Salem from 6:30am-6:30pm, 7 days a week. This option does not service fire numbers unless within city limits.

Shared Ride does not enter into La Crosse.
Prices range from \$3.25-\$4.50.
To schedule a ride call 784-0000.

ADRC of La Crosse County (Abby Vans)
Rides will only be provided to individuals who do not have access to other transportation options.

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

Cost varies by zones:

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

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

LA CROSSE MTU

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



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



MTM Medical Rides

Free medical rides for Medicaid & BadgerCare Plus recipients only, excluding Includa & My Choice WI.
Monday—Friday, 7am - 6pm
Call **1-866-907-1493** to schedule a medical ride.
Visit the website at www.mtm-inc.net/wisconsin



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

Operates **Monday-Friday**, no weekends or holidays.
Service Routes Cover: La Crosse, Coon Valley, Westby, Viroqua, Stoddard, DeSoto, Prairie Du Chien, West Salem, Sparta and Tomah.
Please call: **877-444-6543** or visit **www.ridesmrt.com**

RSVP Transportation Program



- Must be 55 + and ambulatory, without assistance.
 - Monday – Friday, 7:30am-4:30pm.
 - Curb – to – Curb Service.
 - All drivers are volunteers & use their own vehicles.
 - Ride reimbursement is .70/mile.
 - Mileage is calculated from the time your driver leaves their home until the time that your driver returns to their home.
 - Ride must originate from La Crosse County.
- Call **608-785-0500** for more information

Looking for a Fall Activity?

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

Contribution Designation Form

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

Please designate my contribution: (if applicable)

In Memory of: _____
In Honor of: _____
And notify: _____
Address: _____

To benefit the following: (check all that apply)

- ☐ ADRC General Support ☐ Elder Benefit Specialist
☐ Caregiver Support ☐ Health Promotion
☐ Congregate Dining ☐ Home-delivered Meals
☐ Dementia Support Services ☐ Senior Life Newsletter
☐ Disability Benefit Specialist ☐ Transportation Services

Please make checks payable and send to:

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

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

La Crosse Senior Life Newspaper

Mailing List Request

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

Name _____
Address _____
City _____
State _____ Zip _____

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



Dementia Live

Experience what it may be like to live with dementia.
September 17, 1pm at DASH Center- Onalaska
November 3, 6pm at Holmen Area Community Center
October 14, 10:15am at Black River Beach Neighborhood Center
November 13, 1pm at DASH Center–Onalaska
Open to family caregivers ONLY.
Call the Aging and Disability Resource Center at 608-785-5700.
Dementia Live® offers an ‘inside-out’ understanding of the changes experienced with dementia by immersing participants into what it may be like to live with it. By “walking in their shoes,” 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 caregivers to better understand and interact with their loved one.

Learn & Connect – Cognitive & Memory Loss Education

Wednesday’s October 1– 22 (4 sessions) 10am-11:30am
Gundersen Health East Bldg.– Neurology (3rd Floor)
Register by calling the ADRC at 608-785-5700
*Only two family members per person with dementia
Dementia Diagnosis: What Now? Join us for this informative class series for patients and care partners. Ideal for newly diagnosed, early -onset and early-stage dementias.
October 1 (register by 9/24): Partner with your medical provider and what to expect as it progresses.
October 8 (register by 10/1): Legal & Financial Matters, Future Planning For Care
October 15 (register by 10/8): Maximize Independence & Connect Local
October 22 (register by 10/15): What else should I be thinking about? – Social supports, safety, setting boundaries, grief

For more information and to register, call the ADRC at (608) 785-5700 or email: kflock@lacrossecounty.org

Rejuvenate & Recharge for Caregivers

Caregiver Retreat
Thursday, November 6
Black River Beach Neighborhood Center- Maplewood Room
Registration required, free.
Call the Aging & Disability Resource Center at 608-785-5700.
Unique opportunities that welcome current and former caregivers for a variety of gatherings throughout the year. Program seeks to offer well-being, self-care, and fun activities that foster new connections for all caregivers.

Healthy Living with Mild Cognitive Impairment

Education Series Support
Black River Beach Neighborhood Center- Maplewood Room
Friday, September 12, 9am-11:30am
Cognitive Testing and Brain Imaging
Friday, December 12, 9am-11:30am
The Benefits of OT/Speech Therapy After a Diagnosis of Mild Cognitive Impairment


Join us for research and education presentations (begin at 9:30am), stay afterwards for camaraderie and discussion. Complimentary refreshments funded by the Kathy & Jack Lucey Family Fund. The Healthy Living with Mild Cognitive Impairment (MCI) series is a support and education program about brain health and living well with MCI.

Free, registration required: 608-785-5700



Coulee Region Giving Hearts Choir

Fridays at 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.

Dementia Friendly Community
LA CROSSE COUNTY


Dementia Friendly Coalition – Quarterly Virtual Meetings

We are a network of caregivers, professionals, and community members working to improve the lives of those affected by dementia in La Crosse County. Through education, awareness, and connection, we aim to reduce stigma and link people to local resources. Join our quarterly networking meetings to connect, collaborate, and stay informed.

Contact: kflock@lacrossecounty.org

Embrace

12:30pm-2pm
September 10 & 24
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. Free

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:
Sept 8th, 1:00pm-2:30pm
Brewing & Made in La Crosse!
La Crosse Heritage Center
506 Main St. La Crosse
Register with Amber at 608-385-4819.

Spark at Clearwater Farms:
Sept 15th, 10:30am-12:00pm
Farmtoberfest
Clearwater Farm 760 Green Coulee Rd. Onalaska

Register with Anna at 507-319-9156. info@clearwaterfarm.org

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

MEDICARE



Medicare 101: Understanding the ABC's of Medicare

This program is geared towards new to Medicare in the next year.
Wednesday, Sept. 24th
10am-11am or 6pm-7pm
Black River Beach Neighborhood Center
Register by calling 608-789-8640

Social Security Tax Changes for Older Adults

By the GWAAR Legal Services Team

Individuals over 65 will be eligible for a new, temporary tax deduction under the One Big Beautiful Bill Act, which was signed into law on July 4, 2025. Although the law does not eliminate taxes on Social Security benefits, some older adults will be eligible for a deduction for tax years 2025 through 2028.

Individuals with modified adjusted gross income up to \$75,000 for a single filer or \$150,000 for those married and filing jointly will receive the full deduction. For tax filers above those thresholds, the deduction would phase out at a 6% rate. The deduction will be phased out completely for single filers with modified adjusted gross income of \$175,000 or higher and joint filers with modified adjusted gross income of \$250,000 or higher. If you have any questions about this tax deduction, please contact your tax preparer.

