

# CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER

MARCH 2025 | ISSUE 55

*Join us for an Evening of Cozy Togetherness!*

**Holmen GET TOGETHER**  
**COMMUNITY SOCIAL**  
FRIDAY, MARCH 21 5 - 7 PM  
*Scandinavian Koselig*  
A COZY ATMOSPHERE OF WELL BEING AND TOGETHERNESS  
ART RECEPTION . LIVE MUSIC . FOOD TASTINGS!

**HOLMEN AREA COMMUNITY CENTER**  
600 NORTH HOLMEN DRIVE, HOLMEN, WI 54636  
608-399-1870 WWW.HOLMENCC.ORG

**thrivent**  
Todd Trautmann

Join us for our next “Holmen Get Together Community Social!”- Held on the Friday nearest to Spring Equinox. Friday, March 21st from 5 - 7 pm. Our theme is Scandinavian “Koselig”. Our band for the evening is Remix-local Holmen musician Tim Kolek! Our artist reception will start at 5 pm and will be a collection of art inspired by Spring and created by several local Holmen artists.

Enjoy tastings of Scandinavian foods and beverages. Stop by to experience an evening of cozy togetherness and learn more about “Koselig”, and see Scandinavian historical artifacts with the Holmen Historical Society and discover the secrets to wellbeing.

“Koselig” is a Norwegian concept - pronounced “koosh-lee”. For a quick definition, koselig can be roughly translated to “cozy,” but as it goes with other Scandinavian languages - from countries that brought us comforting but nebulous concepts like hygge and friluftsliv - there’s so much more to it than that.

Koselig is all about feeling content, happy and embracing the seasons. It also encourages you to stay connected with others - It is about companionship and connection and creating an atmosphere of warmth, well being, coziness and deep contentment from sharing simple pleasures with the people you love!

Mentor Business Partners

**thrivent**<sup>®</sup>

**Coverra**<sup>®</sup>  
Insurance Services



## Donor Appreciation Night!

Thank you to everyone who attended our Donor Appreciation Night. We had a great turnout and a wonderful time with music and stories. Please look forward to our 2024 Annual report and see our new Donor Appreciation wall in the entry area.



## March Birthdays

- Cathy Abendroth
- Judy Berg
- Jeff Brezinka
- Janet Eckhoff
- Rita Hauser
- Al Hutson
- Sandy Hutson
- Ron Justus
- Peggy Kerska
- Peg Knobloch
- Marsha Krane
- Mary Krueger
- Patricia Mitchell
- Ruth Scholze
- Patricia Shepard
- Karen Sieben
- Barb Skogen
- Beth Sosalla
- Alice Springborn
- Judy Stensrud
- Cindi Swanson
- Brenda Updike
- Greg Updike
- Kim Valiquette
- Lawrence Warzynsk
- Laura Weiker
- Susan Withers



# HACC VOLUNTEERS

Volunteers are an essential part of the Holmen Area Community Center. We could not accomplish everything we do throughout the year without help from our amazing volunteers. Each month, we will recognize our volunteers and share their stories.

*Our Volunteer Hours for January & February total 100+ hours!*



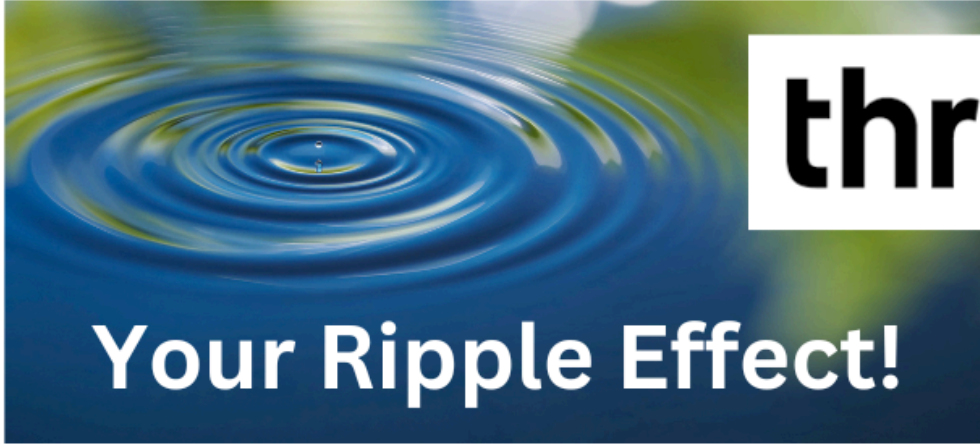
*“I’ve always enjoyed books and reading, so when the volunteer opportunity arose to organize the library shelves, and keep them full with newly donated books, I jumped at it! It’s been a blessing to meet fellow readers and discuss authors or specific books at HACC.” Al Hutson*

