

# CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER

APRIL 2025 | ISSUE 56

## Bee Well- Stay Well with programming and wellness opportunities at the Holmen Area Community Center!

### Bee Well Health Fair



- ✓ Free Blood Pressure Checks
- ✓ Free Hearing Checks  
Free Hearing Instrument Checks
- ✓ Free Fitness Class Demonstrations  
Meet Our Fitness Instructors
- ✓ Try Our Walking Path
- ✓ Free Give-Aways

Learn about community resources to support health & wellness!

- ✓ Vendor Booths
- ✓ Health & Wellness Information
- ✓ Learn about Bee Health with Marty Landry



#### Breakout Sessions

**9 am** "Unlocking Pain Relief: A New Era in Pain Management" Richard Siegfried, M.D. Mayo Clinic Health System

**10 am** "Advanced Directives: Now is the Time." Cait Miller, M.S.W., APSW, Mayo Clinic Health System

**11 am** "Healing Environment from the Inside Out" Christie Harris, Emplify Health by Gundersen

**12:30 pm** "Unlock Your Full Potential: A Guide to Becoming Your Healthiest Self" - Dr. Christopher Neely

Tuesday - April 15, 2025

8:30 am to 12:30 pm

Holmen Area Community Center



608-399-1870

[www.holmencc.org](http://www.holmencc.org)



### Engaging in Physical Activity

Exercises tailored to individual capabilities to minimize the risk of injury while providing numerous health benefits.

### Maintaining Balanced Nutrition

Proper nutrition provides essential nutrients that support bodily functions and well-being.

### Stimulating Mental Fitness

Activities help to maintain cognitive function, memory, and mental sharpness. Puzzles, reading, learning new skills, music and creative arts.

### Cultivating Emotional Wellness

Maintaining healthy relationships, engaging in hobbies, practicing self care and mindfulness can contribute to emotional well-being.

### Strong Social Connections

Building and maintaining social connections can combat feelings of loneliness, isolation, and depression. As we age we need to seek opportunities to engage with others.

## Holmen GET TOGETHER

Thank you to everyone who attended our Spring Holmen Get Together- Scandinavian Koselig! Thank you to our local artists- Remember art is for sale with 25% of proceeds to support the HACC! Thank you to Tim Kolek for your music, The Historical Society for your display and treats, McHugh family for the Rosemaling display, Our walking group for scandinavian treats, Laurie, Patty, Betsy, Anca, Amy, Jodi and Robin for your help and Thrivent- Todd Trautmann for your sponsorship of this fun event!

Mentor Business Partners

**thrivent**

**Coverra**  
Insurance Services



608-399-1870 or [info@holmencc.org](mailto:info@holmencc.org)



## April Birthdays

Anita Evenson  
Linda Abbott  
Mel Alsobrooks  
Barbara Alsobrooks  
Debbye Antoni  
Patty Bagniewski  
Betty Baird  
Lila Barlow  
Julie Beranek  
David Bjornstad  
Kimberly Buchanan  
Linda Burns  
Dewey Coerper  
Jeff Conger  
Therese Frana  
April Gillmeister  
Dawn Hammes  
Kathryn Helgersen  
Jan Henze  
Debbie Herbert  
Tom Knobloch  
Carol Kohner  
Ken Larson  
Dean McHugh  
Cecilia Mullenbach  
Susan Polodna  
Judy Proett Bell  
Shirley Rozak  
Joseph Sherman  
Marilyn Storey  
Jodi Tamminga  
Marge Taylor  
Tony VanderWielen  
Ron Walley  
Tom Weeks  
Debra Welander  
Jim Welander  
David Whiteman  
Renee Zeller

## MEMBERSHIP NEWS

### *"I am Lucky Because ..."*

- I have an amazing family that provides lots of love and laughter
- I have a loving family and plenty to eat!
- The good Lord has granted me health
- I have wonderful family and friends
- I live near two granddaughters
- My husband is my Best Friend and we've built a beautiful life together
- I have a wonderful wife who loves me and I love her
- God has given me the gift to help others
- I found Sandy 50 years ago
- Because I work at HACC with wonderful people
- We have a wonderful Community Center with Amazing Staff
- Family, Friends and Girlfriend
- Friends, Health, Faith and Family
- I have Friends and Family
- I have a lovely family
- I have my health
- Faith, Family and Friends
- Good Doctors!
- Wonderful family and lots of Good Friends
- I have Good Health and a Great Daughter



Congratulations Cece  
On winning the "I am  
Lucky Because"  
Drawing



*Welcome to  
New Members  
from March!*

Carla Amundson  
Julie Anderson  
Tom Byerly  
Coral Cady-Metcalf  
Vicky Carraher  
Barbara Hanson  
Debbie Hanson  
Robin Henderson  
Debra Herrmann  
LaVonne Johansen  
Mitchel Johnson  
Ken Larson  
Karen Mendell  
Anne Paape  
Lloyd Reno  
Kathy Schwartzhoff  
Tracy Taylor-Johnson  
Katy Wood

### Did you know?

The Holmen Area Community Center uses membership, participation, and volunteer data to apply for grants and to use for presentations!

