


CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER
FEBRUARY 2025 | ISSUE 54

Celebrating 2024 with our Donors & Volunteers



Celebrate
**DONOR
APPRECIATION
NIGHT**

THURSDAY, FEBRUARY 27TH
5-7 PM - PROGRAM AT 6 PM

The HACC Board of Directors and Staff invite you to join us to celebrate a successful annual campaign. Thank you for your generosity this past year!

**COMPLIMENTARY
APPETIZERS AND WINE**



**HOLMEN AREA
COMMUNITY CENTER**
RSVP 608-399-1870
DIRECTOR@HOLMENCC.ORG

Join us to Celebrate

We hope that you will join us we thank our donors and volunteers this year at the Holmen Area Community Center on Thursday, February 27, 2025. We will start the evening off with a social hour and artist reception at 5 pm with complimentary wine and appetizers. At 6 pm we will update you on the accomplishments of the year and highlight our goals for the future. Please be a part of this event and celebrate with us as we thank you and move forward in 2025.

Join our Team of Volunteers

As we move forward in 2025 we invite you to become a part of our team at the community center. Volunteer opportunities are many. Shari, Kelly and Sandy cover at the welcome desk and more. Al organizes our library. Debbye facilitates toddler arts and crafts and Family Fun Night. Ruth reads to our toddlers, helps plan Good Morning Holmen and bakes for many events. Scott covers the building welcome desk, calls bingo, facilitates euchre, AA and is our daily comic relief. We have an amazing group of morning walkers who make sweet treats for special events. Jim is a handy woodworker. Jean teaches yoga classes and terrarium building. Judy teaches watercolor. Betsy teaches pastel and egg painting. Pam and Jackie teach a monthly crafts class. Eloise organizes our watercolor group, Peg, Patti and Anca help cover weekend rentals. We have amazing Board members who volunteer their time: Betsy, Patty, Tonya, Haley, Todd, Tricia, Laurie, Patty, Peg, Dean, Dave, Karen. Committee Members: Kelly, Mary Lin, Cheryl, Barb, Ruth, Beth, Julie, Em, Trotz, Kelly, Plus over 80 volunteers for our community events!

Mentor Business Partners

thrivent[®]

Coverra[®]
Insurance Services



We proudly thank our Mentor Business Partners for their incredible support to our organization.



February Birthdays

- Bill Carskadon
- Kermit Hanson
- Kathleen Ahluwalia
- Eileen Doyle
- Kathy Faron
- Ronnie Gatzlaff
- Sandra Gerdes
- Myles Johnson
- Susan Jostad
- Barry Miller
- Pamela Nelson
- Karen Peck
- Sharon Petty
- Larry Sacia
- Bob Shefelbine
- Marvin Springborn
- Linda Steine
- Carol Trehey
- Kathryn Walker
- Katherine Warzynski



"Our mission is to sustain an inclusive, welcoming community center that connects all generations"

Show us your Love!

You can donate to the Holmen Area Community Center in the name of someone you love, admire or honor in memory. Hearts are available to purchase and hang on the valentine tree. A card will be sent to the person you purchased for! Thank you for your gifts of love!

MAKE A DONATION
IN THE NAME OF SOMEONE
YOU LOVE OR ADMIRE



We would like to WELCOME new members from January:


- Duane Baardseth
- Keith Buswell
- Linda Burns
- Lorraine Cafe
- Ellen Grah
- Mitch Halbakken
- Carol Kalmes
- Denise Laxton
- Margaret Lentz
- Mark Metcalf
- Kay Metcalf
- Patricia Mitchell
- Deb Moss
- Robert Moss
- Robin Schmidt
- Lynette Sheffer
- Marvin Springborn
- Alice Springborn
- Bryon Stein
- Martha Sturm
- Steven Weiker
- Laura Weiker
- Carrie Wurzel



Winter Artist

Local Holmen Artist
Gene Mc Nurlen

Opening Reception
Thursday, February 27th
5:00 - 7:00 pm
Holmen Area Community Center

Good Morning Holmen!

Friday, February 21st from 9 - 10 AM


Join us early for coffee and conversation

Third Friday each month attend our educational program that offers a variety of fun and interesting topics!

Animal Adaptations

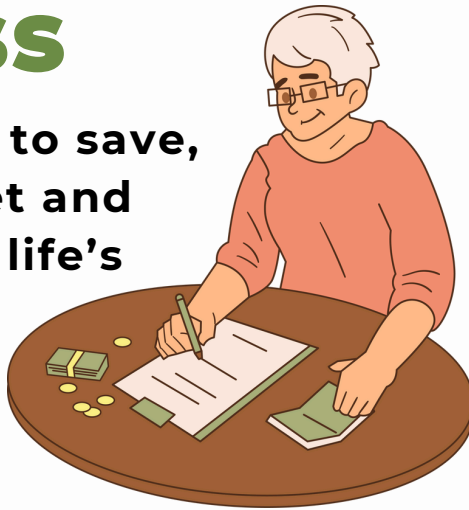
Scott Lee will talk about the many adaptations various animals have made in order to survive our changing climate.