*“Volunteering at HACC is a fun way to meet new people and give back to this wonderful community organization!” Sandy Hutson*

Al and Sandy Hutson have been HACC members since January 2023. Their dedication and commitment is a testament to the strong values that support our communities. They share their time and talents each week, whether in the library, at the welcome desk, or greeting families at Family Fun Night! Thank you Al and Sandy for all your volunteer service throughout the year!

*Welcome to New Members from February!*

**Jeri Davis, Bonnie Fedie, Ronnie Gatzlaff, Cheryl Hancock, Connie Karl, Cari Mandt, Duane Mandt, Mark Midthun, Shirley Norman, Charlene Purnell, Larry Ristey, Rita Rochester, Randy Rochester, Marilyn Storey, Maribeth Witt**



# Your Ripple Effect!

## What does ripple effect mean to you?

**Join us on Tuesday, March 25th**

4:00 pm- Session

5:00 pm- Pizza and Beverage

6:00 pm- Session

We'll discuss retirement strategies and income tax favorable distribution plans.

- Stages of Retirement?
- Income Needs?
- Distribution v.s. Accumulation?
- What about the Leftovers?

**RSVP for this event online or Call the Center**



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**Todd Trautmann**



**Todd and Linda Trautmann**

### **We thank our Mentor Partner Todd Trautmann for his incredible support of the Holmen Area Community Center**


Todd supports the Community Center in many ways. He serves on our Board of Directors, chairs our Development Committee, sponsors events, volunteers at events, mentors leadership and is one of our highest level of business partners. Thank you Todd for making a difference in our community!

Todd has been a Financial Consultant with Thrivent for 22+ years. He is a Thrivent Hall of Fame inductee. Hall of Fame represents long-term commitment to our organization with consistent, successful performance. Financial Professionals qualify for Hall of Fame by achieving at least 20 years of service and by meeting performance goals.




# Fitness, Health and Wellness

**StrongBodies**  
 FREE VIRTUAL STRENGTH-TRAINING CLASS  
**MONDAYS & WEDNESDAYS**  
 9 - 10 am  
**Friday Video Class**  
 10:15 - 11:15 am



Holmen Area Community Center  
 (608) 399-1870  
 600 North Holmen Drive  
 Holmen, WI 54636




**Chair Yoga** *with Marty Laundry*  
 Mondays 9:15 - 10 am




**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

**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




**Cardio & Strength Fitness Class**  
 Tuesdays & Thursdays  
 10 - 10:45 am



**Pickleball Open Play Sessions**  
 Tuesdays and Thursdays  
 11 am - 1 pm

Open play is a time for pickleball players, of any skill level, to play on the courts and practice new skills. We have two courts, one will be designated for beginners and another for intermediate players. We provide balls and have a few paddles available to use.

\$5 Members  
 \$10 Non-Members

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

*Where Our Community Gathers!*




**Walking Path Hours**  
 Monday - Friday  
 7-10 am and 11 am - 1 pm







# Arts, Entertainment and Community!



**Good Morning Holmen!**  
**Friday, March 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!

**"The Role of the Trempealeau National Wildlife Refuge in Conservation"**  
 Presented by Dana Schelling, Visitor Services Specialist  
 Learn more about the Trempealeau National Wildlife Refuge, which was established in 1936 and is nestled along the eastern edge of the mighty Mississippi River.

