



# SEPTEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Catholic Mass</b> Channel 9</p>  <p><b>11:10 AM</b> <b>Milwaukee Brewers vs Cincinnati</b></p> <p>Join us to compete in the La Crosse County Library Jigsaw Puzzle Battle! See more details in the West Lounge!</p> <p><b>Invite friends to play cards</b></p>	<p><b>2</b></p>  <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>Invite friends to play cards</b></p>  <p><b>1:10 PM</b> <b>Milwaukee vs St. Louis</b></p> <p><b>2:30 PM</b> <b>Patriotic Popsicles at the Gazebo</b> Weather Permitting – Alternate Location Dining Room</p>	<p><b>3</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Eagle Center in Wabasha and Lunch at River City Grill Winona</b> Sign up on the Bulletin Board</p> <p><b>3:00 PM</b> <b>Tikka! Pet Therapy Dog</b> Front Lounge</p>  <p><b>6:20 PM</b> <b>Milwaukee vs St. Louis</b> <b>Go for an Evening Stroll</b></p>	<p><b>4</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>10:00 AM</b> <b>Scenic Drive with Linda</b> Sign up on the Bulletin Board</p> <p><b>1:30 PM</b> <b>Balloon Toss with Amy</b> Dining Room</p> <p><b>Invite friends to play cards!</b></p>  <p><b>6:20 PM</b> <b>Milwaukee vs St. Louis</b> <b>Go for an Evening Stroll</b></p>	<p><b>5</b></p> <p><b>Happy Birthday, Ray S!</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise</b> Dining Room</p> <p><b>10:30 AM</b> <b>Catholic Mass</b> West Lounge</p> <p><b>2:30 PM</b> <b>Ice Cream Treats at the Gazebo</b> Weather Permitting – Alternate Location Dining Room</p> <p><b>Go for an Evening Stroll</b></p>	<p><b>6</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>2:00 PM</b> <b>Happy Hour</b> Wine Coolers, Beer, Soda, &amp; Pizza Rolls</p>  <p><b>7:10 PM</b> <b>Milwaukee vs Colorado</b></p>  <p><b>7:15 PM</b> <b>Packers vs Eagles</b></p>	<p><b>7</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>2:30 PM</b> <b>Lemonade Social</b> Dining Room</p>  <p><b>2:30 PM</b> <b>South Dakota @ Wisconsin Badgers</b> On FS1 Channel 34</p> <p><b>Invite friends to play cards</b></p>  <p><b>6:10 PM</b> <b>Milwaukee vs Colorado</b> <b>Go for an Evening Stroll</b></p>



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<p><b>8</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Catholic Mass</b> Channel 9</p>  <p><b>1:10 PM</b> <b>Milwaukee Brewers vs Colorado Rockies</b></p> <p><b>Invite friends to play cards!</b></p> <p><b>6:00 PM</b> <b>America's Funniest Home Videos</b> On ABC Channel 9 Center Lounge</p>	<p><b>9</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>2:15 PM</b> <b>BINGO</b> Dining Room</p> <p><b>Invite friends to play cards!</b></p> <p><b>7:00 PM</b> <b>The New Who Wants to be a Millionaire</b> On ABC Channel 9 Center Lounge</p> <p><b>Go for an Evening Stroll</b></p>	<p><b>10</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Festival Foods</b> Sign up on the Bulletin Board</p> <p><b>10:00 AM</b> <b>La Crosse County Engagement Librarian Book Drop Off</b></p>  <p><b>6:20 PM</b> <b>Milwaukee vs Atlanta</b></p> <p><b>Go for an Evening Stroll</b></p>	<p><b>11</b> <b>Happy Birthday, Harley P!</b></p> <p><i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>2:00 PM</b> <b>Flickin' Chicken</b> Dining Room</p> <p><b>Invite friends to play cards!</b></p>  <p><b>8:45 PM</b> <b>Milwaukee vs San Francisco</b></p> <p><b>Evening Stroll</b></p>	<p><b>12</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>2:30 PM</b> <b>Lutheran Prayer Service</b> Front Lounge</p> <p><b>Invite friends to play cards!</b></p>  <p><b>8:45 PM</b> <b>Milwaukee vs San Francisco</b></p> <p><b>Go for an Evening Stroll</b></p>	<p><b>13</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>2:00 PM</b> <b>Happy Hour End of Summer Beach Party</b> Pina Coladas, Margaritas, Wine Coolers, Chips &amp; Dip Dining Room</p> <p><b>Invite friends to play cards!</b></p>  <p><b>7:10 PM</b> <b>Milwaukee vs Arizona</b></p> <p><b>Go for an Evening Stroll</b></p>	<p><b>14</b> <b>Steppin' Out in Pink</b> <b>For Breast Cancer</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>11:00 AM</b>  <b>Alabama @ Wisconsin</b> Fox Channel 3</p> <p><b>2:00 PM</b> <b>Movie: <u>The Trouble with Angels</u></b> Classic Family Comedy On Tubi Channel Center Lounge</p> <p><b>Invite friends to play cards!</b></p>  <p><b>6:10 PM</b> <b>Milwaukee vs Arizona</b></p> <p><b>Evening Stroll</b></p>



# SEPTEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>15</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Catholic Mass</b> Channel 9</p>  <p><b>12:00 PM</b> <b>Green Bay vs Indianapolis</b></p> <p>Invite friends to play cards!</p>  <p><b>3:10 PM</b> <b>Milwaukee Brewers vs Arizona</b></p> <p>Go for an Evening Stroll</p>	<p><b>16</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>1:30 PM</b> <b>Tenant Meeting with Fire Drill to follow</b> Dining Room</p> <p><b>2:15 PM</b> <b>Bingo</b> Dining Room</p>  <p><b>6:40 PM</b> <b>Milwaukee vs Philadelphia</b></p> <p>Go for an Evening Stroll</p>	<p><b>17</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>8:30-9:30 AM</b> <b>Hy-Vee Pharmacy Flu Shot Clinic at Prairie Home</b> Dining Room</p> <p><b>10:00 AM</b> <b>Lunch at Norske Nook in Osseo, WI</b> Sign up on the bulletin board</p>  <p><b>6:40 PM</b> <b>Milwaukee vs Philadelphia</b></p> <p>Go for an Evening Stroll</p>	<p><b>18</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>10:00 AM</b> <b>Friendship Gardens at Riverside Park and Lunch at La Crosse Distilling Co.</b></p> <p><b>1:30 PM</b> <b>Exercise with Amy</b></p> <p>Invite friends to play cards!</p>  <p><b>6:40 PM</b> <b>Milwaukee vs Philadelphia</b></p> <p>Evening Stroll</p>	<p><b>19</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:30 AM</b> <b>Birthday Breakfast</b> <i>Apple Cinnamon French Toast Sausage Links, Juice, &amp; Coffee</i></p> <p><b>10:30 AM</b> <b>Catholic Communion</b> West Lounge</p> <p><b>1:30 PM</b> <b>Bingocize</b> Dining Room</p> <p>Invite friends to play cards!</p>  <p><b>6:40 PM</b> <b>Milwaukee vs Arizona</b></p> <p>Go for an Evening Stroll</p>	<p><b>20</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p>  <p><b>2:00 PM</b> <b>Happy Hour Bloody Mary Bar, Cheese &amp; Crackers</b> Dining Room</p>  <p><b>7:10 PM</b> <b>Milwaukee vs Arizona</b></p> <p>Go for an Evening Stroll</p>	<p><b>21</b> <b>Walk to End Alzheimer's</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>2:00 PM</b> <b>Movie: <u>The Wackiest Ship in the Army</u></b> Classic Comedy On Tubi Channel Center Lounge</p> <p>Invite friends to play cards!</p>  <p><b>6:10 PM</b> <b>Milwaukee vs Arizona</b></p> <p>Go for an Evening Stroll</p>



# SEPTEMBER 2024







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>22</b> <i>First Day of Autumn</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Catholic Mass</b> Channel 9</p>  <p><b>12:00 PM</b> <b>Green Bay vs Tennessee</b></p>  <p><b>2:00 PM</b> <b>Prairie Home Family Picnic Oktoberfest Fun, Music, &amp; German Supper Meal!</b> <i>All tenants &amp; families welcome!</i></p>	<p><b>23</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>10:00 AM</b> <b>The Game Guy with Alison</b> Dining Room</p> <p><b>Invite friends to play cards!</b></p> <p><b>7:00 PM</b> <b><u>Who Wants to be a Millionaire</u></b> On ABC Channel 9 Center Lounge</p> <p><b>Evening Stroll</b></p>	<p><b>24</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>10:00 AM</b> <b>Champlain Emma Blank</b> West Lounge</p> <p><b>10:30 AM</b> <b>Lunch at Fork and Fable Craft House in La Crosse</b> Sign up on the bulletin board</p> <p><b>Invite friends to play cards!</b></p>  <p><b>5:40 PM</b> <b>Milwaukee vs Pittsburgh</b> <b>Evening Stroll</b></p>	<p><b>25</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Exercise with Amy</b> Dining Room</p> <p><b>1:30 PM</b> <b>Bean Bag Toss Competition</b> Dining Room</p> <p><b>Invite friends to play cards!</b></p> <p><b>7:00 PM</b> <b>Root Beer Floats with the Holmen Lutheran Confirmation Students</b> Dining Room</p>	<p><b>26</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>10:00 AM</b> <b>The Price is Right</b> Channel 7 West Lounge</p>  <p><b>11:35 AM</b> <b>Milwaukee vs Pittsburgh</b></p> <p><b>Invite friends to play cards!</b></p> <p><b>2:30 PM</b> <b>Welcome Fall Apple Cider Social</b> Dining Room</p> <p><b>Go for an Evening Stroll</b></p>	<p><b>27</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p>  <p><b>2:00 PM</b> <b>Oktoberfest Happy Hour</b> Beer, Soda, Brat Bites, &amp; Polka Music</p> <p><b>Invite friends to play cards!</b></p>  <p><b>7:10 PM</b> <b>Milwaukee Brewers vs New NY Mets</b> <b>Go for an Evening Stroll</b></p>	<p><b>28</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:00 AM</b> <b>La Crosse Oktoberfest Maple Leaf Parade Live Broadcast</b> On WKBT Channel 7</p>  <p><b>Badgers @ USC</b> Time and channel to be determined</p>  <p><b>6:10 PM</b> <b>Milwaukee vs NY Mets</b></p>



