

CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER
JULY 2025 | ISSUE 59



CHEESE FEST WAS CHEESY!

- OVER 1000+ ATTENDEES!
- OVER 100 SILENT AUCTION AND BASKET RAFFLES BID UPON PURCHASED AND WON!
- SEVEN MAC & CHEESE COMPETITORS AND OVER 150 MAC & CHEESE EATERS!
- 28 CRAFT, ART OR MAKER VENDORS!
- 21 CHEESY ART SUBMISSIONS TO VOTE ON!
- OVER 1500 RAFFLE TICKETS SOLD!
- 99 BOTTLES or WINE DRAWN
- OVER 50 CHEESE AND WINE TASTERS!
- LIVE MUSIC BY: JOE CODY, CROOKED WILLOW, MR. BLINK AND THE CHEEZLAND UKE BAND!
- LOTS OF CHEESE PIZZA, HOTDOGS, PULLED PORK, CURDS AND CHEESE CAKE!
- OVER 75+ VOLUNTEERS FOR THE DAY!
- GOOD MONEY RAISED FOR A GOOD CAUSE!

RAISED OVER \$18,000

It Takes a Village!

Cheese Fest is our Annual Fundraiser to benefit the Holmen Area Community Center!

Special Thanks to our Partners:

Big Cheese Sponsors:

Holmen Cheese and Coverra Insurance.

Event Sponsors:

Associated Bank, Holmen Area Rotary Club, 360 Real Estate, Features Bar and Restaurant, Lush Wine Bar, & Thrivent Team Action Grants.

Special Thanks to our Event Committee:

Chairs: Laurie Kessler and Patty Bagniewski.

Beth Balder Schroeder, Kelly Graner, Julie Trotz, Margaret Wage, Julie Weber, Robin Moses and Amy Brezinka.

Thank you to our Board:

Patti Bagniewski, Laurie Kessler, Betsy Midthun, Karen McCathie, Peg Knobloch, Dave Justus, Patty Shepard, Haley Hesselberg, Tricia Johnson, Todd Trautman, Dean Mc Hugh, Tonya Berget.

Thank you to our Event Volunteers:

Karen Anderson, Betty and Kevin Baird, Jan Balder, Patrick Barlow, Judy Proett Bell, Len Beranek, Jo Bistodeau, Debi Blankenship, Dan and Cathy Braund, Vicky Carraher, Dawn Davis, Shari Eberhardt, Laura Grant, Ellen Grah, Barb Hanson, Kim Husby, Sue Heuer, Al and Sandy Hutson, Tom Hundt, Mary Johnson, Karen Lown, Kristine Mc Connell, Dan and Sharon Mc Hugh, Dr. Kris Mueller, Scott Marshall, Trygve Mathison, McGellicot Family, Janet Miller, Richard Moses, Sherri Novak, Tom Petullo, Mary Kay Priem, Karen Rooney, Jenna Sampson, Sampson Family, Ruth Scholze, Sherry Smith, Sue Snyder, Sue Swackhammer, Karen Steffen, Jodi Tamminga, Barb Trotz, Kitty Van Riper, Wally Wage, Karen Walton, Pete Weber.

AND everyone else who jumped in and helped on the day of the event! - Let us know if we missed you!

CHEESY ART CONTEST!

JUDGES RESULTS

Adult Division

First Place: Lori Ehlke
Second Place: Betsy Midthun
Third Place: Gail Dent

Youth Division

First Place: Owen Carey-6
Second Place: Sloan Ethriem-12
Third Place: Ella Ehlke-10

3 Dimensional Division

First Place: Pam Bendel
Second Place: Jann Ryder

PEOPLE'S CHOICE

Holly Thomas

KEEP VOTING

People's Choice Winner is still being tallied thru July 30th!

Adult Division



First



Second



Third



People's Choice

Youth Division



First



Second



Third

We had over 20 art entries! Check our Face Book to see them all!

3D Division



First



Second



First Place



Second + People's Choice



Tied for Third!