This is why it is so **VERY** important for you to pre-register and log-in when you attend programs, classes and volunteering. **Don't know how?**

Contact Jodi at the front desk and she will help you.

# 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 March = 160 + Hours!*



## Ruth Scholze

Ruth is one of our most valued volunteers. From helping with our storytime with toddlers and Family Fun Night to baking treats and sharing ideas for Good Morning Holmen and serving on our Programming committee. Ruth is here daily to walk each morning at 7 am and is a valued supporter in so many ways!

*My interest in the community center in Holmen started back in 2012 as a member of the committee to raise awareness of the need for a safe place for kids of all ages. I went out into the community talking with various organizations promoting a vision for a gathering place. I really was excited about the walking path. I have been active since opening the center with the walking path and all my walking buddies.*

*I love the sense of “community” at the center. I volunteer with various programs, especially providing cookies. I’m active with the Holmen Area Historical Society which meets monthly at the community center. I provide stories for the little children who attend Muscles in Motion on Tuesdays during the school year. I oversee the bake sale for Pumpkinfest, read stories for Santa & Mrs. Claus Brunch in December and helped with the Mac ‘n Cheese Fest in June. I offer ideas for programs and support the many musical opportunities and social gatherings. It’s a fabulous place bringing people of all ages together. Welcome to the Holmen Area Community Center. ~Ruth Scholze*

## Upcoming Volunteer Opportunities

Volunteering offers numerous benefits as we age, including improved mental health and a renewed sense of purpose and social connection. Below are a few HACC volunteer opportunities:

- Family Fun Night (Monthly Fall series: Sept, Oct and Nov)
- Toddler Story Time Readers (1 x per month - Sept to May)
- Event Volunteers (June 21: Cheese Fest, Oct 18: Pumpkin Fest, Dec 7: Brunch with Santa and Mrs. Claus)



Please contact us if you are interested in becoming a volunteer!



# Thank you to Winona Nursing Students



We have been so fortunate to have had the opportunity to have the Winona Nursing students here at our Community Center this past Fall and Spring. Come to our next Good Morning Holmen event to find out more about the experience.



## Thank you!

*Maryann Abendroth,  
Allie, Lauren, Emily, Clair, Kierra,  
Maya, Emily and Hanna*

*Thank you for making a difference at the  
Holmen Area Community Center!*

*Best wishes on your next adventures!  
HACC Staff & Community Members*



### Good Morning Holmen!

**Friday, April 18th 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!**

**Learn about "Wellness Checks" and how this program is impacting our community in positive ways! Maryann will share helpful tips about sports safety and self-care**

Maryann Abendroth, Ph.D., RN, Associate Professor and Winona State University, College of Nursing and Health Sciences Nursing Students

**CONTACT US FOR MORE INFORMATION:**  
**608-399-1870**  
[WWW.HOLMENCC.ORG](http://WWW.HOLMENCC.ORG)





### HOLMEN AREA COMMUNITY CENTER

# BINGO



**\$15.00 for 10 Games**

**+2 Blackout Rounds for \$5.00 each**

**DRUGANS CASTLE MOUND**

**FUNDRAISING EVENT**  
**Sunday, April 13 2:30 - 4 pm**

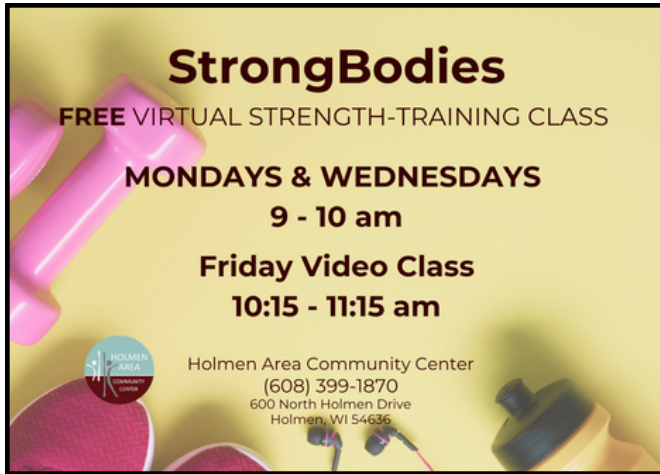
**Join us for an Afternoon of Fun and Games!**

**THIS IS A CASH ONLY EVENT**





# 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

Holmen Area Community Center logo



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

Holmen Area Community Center logo



**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:  
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**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.