Prescription Drug Help

By the GWAAR Legal Services Team

Prescription drug costs are an expensive necessity for many. You don't have to go without your prescriptions. There are charitable or state-funded organizations that can help Wisconsin residents get their prescription drugs without incurring significant costs. The list below features prescription drug assistance programs that offer a variety of assistance levels to help ensure everyone has access to the prescriptions they need. For further assistance with your drug coverage or benefits, contact your local ADRC at: <https://www.dhs.wisconsin.gov/adrc/index.htm>.

Extra Help

- The Extra Help program is a prescription drug coverage savings program for individuals enrolled in Medicare drug coverage. This program helps to lower the costs associated with monthly premiums, annual deductibles, and prescription co-payments. You will need to fill out an application for Extra Help with Medicare to see if you are eligible. The application will request information about your financial situation, including available resources and income sources. Information about this program at <https://www.ssa.gov/pubs/EN-05-10508.pdf>.

SeniorCare

- SeniorCare is a program that helps pay for prescriptions. This program is designed for Wisconsin residents aged 65 or older. The benefits will start the month after you apply. This will count as creditable coverage to avoid late enrollment penalties for Medicare Part D drug coverage. There is a \$30 yearly enrollment fee. You will need to fill out an application to qualify. There are four levels of eligibility depending on your income and resource amount. For more information, please visit <https://www.dhs.wisconsin.gov/seniorcare/index.htm>.

Medicare Prescription Payment Plan

- This plan works with your stand-alone Medicare Part D or Medicare Advantage plan drug coverage. It will help to lower your monthly out-of-pocket costs by distributing your monthly prescription drug costs throughout the year, creating smaller payments upfront. You will still pay the same amount for your prescriptions, but your monthly prescription costs will be lower. Since there is a \$2000 out-of-pocket cap for Part D prescription drug costs, you will not pay more than that for covered prescription drugs. You will receive a bill from your plan instead of paying for the prescriptions at the pharmacy. This program would be most helpful for individuals who incur higher prescription drug costs earlier in the year; however, it is available at any point in the year. For more information, visit <https://www.cms.gov/medicare/health-drug-plans/medicare-prescription-payment-plan>.

Wisconsin HIV Drug Assistance Program

- Residents of Wisconsin can receive help accessing health insurance and medications for HIV. You could be eligible for this program if you live in Wisconsin, have a household income at or below 300% of FPL, and if you live with HIV, and your doctor has confirmed this diagnosis. For more information about this program, please visit <https://www.dhs.wisconsin.gov/hiv/hdap-clients.htm>.

National Organization for Rare Disorders

- This program helps individuals with rare disorders with finding medications, financial help with insurance premiums/copays, diagnostic testing assistance, and travel for clinical trials /consultations with specialists. It provides support to ensure people with rare disorders receive the care they need. For more information, please visit <https://rarediseases.org/patient-assistance-programs/>.

Drug Repository Program

- Wisconsin residents with cancer or long-term or chronic conditions, who cannot afford their medicines, can use this program to find needed medications or supplies. This program offers prescription drugs that were previously donated to participating pharmacies or medical facilities. Some pharmacies charge up to a \$15 fee for processing the drugs. To determine if your prescription drug is available, you can contact participating pharmacies and medical facilities. Controlled substances cannot be donated or received under this program. A priority order for dispensing these drugs can be found at <https://www.dhs.wisconsin.gov/guide/cancer-drugrepo.htm> along with additional information about this program and the participating facilities.

Medicine Assistance Tool

- This tool is not direct assistance for prescription drug costs, but a database that can be utilized to search for prescription drug cost savings. The tool provides information on available biopharmaceutical industry programs for that specific medication, as well as those available in your area. These will most likely be prescription drug saving cards or discounts that can be used to lower your prescription drug costs. You can find this tool at <https://medicineassistancetool.org/>.

Needy Meds

- Needy Meds is another tool to help individuals find prescription drug savings. This tool utilizes four databases for its operations. They provide help finding affordable health clinics, diagnosis-based assistance, information on free or discounted medications, and printable coupons, rebates, and savings cards. The databases can be found at <https://www.needymeds.org/>.

RX Outreach

- RX Outreach is an online non-profit pharmacy that offers many common medications for discounted prices. They offer delivery of common prescriptions right to your door at affordable prices. You can look up your medication availability and price on their website. You can visit their website at <https://rxoutreach.org/> to find more information about the process.

Assistance Available for Pension and Retirement Plan Issues

By the GWAAR Legal Services Team

Pension income can improve lives and increase overall independence well beyond retirement age. However, many people find pension plans and laws difficult to navigate without assistance. Pension Counseling Projects can help people understand their pension rights and claim the benefits they've earned. These projects are run by local nonprofit organizations and funded under the Older Americans Act through a grant program of the Administration on Community Living.

The Upper Midwest Pension Rights Project, a project of Trellis Pension and Retirement Rights, provides free assistance to individuals with retirement-related questions or problems. The program is based in Minnesota, but its service area includes Wisconsin, Iowa, Minnesota, North Dakota, South Dakota, and Nebraska.

In addition to answering legal questions about your pension, defined contribution plans (such as 401(k)s and 403(b)s), profit-sharing plans, and cash balance and other hybrid pension plans, Trellis

Pension and Retirement Rights can also help workers, retirees, and their families in the following areas:

- Filing claims and appeals to obtain retirement benefits,
- Obtaining and explaining retirement plan documents,
- Correcting benefit miscalculations,
- Assisting with recoupment actions,
- Assisting with suspension of pension benefits issues,
- Obtaining spousal and other survivor benefits, and
- Locating retirement benefits from former employers.

If you have lived or worked in Wisconsin at one time in your life and you have questions about your pension, please reach out to Trellis Pension and Retirement Rights. This project provides free assistance regardless of your age, income, or value of the pension involved. Trellis Pension and Retirement Rights can be reached directly by phone at 866-783-5021 or you can request assistance online at: <https://trellisconnects.org/request-assistance-retirement-rights/>.

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

Staying Active Together: On site or at home w/live link to instructor; Mondays & Thursdays, 9:30am-10:30am. Register. (No class Sept 8.)

Mississippi Melodies - Outdoor Concerts: Tuesdays, September 2 & 9, 12pm-1pm. Canceled by 10am for rain. Free

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

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

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

International Folk Dance: Wednesday, September 3 & Saturday, September 20, 7pm-9:30pm. Register. \$2/session.

