

CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER

OCTOBER 2024 | ISSUE 50

HOLMEN AREA COMMUNITY CENTER

Activities all Day!
Safe Family Fun!
Free to the Public!

Third Annual PUMPKIN FEST!

Saturday, October 19th

AT THE HOLMEN AREA COMMUNITY CENTER

10:00- 4:00 PM:
CRAFT & ART MARKET
BAKE SALE + MORE!

2:00 PM:
COSTUME PET PARADE

4:00- 7:00 PM:
KIDS GAMES & ACTIVITIES
HAUNTED HOUSE

11:00 AM- 7:00 PM:
FUN FOOD FOR SALE!

AT THE HALFWAY CREEK PARK AND TRAIL

4:00- 7:00 PM:
TRICK OR TREAT ON THE DECORATED PUMPKIN TRAIL
FUN PHOTO STATION
MEET BRUTUS THE PIG + MORE!

*Trick or Treat Pumpkin Trail will be moved to HACC in case of inclement weather

MORE HERE:



HOLMEN AREA COMMUNITY CENTER
600 N. Holmen Drive Holmen, WI 54636
608-399-1870 www.holmenc.org



COSTUME PET PARADE



Saturday, October 19th
Parade Start Time 2:00 PM

Register online - \$10.00 per pet
Prizes for Best of Show!

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CRAFT & ART MARKET

10 AM - 4 PM
SUPPORT LOCAL CRAFTERS AND ARTISTS

New things to enjoy this year!



Pumpkin Fest Activities for the Whole Family!

This is a free, family-focused community event that offers several engaging activities from 10 am - 7 pm with the Trick or Treating Trail at Halfway Creek Park from 4-7 pm, photo opportunities, Brutus the pig + more! Kid's games, haunted house, food and fun activities will take place from 4-7 pm with music and food at the Community Center. Start the day off with the Craft and Art Market and Bake Sale to be held from 10-4 pm. A costumed pet parade will start at 2 pm. Earlier that week go on the Great Pumpkin Hunt and locate the best pumpkin display in the Village of Holmen! Join us!

Contact us: 608-399-1870 or info@holmenc.org



October Birthdays

- Bill Andersen**
- Richard Andersen**
- Debi Blankenship**
- Dan Braund**
- Cory Campbell**
- Ruth Ann Granum**
- Fred Heuer**
- Jean Justus**
- Laurie Kessler**
- Cheryl Mackay**
- Karan Mathison**
- Bill McClure**
- Sharon McHugh**
- Carolyn Mcurlen**
- Catherine Moe**
- Sherri Murphy**
- Nickoli Nelson**
- Kelly Proksch**
- Joyce Pryor**
- Carol Rindahl**
- Scott Ryan**
- Janet Slaght**
- Cedric Steine**
- Joanne Stendalen**
- Jackie Thompson**
- Mary Louise Thompson**
- Bonnie Tolvstad**
- Eileen Waller**
- Vikie Walley**
- Robyn Wiech**
- Wendy Williams**

Fun for Everyone!

VILLAGE OF HOLMEN

Great Pumpkin Hunt!

2024 PUMPKIN FEST EVENT

October 12th - October 19th

Get your map at the Community Center then stop by Village Businesses during the week to get marked and hunt for the best pumpkin display! Vote for the best and enter for a chance to win great prizes!

Get your Map!

For More Information:

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We would like to WELCOME our new members from September:

- Mel Alsobrooks**
- Barbara Alsobrooks**
- Lyla Britt**
- Milton Britt**
- Danny Eddy**
- Sue Eddy**
- Kay Evenson**
- Kathy Faron**
- Sue Kile**
- Donna King**
- Robert King**
- Dianne Kurtz**
- Pat O'Hara**
- Judy Proett Bell**
- Cathy Reincke**
- Pam Viner**
- Marge Viner**

How Can You Help Us For Pumpkin Fest?

If you want to help support Pumpkin Fest you can by donating a bag of candy for the kids to be given on the Trick or Treat Decorated Pumpkin Trail. We are also looking for donation for the Bake Sale and if you love kids you can help by volunteering on the night!

BAKE SALE

10 AM - 4 PM

YUMMY HOMEMADE TREATS!

Pumpkin Fun for Everyone!