Members \$5  
Non-Members \$10

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Where Our Community Gathers!

Holmen Area Community Center logo



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



# Arts, Entertainment and Community!



## 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.

CONTACT US FOR MORE INFORMATION:  
**608-399-1870**  
[WWW.HOLMENCC.ORG](http://WWW.HOLMENCC.ORG)

## 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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## Music with GREG GROKOWSKY

Tuesday, April 8th  
11 am - 12 pm



## 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!*




## Community Crafts

with Jackie & Pam

**Tuesday, April 1st**  
**1 - 3 pm**

Craft Project: Sock Bunnies

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

**Cost: \$5 per person**

All supplies provided.  
Class size limited, registration encouraged.



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## Creative Card Creations

Tuesday, April 15th  
Class Time 1:30 to 2:30 pm

No stamping experience required to make two all occasion cards.

All supplies provided.

Instructor:  
Judy Dudkiewicz

Cost: \$5 per person



I will always remember

Holmen Area Community Center  
600 N. Holmen Drive, Holmen WI  
[www.holmencc.org](http://www.holmencc.org) 608-399-1870



Where Our Community Gathers!



# 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:**

- ✓ **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

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 **CYBERSECURITY AWARENESS WORKSHOP**

Karla Walker MEPD, Technical Trainer at CROPP (Organic Valley)

**Wednesday, April 2**  
**2 - 3 pm**

Keeping pace with cyber attackers is challenging. Karla Walker will share her knowledge on what to watch out for, how to protect yourself, the latest threats, what steps to take if you suspect an attack, and where to find additional information. Please bring your experiences and questions so that we can all benefit from shared learning.

**FREE**  
Members  
\$5  
Non-members

**VETERANS SERVICES**

**LA CROSSE COUNTY VETERANS SERVICES COMMUNITY HOURS**


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

**ERICA LAKOWSKE, COORDINATOR**

**YOU ARE NOT ALONE**  
**AA MEETING**

**THURSDAYS AT 6 PM**

Weekly | Open Meeting | English | In-person



 Are you interested in joining a new Monthly Book Club?

HACC would like to offer a new afternoon Book Club.

We'd love to hear from you!

Call or stop by the Welcome Desk to be added to our contact list for this new monthly group!

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*Where Our Community Gathers!*

 **Coping with Grief**

Thursday, April 10th  
1:30 to 2:30 pm

Although we all experience grief, everyone's reaction is unique. Because every person walks their own path through grief and healing, there are no rules, time limits or "right" ways to grieve. Join us for this session to go over helpful coping tips and connect with others who have experienced a loss.

Facilitated by Dana Bistodeau and Kris Bjerke-Ulliman, Chaplain

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# Family Friendly Programming



## 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.

**April 8th - Spring into Family Fun**

Dance party, cake walk, spring treats, treasure hunt, make a kite + more!



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*Where Our  
Community  
Gathers!*

## Intergenerational Programming

The Holmen Area Community Center provides interaction for families of all ages with educational and fun activities. Research shows that intergenerational activities can give children a developmental advantage up to 12 months, both in learning skills and in emotional intelligence. Family Fun Night is an opportunity for Holmen families to gather and experience fun activity stations of learning. Time together can help to bond families and we encourage you to attend with children, parents and grandparents. Throughout the year we hold intergenerational classes in the arts, cooking and nature.

The center holds larger community events like Cheese Fest, Pumpkin Fest and Santa and Mrs. Claus Brunch that provide family fun and bonding experiences.

## HACC Kitchen Item Wish List

Hoping some folks will help us by donating one or more of these items:

- New kitchen dish towels
- New hot pads
- New sponges
- New magic erasers
- 1 large whisk
- 2 metal spatulas
- 2 plastic spatulas
- Larger measuring cups (2 cup, 4 cup, 9 cup)
- 2 Used or like new crock pots
- 2 Used or like new griddles



**Thank you in advance for your donation!**



**Saturday, June 21, 2025**

# Happenings at the Center in March

## ▼ Family Fun Night "Blast to the Past" ▼



## Intro to Watercolor I ▼



## Good Morning Holmen!



## Bingo with DECA Students! ▼



## Holmen Get Together! ▼

## "Inspired by Spring" Art Painting Session ▼