Shin Jin Do: Mondays & Wednesdays starting September 8, 6:30pm-8pm. Register.

Rebuilding American Civics: Wednesday, September 10 & 17, 12pm-1:15pm. Register by September 8. Free.

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

Healthy Living with Mild Cognitive Impairment: Friday, September 12, 9am-11:30am. (call the ADRC to register: 608.785.5700.)

Parkinson's Disease Support Group: Monday, September 15, 5pm-6:30pm. (call the Star Center for details, 608.797.6295.)

Your Affairs in Order – Estate Planning with Trusts: Thursday, September 18, 10am-11:30am. Register by 1 day prior. Free

Medicare 101: Wednesday, September 24, 10am-11am OR 6pm-7pm. Register by Friday prior. Free

Monthly Card Creations: Wednesday, September 24, 2pm-7pm. Register by Friday prior.

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

Staying Active Together: On site w/live link to instructor, Mondays & Thursdays, 9:30am-10:30am. Register. (No class September 8.)

Expressive Drawing: Tuesdays, 1pm-3pm. Register by September 2.

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

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

Coping Skills: Fridays, September 5 & 19, 10am-11:30am. Register by 1 day prior. Free

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

Shuffle Together (cards): Fridays, September 12 & 26, 2pm-3:30pm. Register. Free

La Crosse Area Parkinson's Social Night: Wednesday, September 17, 5:30pm-7pm. (call the Star Center for details, 608.797.6295)

Myths and Misconceptions of Hospice: Wednesday, September 17, 10am-11am. Register by 1 day prior. Free

Healing Through Sound: Thursday, September 18, 6pm-7:30pm. Register.

Music Café (various musicians): Thursdays, September 18 & 25, 1pm-2pm. Free

Senior Meal Site: Lunch served 11:30am, M-F. Call 608-792-6996 by noon the day prior to reserve a meal. Suggested donation \$4.50

HARRY J OLSON CENTER
1607 North St. La Crosse
608-781-2122

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

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

Sons of Norway: 1st Thurs, 7pm

Wednesday for Lunch: **Sept 17th**, 11am-12:30pm. Free, but please RSVP.

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

Events at the new DASH Center
515 Quincy St. Onalaska

Open Pickleball- Mondays and Wednesdays , 6am-8am (Lyche Family Gymnasium)

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

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

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

Intermediate Watercolor Painting– Sept 4 & 11 at 10am and Sept 18 at 9am

Dementia Live with ADRC– Sept 17 at 1pm

SimpleSteps to Technology: Learn Facebook– Sept 11, 12:30pm

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

OMNI CENTER EVENTS

BBBB Bingo: Wednesdays at 6pm

Sept. 4-7– **Curling Nationals**

Sept. 12- **Brews & Tunes**, 5pm-8pm

Sept. 13– **Three River Throwdown**, 5pm

Sept. 20-**Hmong New Year**, 7pm

**HOLMEN AREA COMMUNITY CENTER**

600 N Holmen Dr.
608-399-1870 www.holmencc.org
Mon. - Thurs. 7am- 4:30pm Friday 7am - 3pm

*Registration required for some programs.

Indoor Walking: Monday - Friday: 7am-10am; 11am – 1pm. May vary

Pickleball Open Play: Tuesdays & Thursdays 11am – 1pm. May vary

StrongBodies Virtual Strength Training: Monday & Wednesday, 9am (no class 9/15), Friday Video at 10am

Fun with Watercolor: Mondays at 8:30am – 10:30am

Chair Yoga: Mondays at 9:15am and Friday, Sept 12 & 26 at 9:15am

SimpleSteps Tech Help: Sept 8 & 22 10:30am to 12pm (appointments)

Beginner Line Dancing: Mondays and Wednesdays, 1pm (no class 9/15)

Mah Jongg Club: Mondays at 1pm

American Red Cross Blood Drive: Sept 15, 10am-3pm

Muscles in Motion: Tuesdays 9am (Toddler Craft: Sept 9 and Toddler Story: Sept 23 at 10 am)

Community Crafts with Jackie & Pam: Sept 2, 1pm (Button Pumpkins)

Public Health Nurse Visits: Sept 9, 8:30am–11am (Free Blood Pressure Checks & Education)

Cardio & Strength Fitness: Tuesdays and Thursdays at 10am

Connect2Nature: Sept 16, 1pm (Casey Meehan, Climate Updates)

Acrylic Art Class - Lori Ehlke: Sept 16, 9:30am-11:30am *Cost & registration

Hearing Evaluations: Sept 2, 9:30am–11:30am (call for an appointment)

Hearing Instrument Checks: Sept 16, 9:30am–11:30am (appointments)

Caregiving 101 – Home Safety: Sept 2, 1pm–2:30pm

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

Family Fun Night: Sept 9, 5pm-7pm

Wellness Wisdom-Guide to Fighting Inflammation: Sept 23, 1pm-2pm (registration required)

Beginner Pilates Series: Wednesdays at 8am (registration required)

Empowered Caregiver Series Alzheimer's Association: Sept 10, 1:30pm

Intro to Watercolor I: Wednesdays, Sept 3 to Oct 8, 1pm-3pm, registration

Diamond Art: Wednesdays, 9 am

Bingo: Wednesdays & Fridays, 12:30pm

“A Joyful Life” Monthly Group for Women: Sept 3, 2pm–3pm

Cozy Readers Book Club: Sept 17, 2pm–3pm

Wellness Checks – WSU Nursing Students: Thursdays, 8:30am–2pm

La Crosse County Veterans Service: Sept 4, 12:30pm-4pm

Fun & Games: Thursdays, 1pm–4pm. Learn new card and board games!

Crafternoon Social – Knit & Crochet: Sept 4 & 18, 1pm

AA Meetings: Thursdays, 6pm–7pm

Wellness Series-Marriage & Family Solutions: Sept 25, 5:30pm–7pm

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

Gentle Yoga for Beginners: Fridays, Sept 12 & 26, 8 am

Good Morning Holmen! Sept 19, 9am with Coulee Region Woodcarvers



The Aging & Disability Resource Center office and meal sites will be **closed September 1st** for the Labor Day holiday.



RIVERBOAT SHORE STOPS
Riverside Park

9/4 & 9/8: Viking Mississippi

9/14 & 9/28: American Serenade

9/7 & 9/21: American Melody

9/14: American Heritage



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

wafermobile@waferlacrosse.org or 782-6003


1603 George St. La Crosse

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

Sept 9th
5pm-6pm
Onalaska
Methodist Church
212 4th Ave N.