Fitness, Health and Wellness



Eat Well • Be Well

Tuesdays
Oct 1 & 15, Nov 5
6:30 - 7:30 pm

Learn practical tips to get rid of the junk and have better nutrition! Christine will lead us in a discussion focused on healthy living strategies.

Topics Include:
Get the Skinny on Fats
Re-energize with Herbs
Revitalize with Holistic Nutrition
Ditch Sugar and Keep It Sweet
Healthy Eating During the Holidays

Members \$5 Nonmembers \$10



Christine Hoffmann RD



TOTAL GUT HEALING
Registered Dietitian, Metabolic Expert
and Holistic Wellness Coach



Holmen Area Community Center
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600 N. Holmen Drive www.holmencc.org



6-Weeks:
Members \$30
Non-Members \$60

Tai Chi Fundamentals

November 4 - December 9
Mondays 10 - 11 am

Tai Chi is a mind/body practice that promotes mental focus, postural alignment, balance, strength and coordination. The TCF Adapted Program is dedicated to making Tai Chi accessible to almost everyone!



\$5 Members
\$10 Non-Members
Each Lesson

Pickleball Lessons for Beginners

Thursdays from 8:30 - 9:30 am
Oct 3, 10, 24, 31



\$5 Members
\$10 Non-Members

Pickleball Open Play Sessions

Tuesdays and Thursdays
11 am - 1 pm



Moving with Moments Workout Program

Thursdays 1 - 1:45 pm
October 3, 10 & 24



Cardio & Strength Fitness Class

Tuesdays & Thursdays
10 - 10:45 AM

Walking Path Hours

Monday - Friday
7 - 10 am & 11 - 1 pm

Arts, Entertainment and Community!

Fun with Watercolor

Mondays
9 - 10:30 am

We are a group of watercolor enthusiasts who love sharing and learning to fine tune our crafts. Even the beginners who join our group, we believe, have an innate ability and joy to learn the subtleties of applying watercolor to paper. We are a group of people willing to absorb new ideas and to instruct with simple projects to more challenging aspects of watercolors!

Come and join us !



Fun with Watercolor

Mondays 9 - 10:30 am

Social and fun! This group is for watercolor enthusiasts who love sharing and learning to fine tune their craft. The group is willing to explore new techniques and to instruct with simple to more challenging projects.

All Levels are Welcome!



Holdmen FAMILY FUN NIGHT

HOLMEN AREA COMMUNITY CENTER

Second Tuesdays this fall from 5:00 - 7:00 Pm

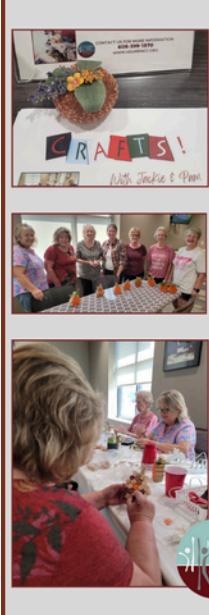
Join us for an evening filled with fun for your entire family!
Enjoy a shared meal, games, crafts, and activities.

October 8th - Spooktacular Family Fun
Costume bingo, spooky snacks, creepy crafts, mummy wrap, frightful food + more!



Holmen Area Community Center
600 N. Holmen Drive, Holmen WI
www.holmencc.org 608-399-1870

HACC
Board
Sponsored



Community Crafts

with Pam & Jackie

Tuesday, October 15

1 - 3 pm

Craft Project:
Brillo Pumpkins

Join us once a month for this fun,
social, crafting experience!

All supplies provided.
Class size limited, registration encouraged.
\$5 suggested donation

Holmen Area Community Center
608-399-1870 | www.holmencc.org



Community Education and Resources



VETERANS SERVICES

LA CROSSE COUNTY VETERANS SERVICES COMMUNITY HOURS

FIRST THURSDAY OF THE MONTH
12:30 - 4:00 P.M.

ERICA LAKOWSKE, COORDINATOR



HOLMEN AREA COMMUNITY CENTER
608-399-1870
WWW.HOLMENC.C.ORG



Veteran's Benefits Check-Ups

Flu shots, hearing aid checks, enrollment assistance, and more!



Black River Beach Neighborhood Center
1433 Rose Street, La Crosse, WI 54603
Wednesday, September 18, 2024, at 4:00 p.m. - 6:00 p.m.