CONTACT US FOR MORE INFORMATION:
608-399-1870
WWW.HOLMENCC.ORG



Financial Fitness

Explore ways to save, invest, budget and plan through life's challenges.



Join us during the month of February to learn about a variety of financial wellness topics!

Financial Fitness Education Sessions:

February 11th 12:30 to 1:30 pm - Sue Mravik, with Keller Williams Realty Diversified "Planning for the Future And Beyond"

February 12th 10:30 to 11:30 am - Kristin Beseler, WMCP Financial Advisor, Edward Jones "The Four Pillars of Retirement"

February 17th 10 to 11 am - Jake Sandstrom, Financial Advisor, WNB Financial "Principles of Preserving Wealth"

February 18th 12:30 to 1:30 pm - Guy Turner, Financial Advisor, M.A.Ed, Northwestern Mutual "(Pre)Retirement: The Success Formula"

February 24th 10 to 11 am - Emily Powers, Branch Manager and Eric Moilien, Commercial Lender, Citizens First Bank "Combating Financial Abuse and Fraud"

February 25th 12:30 to 1:30 pm - Brian Weber, Johns, Flaherty & Collins "Estate Planning & Elder Law"



HACC recognizes Thrivent and Todd Trautman for ongoing support and generous contributions that make programs like these possible

Tuesday, February 11th

12:30 to 1:30 pm

Sue Mravik, with Keller Williams Realty Diversified

"Planning for the Future And Beyond"

Join Susan Mravik, a Certified Real Estate Planner, Certified Aging-in-Place Specialist, and REALTOR, for an insightful seminar on the importance of proactive real estate planning. Designed specifically for seniors, this session emphasizes how preparing now can help you maintain control of your assets, ensure your wishes are honored, and reduce the stress on you and your loved ones in the future.



Wednesday, February 12th

10:30 to 11:30 am

Kristin Beseler, WMCP Financial Advisor

"The Four Pillars of Retirement"

HEALTH, FAMILY, PURPOSE, and FINANCES

The Four Pillars framework focuses on four central aspects that are crucial for living well in retirement. By integrating these elements into financial planning discussions, advisors can help clients achieve a well-rounded and fulfilling retirement lifestyle.

Edward Jones



Monday, February 17th

10 to 11 am

Jake Sandstrom, Financial Advisor

"Principles of Preserving Wealth"

What is the purpose of estate management? Estate management is about preserving the assets you've spent a lifetime building. It's about protecting your spouse, children, or other heirs and ensuring that your assets are distributed how and when you want them to be. Learn more during this informative session.



Tuesday, February 18th

12:30 to 1:30 pm

Guy Turner, Financial Advisor, M.A.Ed, Northwestern Mutual

(Pre)Retirement: The Success Formula

This presentation offers key strategies to secure your financial future, maximize income, managing expenses, and protecting your wealth as you prepare for a stress-free retirement. Perfect for those in the Preretirement or Retirement years as this provides actionable steps to building a strong foundation for your next chapter.



Monday, February 24th

10 to 11 am

Emily Powers, Branch Manager and Eric Moilien, Commercial Lender

"Protecting Our Elders: Combating Financial Abuse and Fraud"

This presentation highlights the growing issue of financial elder abuse and fraud, offering strategies to recognize, prevent, and respond to these harmful crimes.

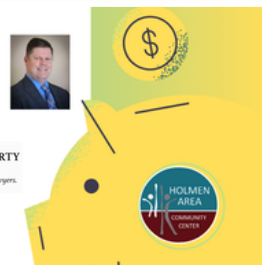


Tuesday, February 25th

12:30 to 1:30 pm

Brian Weber, Johns, Flaherty & Collins

"Estate Planning & Elder Law"



Fitness, Health and Wellness



Active Fitness
HOLMEN AREA COMMUNITY CENTER
Where Our Community Gathers!

Members \$5
Non-Members \$10

Beginner Line Dancing Classes

Mondays and Wednesdays
1 - 2 pm



HOLMEN AREA COMMUNITY CENTER

Chair Yoga *with Marty Landry*

Mondays 9:15 - 10 am



Cardio & Strength Fitness Class

Tuesdays & Thursdays
10 - 10:45 am

Chair Yoga *with Sam Bigalke*

Every Other FRIDAY
9:15 - 10 am

February 14 & 28
March 14 & 28

Members \$5
Non-Members \$10

CONTACT US FOR MORE INFORMATION:
608-399-1870
WWW.HOLMENC.C.ORG

Gentle Yoga for Beginners *with Sam Bigalke*

Every Other FRIDAY
8 - 9 am

February 14 & 28
March 14 & 28

Yoga for Balance *Instructor: Jean Mengelt*

Every Other FRIDAY
8 - 9 am

Members \$5
Non-Members \$10

CONTACT US FOR MORE INFORMATION:
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WWW.HOLMENC.C.ORG

Walking Path Hours

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



Arts, Entertainment and Community!