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



3rd Wednesday of the month
September 17th
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

September is nationally recognized as National Recovery Month and National Suicide Prevention Awareness Month

This month offers an important opportunity to learn about recovery from substance use and raise awareness to prevent suicide. Recovery means healing and finding new ways to live a healthy life. This is very possible with the right support and resources. Recovery Month highlights stories of hope, resilience, and the availability of treatment options for those affected by substance use. At the same time, Suicide Prevention Awareness Month focuses on educating communities about the warning signs, risk factors, and prevention strategies that save lives.

Across the country, organizations, healthcare providers, and communities come together during September to host events, share inspiring stories, and provide educational materials. The goal is to create a supportive environment where people feel empowered to talk openly about substance use and mental health challenges and access the care they need. While September shines a spotlight on these critical issues, support and services are available year-round.

If you or someone you know is struggling with substance use or thoughts of suicide, reaching out to a healthcare professional or trusted support network can be a vital step toward recovery and safety. They can help you find the right support for you. If you're unsure where to start, dial 2-1-1 to get connected with resources. Help is available, and no one has to face these problems alone.

Simply Dial 2-1-1 * Get Connected, Get Answers column is provided by Great Rivers 2-1-1, 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.

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

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

Crock Pot Creations

Slow cooking foods is convenient and requires only basic cooking skills. By planning ahead, you can leave the slow cooker on while away for several hours and return to a home cooked meal that is ready to serve.

Usually, the cooker will include a crock, which is an inner stone-ware or ceramic container, a removable tight-fitting lid, and an outer heating base made with wrap-around heating elements encased in metal. The slow cooker creates heat and steam within the crock, which cooks the food at temperatures between 170°F and 280°F, based on the settings, for the necessary cooking time.

Here are some basic safety rules to follow when using a slow cooker:

- Wash your hands before, during and after food preparation.
- Always start with a clean slow cooker, utensils and work surface.
- **Always thaw** meat and poultry in the refrigerator before cooking in the slow cooker. This will ensure complete cooking.
- Adhere to the recommended heat settings and suggested cooking time guidelines provided by the manufacturer of the slow cooker.
- Because vegetables cook slower than meat and poultry, place the vegetables in the slow cooker first. Place the meat on top of the vegetables and top with liquid, such as broth, water or a sauce.
- For easy cleanup and care of your slow cooker, spray the inside of the cooker with nonstick cooking spray before using it. Slow cooker liners also ease cleanup.
- Fill the slow cooker no less than half full and no more than two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time, quality and/or safety (if filled too full).
- If possible, set your slow cooker on high for the first hour, then turn the heat setting to low to finish cooking. **Keep the lid in place. Removing the lid slows cooking time.**
- Measure the temperature of your foods before eating them. Follow the recommended safe internal temperatures below:
 - 145 F – Fresh beef, veal, lamb, pork (steaks, roasts, chops); allow a three-minute rest time after removing from heat
 - 145 F – Fin fish (or cook until flesh is opaque)
 - 160 F – Eggs; ground meat and meat mixtures (beef, pork, veal, lamb, turkey, chicken)
 - 165 F – Casseroles; poultry (chicken, turkey, duck, goose)

Most recipes can be converted to cooking in your slow cooker. Because liquids do not boil away in a slow cooker, in most cases, you can reduce liquids by one-third to one-half. In soups, this will not matter. Add pasta at the end of the cooking process or it may become mushy. You may want to cook pasta separately and add it just before serving. Milk, cheese and cream may be added one hour before serving.

Adapt recipe times. If the recipe says cook for 15-30 minutes, cook in the slow cooker on low for 4-6 hours or on high for 1½ to 2 hours. Recipes calling for 35-45 minutes should be cooked on low for 6-10 hours or on high for 3-4 hours. Recipes requiring conventional cooking times of 50 minutes to 3 hours should be cooked on low for 8-16 hours or on high for 4-6 hours.



Refrigerate leftover foods from slow cooker meals in shallow containers in the refrigerator, no more than 2 inches deep. Also, do not try to reheat cold leftovers in the slow cooker. Use either the stove, oven, or microwave to reheat foods quickly to an internal temperature of 165°F. Once the food reaches 165°F, it can be kept hot in a preheated slow cooker set on low or warm.

This time-saving device not only helps you to cook soups, stews, and chili but a variety of other, more complex meals—casseroles, breakfast dishes, even desserts. Along the way, it will help you stretch your food dollar and eat more healthily. You can choose to cook with less expensive cuts of meat, because the cooker's ability to cook at a low temperature for many hours breaks down connective tissue and tenderizes any cut, no matter its original quality. You can also experiment with a variety of ingredients, such as beans, legumes, whole grains, fruits, vegetables, and lean protein with less sodium and solid fats, any and all of which can increase the nutrition value of a meal.

Round Steak Casserole


2 pounds round steak, cut 1/2 inch thick
1 teaspoon garlic salt
1 medium onion, thinly sliced
3 medium potatoes, peeled and quartered
1 can (14.5 ounces) low-sodium French green beans, drained
1 can (10.5 ounces) low-sodium tomato soup
1 can (14.5 ounces) low-sodium tomatoes, peeled and whole
Season round steak lightly with garlic salt, salt and pepper. Cut into serving pieces and place in crock pot with sliced onion, which has been separated into rings. Add potatoes and green beans. Top with tomato soup and tomatoes. Cover and cook on low for 8 hours. Remove cover during last half-hour if there is too much liquid. Serves 8

Karie Johnson, FoodWise Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 Swedish meatballs Mashed potatoes California blend veggies Black Forest cake, Juice	 2 Ham w/ pineapple Au gratin potatoes Green beans Pumpkin bar	3 Spaghetti Romaine lettuce salad Black bean brownie Garlic toast, Parmesan	4 Chicken broccoli Divan Baked sweet potato Buttered peas Pineapple	5 Baked cod w/ tartar sauce Baked potato w/ sr cream Coleslaw Fruited jello
8 Beef stroganoff Buttered noodles Baby carrots Tropical fruit salad, O.J.	9 Ham w/ pineapple Au gratin potatoes Green beans Pumpkin bar	10 Chicken salad on bun 3 bean salad Watermelon Sugar cookie, Juice	11 Meatballs & gravy Mashed potatoes Squash Fruited jello	12 Beef taco salad w/chips Fresh fruit Corn bread muffin Sugar cookie, sour cream
15 Meatloaf Mashed potatoes & gravy California blend veggies Fresh fruit, Ice cream	16 Pulled pork on a bun Sweet potato wedges Calico beans Banana pudding	17 Potato soup/ crackers Turkey sandwich with lettuce & tomato Broccoli salad, Pie	18 Brat on a bun German potato salad Coleslaw Pears, Oatmeal cookie	19 Chicken rice casserole Beets Fresh fruit salad Chocolate chip coolie
22 Chicken supreme Baby baker potatoes Stewed tomatoes Fresh fruit	23 Egg salad sandwich Vegetable soup/ crackers Cucumber salad, Juice Brownie, String cheese	24 BBQ ribbete Baked beans Corn, rye bread Orange wedges	25 1/4 baked chicken Mashed potatoes & gravy Squash Apple crisp w/ raisins	26 Salisbury steak & gravy Mashed potatoes Green beans Peaches
29 Mushroom swiss burger Sweet potato wedges Baked beans Fresh fruit Snickerdoodle cookie	30 Egg sausage potato cheese bake Cinnamon applesauce Blueberry muffin Orange juice			*All meals include milk or juice & bread. *Substitutions may occur.


