



May is Older Americans Month!

Join the Aging & Disability Resource Center (ADRC) of La Crosse County throughout the month to discover local resources on aging in place.



<p>WED. 5/4/22</p>	<p>ADRC OPEN HOUSE</p> <p>9 am-4 pm • ADRC (300 4th St N, La Crosse)</p> <p>Check out the Aging & Disability Resource Center, learn about programs and services, and meet staff. Giveaways, refreshments, and assistive technology demonstrations will be available. No registration required. Questions, call the ADRC at 608-785-5700.</p>
<p>TUE. 5/10/22</p>	<p>MEDICARE 101 (1433 Rose St, La Crosse)</p> <p>10 am-11 am OR 6:30 pm-7:30 pm • Black River Beach Neighborhood Center</p> <p>New to Medicare? Join Tina Johnson, Elder Benefit Specialist, as she covers the different parts of Medicare, one letter at a time. FREE. Registration required by 5/6/22. To register, call La Crosse Parks & Recreation at 608-789-8640.</p>
<p>WED. 5/11/22</p>	<p>AGING ADVOCACY DAY</p> <p>1 pm-4 pm • Virtual (Zoom)</p> <p>Join aging advocates virtually from across the state to celebrate our legislative successes and prepare to make issues impacting older adults a top priority. For more information, or to register, visit gwaar.org/aging-advocacy-day-2022.</p> <p>BEING MORTAL COMMUNITY EVENT: WHY IS BEING MORTAL IMPORTANT?</p> <p>6:30 pm-8 pm • La Crosse Public Library (800 Main St, La Crosse)</p> <p>Join us for a showing of PBS FRONTLINE documentary “Being Mortal” followed by a panel discussion of community hospice providers talking about how end of life is addressed in our community. The documentary follows renowned New Yorker writer and Boston surgeon, Atul Gawande, as he explores the relationships between doctors and their patients nearing the end of life, including his own personal journey. This critically important documentary sets the stage for how challenging discussions are addressed at the end of life and challenges us to rethink our thoughts about aging and mortality. Advanced Care planning/resources available. Refreshments will be served. FREE. Registration required. To register, call the ADRC at 608-785-5700.</p>
<p>THU. 5/12/22</p>	<p>PALS EXERCISE DEMONSTRATION</p> <p>11 am-12 pm • Community Connections Center (1407 St Andrew St, La Crosse)</p> <p>Has it been a while since you have exercised? Learn more about the ADRC’s newest evidence-based health promotion program, PALS (Physical Activity for Lifelong Success), and give it a try for yourself! To register, call the ADRC at 608-785-5700.</p>
<p>SAT. 5/14/22</p>	<p>DANCE WITH LIVE MUSIC BY RAY’S JOLLY CHAPS</p> <p>1 pm-4 pm • Concordia Hall (1129 La Crosse St, La Crosse)</p> <p>Dance your Saturday away with the ADRC! Resources, door prizes, and refreshments available. FREE. No registration required. Questions, call the ADRC at 608-785-5700.</p>
<p>WED. 5/18/22</p>	<p>WALK WITH US WEDNESDAY PLUS TAI CHI WARMUP</p> <p>9:30 am • Riverside Park (meet in parking lot near Friendship Gardens)</p> <p>Grab your walking shoes and go for a walk. Tai Chi warmup facilitated by Marsha Bateman, PT. No registration required. Questions, call the ADRC at 608-785-5700.</p>



**OLDER
AMERICANS
MONTH**



AGE MY WAY: MAY 2022

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**FRI.
5/20/22**

HOMEFIT WORKSHOP

1 pm-3 pm • Onalaska Community Center (515 Quincy St, Onalaska)

In partnership with AARP, learn how to make your home “HomeFit”. This workshop is designed to help individuals plan for independence, choice, and dignity as they age. Participants will learn how homes can be designed and modified to navigate all living spaces independently and as safe as possible. Local resources/experts will be available. FREE. Registration required. To register, call ADRC at 608-785-5700.

**MON.
5/23/22**

BEFORE THE AFTER

10 am-12 pm • Black River Beach Neighborhood Center (1433 Rose St, La Crosse)

Learn about essential life documents and their safe storage at this planning session facilitated by Sara Wrobel, Executive Director of Causeway Caregivers. Utilize a planning folder to outline your wishes and eliminate tough decisions for your loved ones. FREE. Registration required by 5/19. To register, call ADRC at 608-785-5700.

BINGOCIZE!

2:15 pm-3:15 pm • Holmen Public Library (121 W Legion St, Holmen)

Looking for a fun, new way to be more active? Try Bingocize! Bingocize is an evidence-based program that combines a bingo-like game (prizes included!) with exercise and health education. Refreshments available. To register, call ADRC at 608-785-5700.

**WED.
5/25/22**

WALK WITH US WEDNESDAY PLUS YOGA COOL DOWN

9:30 am • Riverside Park (meet in parking lot near Friendship Gardens)

Grab your walking shoes and go for a walk. Yoga cool down facilitated by Cheryl Neubauer. No registration required. Questions, call the ADRC at 608-785-5700.

HABITAT FOR HUMANITY AGING IN PLACE LISTENING SESSION

5:30 pm-6:30 pm • La Crosse Public Library (800 Main St, La Crosse)

Focusing on their mission to provide access to safe, affordable housing for everyone, Habitat for Humanity will be expanding their programming to provide accessibility and aging in place repairs for elderly and individuals with disabilities. Join Executive Director, Kahya Fox, as she talks about the importance of aging in place modifications, shares their future plans, and seeks input from the public on needs and implementation. No registration required. Questions, call the Habitat for Humanity at 608-785-2373.

**THU.
5/26/22**

KINNECT: SUPPORT GROUP FOR RELATIVE CAREGIVERS OF CHILDREN

11 am-12:30 pm • La Crosse County Admin. Building (212 6th St N, La Crosse)

Are you a grandparent or other relative acting as the primary caregiver for relative children? If so, join us for support and connection! Childcare stipend, refreshments, and gas cards available. For more information, or to register, call ADRC at 608-785-5700.

**EVERY
FRIDAY!**

FREE MEAL FRIDAYS! (DURING MONTH OF MAY ONLY)

Bring a friend NEW to the congregate dining site, and receive a free meal—one for you, and one for your friend! Eligible at Holmen, Onalaska, and Community Connections Center dining sites. Registration required. Questions, call ADRC at 608-785-5700.