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!





MOVIE MATINEE

Wednesday, February 11
2 - 3:30 pm
Movie: UP

Wednesday, March 11
2 - 3:30 pm
Movie: The Lion King

FREE Movie and Popcorn!









Crochet & Knitting Social Group

CRAFTERNOONS

Bring your unfinished craft projects and spend the afternoon with a like minded group. Whether you like to knit, crochet, or quilt (just to name a few), the HACC Crafternoon Social is for you!

1st & 3rd Thursdays at 1 pm

FOR MORE INFORMATION:
608-399-1870
600 NORTH HOLMEN DRIVE, HOLMEN, WI
TO REGISTER VISIT: WWW.HOLMENC.CC.ORG



HOLMEN AREA COMMUNITY CENTER

FUN & GAMES

THURSDAYS
1 - 4 PM

Join us for an afternoon of card and board games each Thursday! Community members are available to teach and play Hand and Foot Triple Play, Mexican Train Dominos, Sequence and other fun games!

608-399-1870
HOLMENC.CC.ORG

Where our community gathers!





Music with GREG GROKOWSKY

Tuesday, February 11
11 am - 12 pm

HOLMEN AREA COMMUNITY CENTER
600 N. HOLMEN DRIVE, HOLMEN, WI
608-399-1870 WWW.HOLMENC.CC.ORG




BINGO

Wednesday and Friday
12:30 - 1:30 PM

\$1 per card

Fun and Fabulous Prizes!



SINGER • SONGWRITER

Allison Sky

Tuesday, February 18
11 am - 12 pm

HOLMEN AREA COMMUNITY CENTER




Community Education and Resources



Holmen Community Wellness Checks

HOLMEN AREA COMMUNITY CENTER
Each Thursday 8:30 am - 2 pm
January 30 - March 27

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



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

Where Our Community Gathers!





ADRC
Aging & Disability Resource Center
of La Crosse County

CAREGIVER EDUCATION SERIES

Monthly education series for family caregivers to offer support and resource connections.

Offered the first Tuesday each month from 1 - 2:30 pm.

Topics include:

- ✓ **Caregiving 101**
March 4th 1 - 2:30 pm
- ✓ **Emergency Planning**
April 1st 1 - 2:30 pm
- ✓ **Benefits 101**
May 6th 1 - 2:30 pm
- ✓ **Hiring Caregivers for Your Home**
June 3rd 1 - 2:30 pm
- ✓ **RCAW - Grants & Caregiver Registry**
July 1st 1 - 2:30 pm
- ✓ **Advocating for Care Recipient and Yourself**
August 5th 1 - 2:30 pm
- ✓ **Home Safety**
September 2nd 1 - 2:30 pm
- ✓ **Financial Matters**
October 7th 1 - 2:30 pm

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

Navigating Together

Join us

Support Group for Caregivers of Loved Ones on the Dementia journey. Engage in open and honest discussions about the daily challenges you face with others who understand exactly what your going through.

Questions please contact ADRC at 608-785-5700

3rd Thursday of each month
1:00-2:00 pm
Holmen Area Community Center





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



Family Friendly Programming



Save The Dates

Holmen FAMILY FUN NIGHT

HOLMEN AREA COMMUNITY CENTER
 Second Tuesdays this Spring 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.

February 11th - I Heart My Family

Storybook trivia, chocolate tastings, Valentine crafts,
 meet a princess + more!
 Enjoy pizza donated by Toppers Pizza!



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

Toilet Training Workshop

**Tuesday
 March 4th
 10 - 11 am**



When your child is ready, you can leave the expense and hassle and diapers behind. Learn about when it is best to undergo toilet learning and get some great tips to achieve success.

This workshop is **FREE** to all. Registration is required.
 To register call **(608) 784-8125** or www.theparentingplace.net
 This workshop offered by The Parenting Place - Michael Scott, Parent Educator



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

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

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 600 NORTH HOLMEN DRIVE, HOLMEN, WI




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March 11th - Blast to the Past

Retro games, shared meal, 80's dress up,
 paper airplanes, prizes + more!



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

Thank you to the Sarah Mullenbach Memorial Foundation for sponsoring this program!

Happenings at the Center in January

Line Dancing with Amy Etrheim



Wellness Checks 2025

WSU Nursing Students: Maya, Kierra, Emily, Emily, Claire, Lauren, Hannah, Allie & Maryann Abendroth



Gene McMurlene

Our Winter Artist- Come see his work!



608 Brewery

Thank you for your generous Non- Profit Bingo Night donation of over \$700!



Good Morning Holmen!

Patrick Barlow, Board President Village of Holmen