Apple Walnut Bread

1 cup sour cream
1 cup brown sugar
2 eggs
2 teaspoons vanilla extract
2 cups all purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
2 cups apples (about 2 large apples, finely diced)
1 cup walnuts (chopped)
Preheat oven to 375 degrees F.
Finely dice the washed apples. Set aside.
In a large mixing bowl, or bowl of a stand mixer, combine sour cream, brown sugar, eggs, and vanilla extract until smooth.
In a separate bowl, whisk together flour, baking powder, baking soda, salt, and cinnamon.
Add flour mixture to sour cream mixture in two increments, mixing well between additions.
Gently fold in apples and half of the walnuts by hand with a large spatula. Divide into prepared bread pans.
Baking times:
Large pan (9 x 5 in.) = 50-60 minutes
Small pans (3 x 5.5 in.) = 25-30 minutes
Halfway through baking time, top loaves with remaining walnuts.
Baking times are approximate. Loaves are done when a knife inserted in the center comes out clean.
Cool in pans for 5 minutes and then remove.




Crockpot Applesauce for Canning


6 lbs apples, peeled, cored and roughly chopped
1 stick cinnamon
1 1/2 cups water
1/2 cup sugar (or honey) - optional
Bottled lemon juice (for canning)
Peel, core, and roughly chop your apples.
Throw apples, water, cinnamon and sugar (or honey) into a crockpot. Slow cook on low for 4 hours in a crockpot.
Puree until smooth, return to saucepan/crockpot and reduce until desired consistency.
Add 1 tbsp lemon juice to each pint, 2 tbsp lemon juice to each quart.
Ladle hot applesauce into hot jars, leaving 1/2 inch headspace.
Remove air bubbles, wipe rims and affix lids and jars.
Process jars in a boiling water bath for 20 minutes for pints, 25 minutes for quarts.



Roasted Beets with Mint Yogurt

6 Beets
Olive oil
Fresh mint leaves
1 cup plain yogurt
1/4 cup sliced red onion
1 clove minced garlic
1/4 cup chopped fresh mint
Pinch of sugar
Salt and pepper to taste





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 LA CROSSE		HOME DELIVERED	792-4487
SOUTHSIDE	11:30AM	1300 6TH ST S., LA CROSSE	792-6996
HOLMEN	11:30AM	600 N. HOLMEN DR.	317-8104
ONALASKA	11:30AM	515 QUINCY ST	317-9870
WEST SALEM		HOME DELIVERED	785-5775
WEST SALEM LIBRARY	2ND & 4ND THURS	720 INDUSTRIAL DR.	785-5775
BANGOR LIBRARY	3RD THURS	1720 HENRY JOHNS	785-5775

La Crosse Main Library

800 Main Street | 608-789-7100

programteam@lacrosselibrary.org

Some workshops require registration. Contact the library.

Holiday Closure: Aug 31-Sept 1

Storytime for Adults: Sept 2, 5:30pm at Turtle Stack Brewery

Chair Yoga: Thursday's at 10am

Adult Gaming Lounge: Sept 4, 5pm-6:30pm

Qigong: Sept 6, 10am

Sunday Matinee: Sept 7, 1:30pm. *Green and Gold*

Chair Fitness: Monday's, 9am

Friends Book Sale: Monday's, 9am-12pm

Monday Mornings at Main: Monday's, 10am-11am. Variety of topics

The Basics of Generative A.I.: Sept 9, 11am

Chapters: Sept 10 at 1pm and Sept 13 at 10am. *Everyone in This*

Room Will Someday Be Dead

Repair Café: Sept 13, 10:30am-12:30pm

Mosaic Mandala Coaster Workshop: Sept 18, 5:30pm. Materials incl.

Oktoberfest Hanging Wreath: Sept 23, 1pm. Materials incl.

Adult Dungeons & Dragons: Sept 24, 5pm

BookTok Bingo: Sept 16, 5pm at 608 Brewery La Crosse

Foundation of Inclusive Leadership: Sept 11, 5pm. Online event



Phone: 608-399-3390

Email: libraryprograms@lacrossecounty.org

Website: lacrossecountylibrary.org

Locations in Bangor, Campbell, Holmen, Onalaska, and West Salem

September is Library Card Sign-up Month: Sign up for a library card for a chance to win a \$50 gift card to Pizza Ranch!

"Wildflowers and Watercolors" at the Upper Mississippi National Wildlife Refuge, Sept 6 from 9:30am-11:30am. Registration required.

Bangor movie on Sept 18 at 2:30pm and 6pm.

Campbell Book Club meets the second Tuesday of the month at 6pm.

Holmen "Drop-in Tech Help" Sept 18, 11am-12pm and 4:30pm-5:30pm.

Onalaska "Senior Moments" on Wednesdays at 10am:

- **September 3:** Wisconsin Prisoner of War Camps in WWII
- **September 10:** Wisconsin Idols
- **September 17:** Wisconsin Circus History
- **September 24:** Farm Tales

Onalaska "Able Reads Book Club" for adults with disabilities meets Wednesdays at 1:30pm beginning Sept 3.

Onalaska Book Club meets the third Thursday of the month at 1:15pm.

Onalaska movies on Sept 4 and 18 at 6pm.

Onalaska "Landlord and Tenant Rights & Responsibilities Under Wisconsin Law" on Sept 11 at 10am.

Onalaska "Community Storytelling Celebration" on Sept 13 includes a 10am workshop with Youth Services and a Story Share at 11am with a mother-daughter team.