Honorable Mention

MAC & CHEESE CONTEST

First Place: Barry Ploessl for Holmen Area Rotary
Second Place: Project LIVE
Third Place Tie: Moments Hospice and the McRandal's
Honorable Mention: 5 Star Telecom
People's Choice: Project LIVE
Thank you to Features and Scott Marshall for your Mac & Cheese! Last Year's Winners!

Big Raffle Winners

Packers- Danny Mc Hugh
Badgers- Phil Downing
Brewers- Rod Naas

Thank you to everyone who gave Donations for Basket Raffles, Silent Auction, Bakery, Concessions, Big Game Raffles, Wine Draw, Cheese and Wine Tasting and all In Kind Donations:

Ace Hardware, Angry's Way Out, Al & Sandy Hutson, Balduzzi Builders, Beach Club, Beaver Builder's, Beedle's Bar, Beth and Gary Balder Schroeder, Betsy Midthun, Big Al's, Blue Moon, Bluffside Smiles, Breakfast Club, Bryan Helgeson State Farm, Carol Jacobson, Cat Daddy, Children's Museum, Coaches Corner, Coulee Golf Bowl, Craig's Meats and Catering, Craft Group, Crooked Pint, The Crow, Culvers, Dairy Star, Dave Justus, David Pehl, Debbye Antoni, Doggie Business, Don Iliff, Drugans Castle Mound, Ecker's Apple Farm, Elmaro Winery, Emma's Bait Shop, Empire Printing, Features, Food Dudes, Four Corners, Green Bay Packers, HACC Craft Group, HACC MahJongg Group, HACC Morning Walkers, Haley Hesselberg, Hidden Springs Creamery, High Roller Skating, Holmen Meat Locker, Holmen Square, Howies, Jay Johnson, Jerry & Patty Shepard, Jodi Tamminga, Johnson Trees Ops, Jump Start Adventure Park, Ka Lia, KA Salon, Karen Lown, Kathy Henderson, Kathy Schwartzhoff, Kayak Adventure, Kelly and Rich Graner, Kelly Dunn Sailing Experience, Kelly Graner, Kesterl Ridge, Kwik Trip, L'BRI, La Crosse Country Club, La Crosse Distillery, La Crosse Trolley Pub, La Crosse Escape Room, Larry Bodin, Larson's General, Lindsay Bagniewski, Lisa Jennings, Lisa Knauf, La Crosse Loggers, Luxury Limos, Margaret Wage, Mary Johnson, Mary Kay & Jeff Priem, Midway Deli, Mike Caucutt, Milwaukee Brewers, Misty's Dance, Mueller Photography, Nick Johnson, Noahs Ark, Nordic Creamery, Norwex, Old Main, Olson Trucking, Patty and John Bagneiowski, Pawsome Pets, Peg and Tom Knobloch, Penny Schaefer, Pet Me Scratch Me, Pizza Corral, Pizzeria Dolorosa, Project LIVE, Rita Vogle, River City Gallery Rivoli, Robin Moses, Ron Gatzlaff, Schwertel Farms, Scooter's Coffee, Scott Marshall, Shafer's River Rental & Bait, Ship Shape, Sitara Salon & Spa, Su Casa, Susan Heuer, Sweet Shop, T-Jo's, Tastefully Simple, Tenba Ridge, Texas Roadhouse, The Breakfast Club, Tonya Berget, Tricia Johnson, Vernon Vineyards, Wisconsin, Building Supply, WNB, Wags and Whiskers, Jim Welander, Angie Werner, and Werner's HD Drive In. Let us know if we missed your name and we will correct the list!



