

Adult Day Centers

MERIT CENTRES - LA CROSSE, WI



A GREAT WAY TO SPEND THE DAY

About Us

The MERIT Centres are Adult Day Centers operated by Bethany St. Joseph Corporation, dedicated to providing compassionate, engaging care for adults in the La Crosse community. Both locations offer a safe, supportive, and engaging environment where adults can spend the day participating in social, recreational, and wellness activities.

Offerings

See the back of this sheet for detailed list of offerings at the MERIT Centres.

You Choose The Days and Hours

Same Day Service Available

Monday – Friday
7:30 AM – 4 PM

Email: MERITCentre@bsjcorp.com



What to Expect

Every day can be different - It's up to you!

Create a schedule that works for you, whether it's a few hours a week or every day. We're here to help you find the perfect fit for your needs. Choose how to spend your day, whether that's a day of relaxation, engaging in activities, or a combination of both.

MERIT Centre North

1020 Windsor St.
La Crosse, WI 54603
(608) 784-2700

MERIT Centre South

3900 East Ave S.
La Crosse, WI 54601
(608) 788-2900



Bethany St. Joseph Corporation
Dedicated to Care, Committed to Community

 bsjcorp.com

 **BSJ Corp**

MERIT Centre Offerings

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Below are some of the offerings provided at the MERIT Centres. Our activities are designed to promote brain health, social connectedness, and physical health in addition to supporting each person's independence. For more information, view the MERIT handbook.



Entertainment & Events

Experience lively and interactive entertainment with performances from local bands, magicians, and special guests like Brutus the Pig! You can also enjoy hands-on experiences like interactive drum circles.



Exercise

Participants can stay active and have fun with our interactive physical activities such as Bingocize (a unique blend of bingo and exercise), dancing, and group seated exercises.



Lunch & Snacks

Participants enjoy a home style lunch served daily at 11:30 AM, followed by an afternoon snack. Assistance is available as needed according to each individual's service plan.



Daily Outings

Participants take part in engaging community outings, such as tours of local businesses, shopping trips, visits to bakeries and coffee shops, and educational sessions at the library. These experiences promote social connection, exploration, and enrichment beyond our centers.



Social & Leisure Activities

Participants can enjoy a variety of board games, baking, quilting, painting, jewelry making, puzzles, crafting, card games, and various interactive word games. These activities aim to promote social connectedness, foster brain and physical health, and empower each participant's independence.



Socializing

Participants are free to choose who they spend time with, sit next to, and talk to. We also offer structured socialization activities designed to encourage interaction, such as "Shake Loose Some Memories" and "Chit Chat Twister".



Whirlpool Bathing

Relax with our whirlpool bathing and spa services, where we provide warm towels, soap, shampoo, lotion, and a hairdryer. Any personal care that is provided on-site is provided in a private room (with a lockable door) to allow for privacy and hygiene.



Medical Support Services

We offer a variety of support services to meet individual needs such as medication assistance to ensure proper administration and timely reminders, blood pressure checks to monitor your health, or diabetic support to help manage blood sugar levels.