Onalaska "Mindfulness: Stress and Coping Workshop" on Sept 22 at 1:30pm. This program will also be modified for adults with disabilities.

West Salem "Yoga on the Library Lawn" on Sept 11, 18, and 25 at 6pm.

West Salem "Autumn Birding" on Sept 23 at 10:30am (at the library), plus a bird-watching expedition on Goose Island on Sept 30 at 8am.

West Salem movies on Sept 11 and 25 at 2:15pm.

West Salem Afternoon Book Club, 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.

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

9/3: EnviroWednesday, FREE, 7pm, ages 14+

9/13: Driftless Area BioBlitz (DABB), FREE, 10am to 12pm, Incredible Insects by Barrett Klein

9/17: Forest Bathing with RejuveNature, \$15, 5:30pm

9/17: Birding Program, FREE, 7pm, ages 14+

LA CROSSE
CENTER



NARVRE

National Association of Retired and Veteran Railroad Employees Unit 047; Meeting **Sept 9th**, 10am at the Onalaska American Legion. Speaker: Amy & Robin from the Holmen Community Center.

Call to reserve to Jeanne 608-526-3304.

1st Annual Make a Difference Fishing Tournament

SEPTEMBER 13TH, 11AM-2PM, 10AM CHECK IN

ARCTIC SPRINGS CTY RD T, GALESVILLE

JOIN US FOR A FREE DAY OF FUN, FOOD, AND FISHING! FOOD, DRINKS AND PRIZES WILL BE PROVIDED DURING THE EVENT. ALL ANGLERS OF ANY AGE

RECEIVE A ROD AND REEL TO KEEP!

CALL 608-386-4321 OR EMAIL US AT KBRAUNREITER@OUTLOOK.COM



Cappella Performing Arts Center

721 King St, La Crosse

608-299-7248

Sept 19: Bachtoberfest, 7:30pm



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!

Mind Over Matter: Healthy Bowels, Healthy Bladder is a 3-session workshop for senior women that include information, group activities, and simple exercises to do at home. Donations accepted.

Join us at the **Holmen Area Community Center**
Tuesday, Sept 30; 12:30pm-2:30pm
Tuesday, Oct 14; 12:30pm-2:30pm
Tuesday, Oct 28; 12:30pm-2:30pm

To sign up, call the Aging and Disability Resource Center of La Crosse County at **608-785-5700**.



The La Crosse Retired Educators' Association

next luncheon is on Wednesday, **October 1st**

Cedar Creek Country Club, Onalaska

Our speaker will be Jeff Kersten on Fraud Awareness. Anyone who has retired from an area educational institution in any capacity is welcome to join our group. Cost \$20

A reservation must be made by emailing lacrosserea@gmail.com by September 23rd.

Senior Citizen Social

9am-11am

1st & 3rd Thursdays

Pizza Ranch 3130 Chestnut Pl.
La Crosse



Meet new friends!

A free gathering with coffee, treats and games.

Blood Drives for SEPTEMBER

- 9/4: Altra Credit Union, Oak Forest Dr., 8am-1pm
- 9/8: First Lutheran Church, Onalaska, 12:30pm-5:30pm
- 9/9: Dahl Auto Museum, La Crosse, 11am-4pm
- 9/9: Holmen Square, 500 Holmen Dr., 12pm-5pm
- 9/11: Valley View Mall, 11am-4pm
- 9/11: Journey Lutheran Church, Onalaska, 12:30pm-5:30pm
- 9/15: Chaseburg Village Hall, 11am-4pm
- 9/15: Holmen Community Center, 10am-3pm
- 9/17: JF Brennan 818 Bainbridge St., 9am-1pm
- 9/18: Boys & Girls Club, La Crosse, 8am-1pm
- 9/23: Onalaska American Legion, 9am-1pm
- 9/24: Melrose Mindoro High School, 12pm-5pm
- 9/29: Cashton Community Hall, 9am-2pm
- 9/29: West Salem Presbyterian Church, 11:30pm-4:30pm
- 9/29: St. Matthews Church Stoddard, 12:30pm-4:30pm
- 9/30: Coleman Center, La Crosse, 10am-2pm


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

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



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

September 25 at Eagle Crest South, La Crosse

October 9 at Onalaska Library

Call to schedule your 30 minute appointment, the ADRC to register at 608-785-5700.



Stepping On

Building Confidence and Reducing Falls

Stepping On reduces falls, builds confidence for seniors In people age 60 and older, falls are a leading cause of injury, hospitalization, loss of independence and death. Through the Stepping On program, participants learn how to prevent falls through strength and balance exercises, improved home and environment safety, safe footwear and more. Reduce your risk of falling and maintain an active life

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

Gundersen Onalaska Clinic Lower Level Education Center

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

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

Coffee Connect for Visually Impaired Persons (VIP)

Open to people with visual impairments and their caregivers.

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

Onalaska American Legion 731 Sand Lake Rd.


Zoom option available.

Contact Jeannie Nylander Phone: 608-781-3361

Email: mjnylander@icloud.com or Britney Hodson at britney.hodson@gmail.com

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

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



STEPPIN' OUT IN PINK

Gundersen Medical Foundation

7:00 a.m. Vendor market is open. Come early to shop with awesome local vendors and food trucks.

7:00 - 8:30 a.m. Survivor Social takes place across the street at 333 Front St. N.

8:15 a.m. Mollie B & Squeezebox kick things off on the Riverside Park bandshell

8:30 - 8:40 a.m. Survivor Walk - Survivors walk together from Survivor Social to Riverside Park Bandshell.

8:40 a.m. - 9:00 a.m. Pre-walk opening ceremony at Riverside Park Bandshell.

9:00 a.m. Walk kicks off! You do not want to miss the exciting kick off to this year's walk! The UW-La Crosse Screaming Eagles Marching Band returns in 2025 for an exciting send-off onto the route! Enjoy a 2.5 mile walk through downtown La Crosse, taking in some awesome entertainment along the way!

9:00 a.m. - 12:00 p.m. Enjoy some exciting entertainment from the UW-La Crosse Screaming Eagle Marching Band and Mollie B and Squeezebox while you enjoy the Vendor Market at Riverside Park!

More information at <https://steppinoutinpink.donordrive.com/>

Aging Well: Maintaining Wellness, Supporting Brain Health, and Navigating the Healthcare System

Thursday October 9, 10:00am-11:30am

Black River Beach Neighborhood Center - Maplewood Room

An overview of how older adults and caregivers can actively support wellness through the years. Strategies for maintaining health of body and brain will be discussed. Information regarding recognizing early signs of cognitive decline and dementia will be provided. Strategies for navigating the healthcare system will additionally be discussed as well as an overview of in-home supports and independent living, assisted living, and skilled nursing levels of care with the goal of proactively planning for changing needs over time. The session is designed to empower older adults and caregivers with practical tools needed to navigate the journey of aging with confidence. Funded by the Kathy & Jack Lucey Family Fund for Alzheimer's.