July Birthdays

Carla Amundson
Kay Baumann
Carita Baures
Becky Brockman
Tom Byerly
Marvin Colbenson
Rita Connors
Kay Evenson
Lois Fredrick
Gaylord Herbert
Luanne Hjelle
Judy Hoffman
Susan Juve
Donna King
Kathy Kreuser
Dennis Krumenauer
Nancy McHugh
Ethel Monroe
Vickie Montgomery
Daniel Mullenbach
Pat Nelson
Charles Olson
Anne Paape
Mary Pickett
Lloyd Reno
Marilyn Rindfleisch
Randy Rochester
Karen Rooney
Steve Sawby
Jean Smith
Pat Steele
Linda Sullivan
Deak Swanson
Linda Trautman
Jackie Tulus
Ginney Wagner

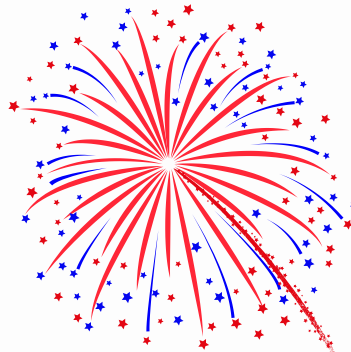
MEMBERSHIP NEWS

Did You Know?

HACC is having a summer membership drive. Bring a new member to HACC in the month of July or August and receive \$10 in your prepay account.

We are only 10 members from our first goal of 450 Members - Help us reach it!

Questions: Call Jodi for more information . . .



Welcome to New Members from June

**Julie Heineck
Mary McFadden
Woodrow Wiedenhoff**



Congratulations to Ruth Scholze who won the "Tribute to Dad" Cooler filled with goodies.





A Tribute to Dad



- My Dad was always, always working on something relating to weather, wood, & electric
- My Dad did the best he could. The sound of his music will always be heard.
Surely he is dancing with the Angels
- Sharing lots of coffee and treats. His coffee always with cream
- I really, really miss you, but you know that. You are here every day and I see you in little things. I am sure the coffee in heaven is amazing. Love you always.
- My Dad was a very hard worker. He enjoyed hunting and fishing. He would take us fishing, boating and had many wonderful days together.
- Making a card for Grandpa.
- Great Dad Ever! Best Grandpa to all of his grandkids too!
- Best Dad Ever! Very successful farmer from Minnesota
- Hope you're fishing in Heaven Dad. Loved going fishing with you.
- Always being there.
- The love my Dad had for me as the only girl of six kids was noticed every day in the way he protected me and carried my picture in his wallet
- Best day ever - but passed away in 2022.
- Happy Father's Day in Heaven! Wish I had my fix it man back.
- My dad was a WWII Veteran
- Remembering Dad watching a game on the TV while reading the paper and listening to another game on the radio.
- I love the Memory of my Dad: singing funny songs and making up silly words.
- My Dad was an artist and a home builder. He had juvenile diabetes and knew that he would not live long, he lived his life to the fullest each day. He loved art and flowers and family.

*"The best thing a father can do for his children
is to love their mother." – John Wooden*

*"The greatest mark of a father is how he
treats his children when no one is looking."
– Dan Pearce*



*"A good father is one of the most unsung, unpraised, unnoticed, and yet one
of the most valuable assets in our society." – Billy Graham*

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 June= 522



Pam Bendel

As I was nearing my retirement, I thought about what I wanted to do. I knew I wanted to get involved in a senior community to meet new people and make friends, and start an exercise routine.

As luck would have it when my husband and I moved to Holmen, the community center was new and soon to open. The HACC was a perfect fit for me as I like smaller places without as much hustle and bustle.

Yes, I do attend activities and exercise, but I have also gotten involved in a monthly craft lesson. Together with my friend Jackie, we teach a beginner craft each month. It is fun to come up with the craft we will be teaching and hunt for supplies. The connections I have made have been so rewarding to me. I love meeting new people and enjoy teaching the craft. And the biggest bonus of all is seeing the friendships that have come out of the group. I attribute the comfort I feel at the HACC to the staff who are welcoming to everyone.



Pam brings a positive, creative energy to all her volunteer roles, whether she is assisting with fitness programs, facilitating our new "A Joyful Life" group, or co-leading Community Crafts. Pam is a wonderful volunteer and we greatly appreciate all the ways she helps us during the month.