Omni Center
255 Riders Club Road, Onalaska, WI 54650
Saturday, October 12, 2024, at 9:00 a.m. - 11:30 a.m.

Holmen Community Center
600 North Holmen Drive Suite 200, Holmen, WI 54636
Thursday, November 7, 2024, at 8:30 a.m. - 11:00 a.m.

For more information go to lacrossecounty.org/veterans




U.S. Department of Veterans Affairs
Veterans Health Administration
Tomah VA Medical Center



1851 LC
LA CROSSE COUNTY
Exceptional services. Extraordinary place.

SimpleSteps to Stop Scams
with Kathy Helgerson

Tuesday, October 22nd
2 - 3:30 PM

October is Cyber Security month. This class is designed to empower individuals with essential knowledge and practical tips. Tony Beyer, Financial Wellness Coordinator with Altra Federal Credit Union will present information about ways to protect your personal and financial information. Investigator, Tony Haug with the Holmen Police Department will also present information about the latest scams and helpful ways to protect yourself from fraud.



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Kathy@SimpSteps.com

MEDICARE 101


Understanding the ABCs of Medicare

This program is geared toward those who will be new to Medicare in the next year.

Tuesday, October 16th
3 - 4 pm



Holmen Area Community Center
608-399-1870
www.holmenc.org




SimpleSteps
FREE Tech Help

Every Other Monday
10 - 11:30 AM

Do you have questions about your cell phone, tablet or laptop? Kathy Helgerson is here to help!





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YOU ARE NOT ALONE
AA MEETING

THURSDAYS AT 6 PM

Weekly | Open Meeting | English | In-person

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers.




Holmen Area Community Center
600 N. Holmen Drive
Holmen, WI
608-399-1870



Community Education and Resources



Holmen Community Wellness Checks

HOLMEN AREA COMMUNITY CENTER

Each Thursday 9 am - 3 pm
September 12th - October 31st

In partnership with the Winona State University Nursing Program. The following services will be offered at the Holmen Area Community Center FREE to the public.

- Blood Pressure Checks
- Fall Risk Assessments
- Medication Education
- Basic Foot Care
- Skin Assessments
- Hearing and Vision Checks
- One-to-One Wellness Visits
- Memory Screens
- Health & Wellness Education
- Parkinson's and Dementia Education



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Where Our Community Gathers!



SAVE THE DATE

REGISTER STARTING AUG 15

Featuring Kari Berit
Speaker, Author, Caregiving Expert.

\$20 includes lunch
at the Holmen Area Community Center

Brought to you by:





10.26.24
10AM - 4PM
CARING BETTER BRAVER

A day of self-care & learning for family caregivers



FOR GROWNUPS WHO CARE ABOUT KIDS

the parenting PLACE

Positive Parenting Series

Third Wednesdays
5:30 - 6:30 pm

Oct 16, Nov 20 & Dec 18, 2024
Jan 15, Feb 19 & April 16, 2025

Parenting is rewarding, but sometimes you can come to a sticky situation. The Parenting Place offers this FREE monthly educational series for parents.

Topics to include:

- Self-esteem
- Coping with stress
- Online safety
- Hassle-free meal times
- Power of positive parenting
- Teen emotions
- Dealing with conflict



Parent Educator, Michael Scott will provide helpful information, with a new topic each month. Individual sessions are also available to parents as requested.

Monthly series offered by The Parenting Place in partnership with the Holmen Area Community Center.



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Where Our Community Gathers!

Muscles in Motion

Tuesdays 9 -10 AM

Muscles in Motion is a shared time for parents, grandparents, or caregivers to participate with their toddler or preschooler in open-ended physical activities.

Running, tossing, and bouncing are combined with a guided activity to promote large motor development.
Get ready to move! It's FREE!

Craft Time - 2nd Tuesdays at 10 AM
Story Time - 4th Tuesdays at 10 AM

HOLMEN AREA COMMUNITY CENTER
600 NORTH HOLMEN DRIVE, HOLMEN, WI



Happenings at the Center in September

Community Crafts with Jackie & Pam
Wine Cork Pumpkins



Pickleball Lessons



Wellness Checks

Winona State Nursing Students

Falls Prevention Awareness Event



Holmen Community Get Together
Autumn Harvest



Good Morning Holmen "Safety & Security"