Event is Free, please RSVP to the Aging and Disability Resource Center at 608-785-5700 by Friday October 3.



Music for the Soul

Music has proven successful in reducing anxiety, calming feelings of agitation and inspiring memories for persons living with dementia. Call the ADRC at 608-785-5700 for a referral to receive personalized music devices.

Suicide Prevention Summit

Wednesday, September 17, 2025

8:45 a.m.-4:15 p.m.

Student Union, UW-La Crosse

521 East Ave North | La Crosse, WI 54601

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

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

VA Healthcare: Am I Eligible?

VA healthcare is a **health service**, NOT **health insurance**! VA healthcare facilities in our area include the La Crosse Outpatient Clinic (attached to the Valley View Mall) and the Tomah VA Medical Center. With VA healthcare, veterans can receive regular check-ups with a primary care provider and appointments with specialists. There are services like home health and geriatric care along with access to medical equipment, prosthetics, and prescriptions.

To be eligible for VA healthcare, you must have an honorable discharge and served 24 continuous months or the full period for which you were called to active duty, unless you were discharged by a disability caused by active-duty service, discharged for a hardship or "early out", or service prior to September 7, 1980.

Contact the La Crosse County Veteran Services Office for more information or help enrolling!

La Crosse County Veteran Services Health and Human Services Building

300 4th Street N, La Crosse

608-785-9719

lacrossecounty.org/veterans

Helping Veterans and their families learn and apply for the benefits earned through military service. Our office is here to help with benefits such as: disability, education, healthcare, burial, dependents, and many more state and federal benefits.

Appointments are encouraged, but if you need help sooner, we offer Community Office Hours where you can meet with our coordinator at one of the community locations on a walk-in basis!

COLD WEATHER IS APPROACHING

Wisconsin Home Energy Assistance Program provides assistance for:

Heating Assistance, Electric Assistance, Crisis Assistance, Furnace Assistance, Weatherization & Water Conservation



La Crosse County residents can call 608-785-5582 or apply online <https://energybenefit.wi.gov>

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.

CARING BETTER & BRAVER

A day of self-care & learning for family caregivers

Main Speaker:
Heather Quackenboss

Event Highlights:

- Compassion Resilience
- Stress & Wellbeing
- Future Planning
- Grief and Burnout
- HeartMath
- Navigating the Journey

October 25, 2025
10:00am - 3:30pm

University of Wisconsin - La Crosse
Health Science Center

1300 Badger St Suite #1030
La Crosse, WI 54601

NO COST!
Lunch Included

Other Upcoming Caregiver Events

September 2, 1pm to 2:30pm
Caregiver Education: Making Your Home Safe with Home Safety Innovations
Location: Holmen Area Community Center
600 N. Holmen Dr. Holmen

September 11, 1:30pm to 2:30pm
Family Caregiver Support Group
Location: Franciscan Spirituality Center
920 Market St. La Crosse

September 13, 1:30pm to 3pm
La Crosse Queen Caregiver Cruise
Note: please let the ADRC office know if you are not able to attend! We do have a waiting list at this time.
Location: Riverside Park

September 23, 12:30pm to 2:30pm
Men's Shed:
Keeping Safe from Scams and What to Do if You are Scammed
Location: Tomah Senior Center
1002 Superior Ave. Tomah

Caring for a Veteran?

Call VA's Caregiver Support Line for help toll-free:

1-855-260-3274

Monday - Friday, 8:00 am - 11:00 pm EST
Saturday, 10:30 am - 6:00 pm EST



Register Now!

Call the ADRC of La Crosse County to sign up
608-785-5700

Brought to you by:





**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.

September 11: Lake Geneva Mail Boat Tour
September 17: Minnesota's Largest Candy Store, Jordan, MN
September 24: Frank Lloyd Wright & Wilson Tours, Mason City
October 7: Francis Hermitage & Gays Mills Orchards
October 14: Gangster Tour, St. Paul
November 7: Ozark Jubilee; Branson Christmas, Austin, MN
November 16: Some Like It Hot, Overture Center
January 18: Hamilton, Overture Center

Old Main Cultural Center
20869 S College Ave. Galesville
608-582-4412

Move Better, Feel Better- M & Th, 9am. Free
Yoga- Tues 4:30pm, Thurs 7pm
Sept. 20: Fall Fest, 11am-4pm
Oct. 10: Game Night, 6pm
Oct. 25: Legend of Sleepy Hollow, 7pm
Sept 20: *Annual Glow Ball Tourney* at
The Arnold House East Side Farm



**Norskedalen
Nature & Heritage Center**

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

**TWILIGHT TOUR
Sept. 7th
Dinner at 5pm
Live music, 1:30pm
Tour to follow
Call for a reservation.**



Banjo Fest Locations
Sept 5: The La Crosse Bierhaus, 5:30pm-8:30pm
Sept 6: Houghton's, 11:30am-2:30pm
Sept 7: La Crosse Queen, 1:15pm-3pm
Sept 7: Freighthouse, 7pm for Afterglow Jam

Midwestbanjofest.com



Visit West Salem

8/31: Labor Day Street Dance, 4pm-11pm on Leonard St. Fun activity
9/5-9/7: Flags of Honor at the Village Park
9/6: Western Tech College Night of Destruction at the Speedway
9/12-9/13: Mississippi Mayhem Motor & Music Festival at the La Crosse Speedway
9/11-9/13: Village wide rummage sales
9/13-9/14: Garland Days, Octagon Home
9/14: Barn Bash & Chili Cook-Off (see below)
9/20: Drive Thru Chicken Q at the Village Park, 11am-gone
10/4: Fall Market & Mingle. Craft show at the Legion and Fall Festival at Palmer Gullickson House

BARN BASH & CHILI COOK-OFF

Sunday, September 14, 2025 | 3 - 6 PM
Horstmann Homestead & Event Barn
W3351 Horstman Road, West Salem

Chili Contest | LIVE MUSIC | Wine Auction
50/50 Raffle | Yard Games | Cash Bar & MORE!
Tickets: \$25/person | \$60/family