CONTACT US FOR MORE INFORMATION:  
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**Good News Singers**  
**Spring Gospel Concert**  
**March 26th at 10:30 am**

Holmen Area Community Center  
**608.399.1870**  
 www.holmencc.org




*Music with*  
**GREG GROKOWSKY**  
 Tuesday, March 11th  
 11 am - 12 pm

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**Intro to Watercolor II**  
 Thursdays  
 April 3 - May 8  
 1:30 - 3:30 pm



This is a continuation of Intro to Watercolor I. The very basics of this art medium will be explored, and beautiful creations will happen during this six week session.

Members \$20/Non Members \$25

SINGER SONGWRITER  
**Allison Sky**  
 Tuesday, March 18  
 11 am - 12 pm



HOLMEN AREA COMMUNITY CENTER




**UKRAINIAN EGG DECORATING**  
 with Betsy Midthun  
 Sunday, April 6th 1 to 4 pm  
 Tuesday, April 8th 1 to 4 pm

**Members: \$30.00**  
**Non Members: \$35.00**

The class will be taught by Betsy Midthun, artist and HACC Board Member, who was first introduced to this technique in the 1980's. The class will teach beginners how to create a special egg decorated with symbolic colors and designs. Tools and supplies will be provided.

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**Ukulele Lessons for Beginners**  
 Tuesdays  
 April 15, 22 & 29  
 12:30 - 1:30 pm

Members FREE  
 Non-Members \$5

Join Cheri Schuyler, a retired music teacher and the music director for CheezLand Uke Band, for a three-part series of beginner ukulele lessons.

Each class builds on the previous one, so it is best if you can make all three sessions, so you do not miss any of the fun.

Ukuleles are not provided, so you will need to bring your own to lessons.

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# Community Education and Resources



## 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.

To register call the ADRC at 608-785-5700.

**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
- ✔ **Advocating for Care Recipient and Yourself**  
July 1st 1 - 2:30 pm
- ✔ **RCAW - Grants & Caregiver Registry**  
August 5th 1 - 2:30 pm
- ✔ **Home Safety**  
September 2nd 1 - 2:30 pm
- ✔ **Financial Matters**  
October 7th 1 - 2:30 pm





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## 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




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Where Our Community Gathers!




*"There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." ~ Rosalynn Carter*

## 6<sup>th</sup> Annual Tomah VA Caregiver Summit and Resource Fair

**"Caregiving: Refresh and Renew"**

Tuesday, March 18, 2025, from 1:00 - 3:00 p.m.  
(Summit 1:00 - 2:00 p.m., Resource Fair 2:00 - 3:00 p.m.)

**In-Person at:**  
Holmen Area Community Center  
600 N. Holmen Drive, Suite 200  
Holmen, WI 54636

For more information, please call Tomah VA's Caregiver Support at 1-800-872-8662, ext. 64441.




## VETERANS SERVICES

LA CROSSE COUNTY VETERANS SERVICES COMMUNITY HOURS

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

**ERICA LAKOWSKE, COORDINATOR**



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# Family Friendly Programming



**Build a Mini Terrarium**  
Saturday, March 29th  
10 am - 12 pm

Learn the ancient art of terrarium building! We'll provide dirt and plants, rocks and container.

Feel free to bring your own special rocks or figurines to add to your terrarium project.

Members: \$15  
Non-members: \$20



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**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](http://www.theparentingplace.net)

This workshop offered by The Parenting Place - Michael Scott, Parent Educator

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*Where Our Community Gathers!*

## fAMILY



**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.

**March 11th - Blast to the Past**  
Vintage games, 80's retro dress up, paper airplanes, shared meal, prizes + more

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*Where Our Community Gathers!*

**BINGO**

Holmen HS DECA students will join us for this special bingo game! Join us for fun, prizes and delicious treats!

**Wednesday, March 12  
1 to 2 PM**



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www.holmencc.org



**MOVIE MATINEE**



Wednesday, March 12  
2 - 3:30 pm

Movie: The Lion King

**FREE Movie and Popcorn!**







# Happenings at the Center in February

## Family Fun Night "I Heart My Family"



## Good Morning Holmen! Scott Lee - Animal Adaptations



## Donor Appreciation Celebration!



## Financial Fitness Kickoff



## Holmen Lions Club Donation!