# SEPTEMBER 2024



SUNDAY	MONDAY					
<p><b>29</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>9:30 AM</b> <b>Catholic Mass</b> Channel 9</p>  <p><b>12:00 PM</b> <b>Green Bay Packers vs Minnesota Vikings</b></p>  <p><b>2:10 PM</b> <b>Milwaukee vs NY Mets</b></p> <p><b>Invite friends to play cards!</b> <b>Evening Stroll</b></p>	<p><b>30</b> <i>Walk in the Halls or Outside today!</i></p> <p><b>8:00 AM</b> <b>Coffee Hour</b> Front Café</p> <p><b>10:00 AM</b> <b>Tenant Falls Prevention Education</b> Dining Room</p> <p><b>2:15 PM</b> <b>Bingo</b> Dining Room</p> <p><b>Invite friends to play cards!</b></p> <p><b>7:00 PM</b> <b>Who Wants to Be a Millionaire</b> On ABC Channel 9 Center Lounge</p> <p><b>Go for an Evening Stroll</b></p>	 <p><b>September 5<sup>th</sup> Ray S!</b></p> <p><b>September 11<sup>th</sup> Harley P!</b></p> <p><b>September Birthstones</b> <b>Sapphire</b> <i>Brings faithfulness, prosperity, comfort, and joy to those who wear the stone.</i></p> <p><b>Birth Flowers</b> <b>Asters</b> <i>are symbols of Powerful Love</i></p> <p><b>Morning Glories</b> <i>are simple symbols of affection</i></p>		<p><b>Birthstone:</b> <b>PERIDOT</b> Is associated with harmony, good health, restful sleep, and peacefulness.</p> <p><b>Birth Flowers:</b> <b>GLADIOLUS</b> represents remembrance, calm, integrity, infatuation, and indicates the heart is being “pierced with love.”</p> <p><b>POPPY</b> <b>White Poppy:</b> <i>to express consolation.</i> <b>Red Poppy:</b> <i>to signify pleasure.</i> <b>Yellow Poppy:</b> <i>to wish wealth and success</i></p>	<p><b>September Is...</b></p> <p><i>Falls Prevention Month</i></p> <p><i>Alzheimer’s Awareness Month</i></p> <p><i>National Little League Month</i></p> <p><i>National Square Dance Month</i></p> <p><i>National Courtesy Month</i></p> <p><i>National Honey Month</i></p> <p><i>Emergency Preparedness Month</i></p> <p><i>National Potato Month</i></p>	<p><i>Autumn, the season that teaches us change can be beautiful.</i></p> 



# SEPTEMBER 2024



## FALLS PREVENTION: SIX SIMPLE TIPS TO PREVENT FALLS

### 1. Make an appointment with your primary care provider

- Begin your fall-prevention plan by making an appointment with your doctor
- Discuss your medications to find out if there are any side effects that may contribute to falls
- Ask your provider to determine your falls risk level
- Discuss any recent falls with your provider
- Discuss the possibility of Physical Therapy or Occupational Therapy if you've had frequent falls

### 2. Keep moving

- With your provider's permission, consider activities such as walking and simple exercise programs
- Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility

### 3. Wear sensible shoes

- Wear properly fitting, sturdy shoes with nonskid soles
- Sensible shoes may also reduce joint pain

### 4. Remove home hazards

- Avoid using throw rugs
- Check for cords or other objects on the floor that could cause a trip, slip, or fall

### 5. Light up your living space

- Keep your home brightly lit to avoid tripping on objects that are hard to see
- Place night lights in your bedroom, bathroom, and kitchen

### 6. Use assistive devices

- Your doctor may recommend using a cane or walker to keep you steady
- Ensure your device is in good working condition and is the correct height for you

Adapted from Mayo Clinic/Healthy Lifestyle/Healthy Aging