Tickets available online August 15 at:
www.heidercenter.org



**Viterbo University
Fine Arts Center**
929 Jackson St. La Crosse
608-796-3100
www.viterbo.edu/fac


Sept. 6- **Bernadette Peters**
Sept. 10- **Always: A Celebration of Irving Berlin**
Sept. 12- **Whose Live Anyway?**
Oct. 9-12- **Young Frankenstein**
Oct. 24- **The Texas Tenors**
Oct. 25- **Vitamin String Quartet**
Oct. 28- **Menopause the Musical 2**
Oct. 30- **Ozark Mountain Daredevils**

Pump House Regional Arts Center
119 King Street La Crosse, WI 54601
608.785.1434 contact@thepumphouse.org

September 11-14 & 18-21: Every Brilliant Thing
October 25: Tales of the Creepy & Scary

Moon Tunes Concerts

9/4: UW-L Screaming Eagles also the Elvis Explosion
9/11: Season Finale, Adam Greuel & the Space Burritos
La Crosse Riverside Park at 5:30pm
www.moontuneslacrosse.com



MARIE HEIDER CENTER FOR THE ARTS
405 E Hamlin St. West Salem
608-786-2550 www.heidercenter.org
9/14: **Barn Bash & Chili Cook-Off**
10/17: **Piano Men: Generations**
11/22: **The Musical-Home for the Holidays**

**WEBER CENTER
FOR THE PERFORMING ARTS**
608-784-9292
www.webercenterarts.org

September 12: **Sons of Serendip**
September 19-20: **Letters from Max**
October 10: **Lend Me a Tenor**
November 9: **America's Sweethearts**



MISSISSIPPI MELODIES
BLACK RIVER BEACH NEIGHBORHOOD CENTER
TUESDAYS AT 12PM
8/26: PRAIRIE SMOKE
9/2: MARK IV
FREE CONCERT-BRING A LAWN CHAIR

BREWS & TUNES
A COMMUNITY GATHERING

September 12

5-8PM AT THE OMNI CENTER

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



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



Senior Life newsletter Questions?

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



2nd Annual Oktoberfest
La Crosse **1962**

Oktoberfest parade **1963**



1971 Mrs. Oktoberfest Betty Stoll, seated left, 1972 Festmaster Walt Hammond, and Miss La Crosse Oktoberfest Linda Deitte. Standing from left, back row: Burt Nelson, Mike Core (1972 General), Bob Burns, Clyde Benjamin, Jack Custer, Fritz Schubert, Al Poser, Karl Paasch, and Wally Lorenz.

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 @ Onalaska American Legion
Wednesdays: 1st Wed of the month, Bingo and free breakfast at 9am in the food court at Valley View Mall (Sept.3)
Wednesdays: Bridge, 12:30pm, Ukulele Jam, 6pm, Moose Lodge
Wednesdays: 6pm Bingo @ Omni Center.
Wednesdays: 6pm Bingo @ Features in Holmen
Thursdays: 6pm Bingo @ Holmen American Legion
Saturdays: 11am Bingo @ Shimmy's La Crosse
8/30-8/31: Stoddard Labor Day Celebration, Village Park
8/31: 4th Annual Street Dance, 4pm. South Leonard St West Salem
8/31: Rock the Vets, 11:40am-7pm, American Legion French Island
9/5: Movie in the Park, 7:30pm Halfway Creek Park in Holmen
9/6: Taste of Summer at Clearwater Farms Onalaska, 4pm-8pm
9/10-9/14: Vernon County Fair, Viroqua fairgrounds
9/13: Mini Half Donut Marathon, Omni Center Riders Club Rd.
9/13: Second Saturday Art /Music Market, 2nd & Main St. La Crosse
9/18: La Crescent Live, free outdoor band behind City Hall, 4:30pm
9/20: Color for Kindness 5K, 10am at Holmen Halfway Creek Park
9/20: Chaseburg Cancer Walk, food trucks, arts & crafts at the park
9/26-9/28: Warrens Cranberry Festival, city wide vendors
9/25-9/28: Boats & Bluegrass Festival, Prairie Island Campground in Winona
10/4: Farmfoolery Harvest Celebration at Pedretti Sunshine Market at N7097 Hwy XX Holmen. Crafts, produce, hayrides

Explore the Trolley Tours in La Crosse

Dark
LA CROSSE

Sept-Oct
Tours

Visit www.explorelacrosse.com
for dates, pricing and tickets



Das Beste!
Oktoberfest

- 9/13: **Miss La Crosse/Oktoberfest** at UWL Student Union, 6pm
9/15: **Oktoberfest Medallion Hunt** begins
9/17: **Parade Marshal** reveal, 5pm at Loggers Field. Ticket \$
9/20: **Mrs. Oktoberfest Reception**, 5pm at UWL Student Union
9/24: **Festmaster's Ball**, 4:30pm, La Crosse Center. Tickets \$
9/25: **Senior Breakfast**, 7am-9am, Heritage Hofbrau Haus, no wristband required
9/25: **Special Fester Carnival**, 11am-2pm, Northside Fest ground
9/25: **Torchlight Parade**, Kane & Gillette to Clinton St., 7pm
9/25: **Torchlight After Glow Bash** at Loggers Field, free
9/26: Southside Fest grounds Open, 9am-midnight
9/26: Tapping of the **Golden Keg**, 11am, Garden Stage
9/27: **Maple Leaf Parade**, 10am, Northside to Downtown
9/27: **Fireworks** Celebration, 9pm
9/28: **Pancake Breakfast**, 7:30am-11am at Boys & Girls Club La Crosse
9/28: Fest grounds open with free admission, games, vendor, music
9/28: **Brats for Seniors** for City of La Crosse housing facilities
9/29: **Ladies Day Luncheon**, 11am at the Waterfront. Ticket \$
More info and tickets at www.oktoberfestusa.com

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

FREE EVENT FOR KIDS AND ADULTS WITH DIFFERING ABILITIES

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

5TH ANNUAL **HARVEST FEST**

SATURDAY, SEPT. 6TH
3:00 - 6:00 PM
923 12TH AVE S, ONALASKA, WI

Games, prizes, live music, food trucks, vendors

Applefest EST. 1949

September 19-21
La Crescent, MN
Carnival, Live music,
Parade, Food & Drinks

LA CRESCENT MN

Pride in the Park
September 6th
11am-6pm
Riverside Park– La Crosse
Vendors, community groups, kids
activities, food & fun for the whole family!
www.7riverslgbtq.org

DOWN SYNDROME ASSOCIATION OF WISCONSIN
GREATER LA CROSSE AREA
22nd annual down Syndrome awareness Walk
YMCA Onalaska
October 4th, 11:30am