Her kind, caring spirit is priceless!



*Volunteers
A Gift to the
Community!*



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:

- Wonderland Tea Party on Tuesday, July 22nd 2 to 3:30 pm
- 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!

Fitness, Health and Wellness



Summer Hours
June 23 - August 31
12:15 - 1:15 pm



Members \$5
Non-Members \$10

Beginner Line Dancing Classes

Mondays and Wednesdays
12:15 - 1:15 pm

Get ready to kick up your heels and join us for a toe-tapping good time! Our line dancing class is the perfect place to learn new moves, meet new friends, and groove to some favorite tunes. No experience necessary. Just bring your enthusiasm and get ready to dance the day away!

Instructor: Amy Etrheim



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




Chair Yoga *with Marty Landry*

Mondays 9:15 - 10 am

Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.

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FREE Hearing Evaluations

First Tuesdays
9:30 to 11:30 am

This 30 minute appointment with Andy Arnold, State Licensed Hearing Instrument Specialist, includes a hearing assessment and brief consultation to go over results.



FREE Hearing Instrument Checks

Third Tuesdays
9:30 to 11:30 am

This 30 minute appointment with Andy Arnold, State Licensed Hearing Instrument Specialist, includes a hearing aid instrument check and brief consultation to go over results.



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Monday July 7th 10 am - 4 pm



600 North Holmen Drive
Holmen, WI

Pre-register with the
American Red Cross

Walking Path Hours

Monday - Friday

Summer Hours
June 9 - August 22
7 - 9:30 am


Wellness Wisdom Series

This monthly wellness series will offer a variety of topics focused on health, wellness and nutrition topics.

Classes offered from 1 to 2 pm on the following Tuesdays:

- July 29th - Fueling Longevity - The Power of Nutrition After 50
- August 26th - Reclaim Your Body - Smarter Weight Loss After 50
- September 23rd - Your Guide to Fighting Chronic Inflammation
- October 28th - Smart Holiday Eating: Meal Prep for Wellness
- November 25th - Your Guide to a Joyful, Stress-Free Season

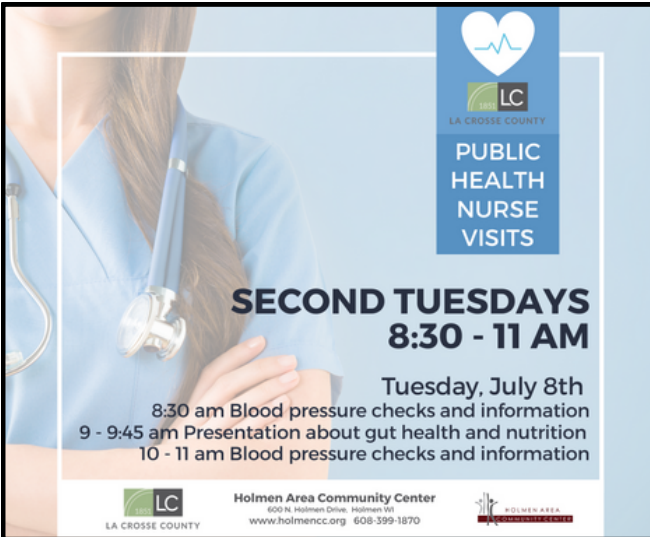
Facilitated by: Carol Ebert RN, BSN, MA, CHES, CWP



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

FREE
Members \$5
Non-Members

Fitness, Health and Wellness



PUBLIC HEALTH NURSE VISITS

SECOND TUESDAYS
8:30 - 11 AM

Tuesday, July 8th
8:30 am Blood pressure checks and information
9 - 9:45 am Presentation about gut health and nutrition
10 - 11 am Blood pressure checks and information

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

Root Cause of Chronic Inflammation Workshop

Wednesday, July 30
5:30 - 7:30 pm

Holmen Area Community Center

Dr Chris Neely will discuss how systemic inflammation and stressed neuro-physiologically chronic illness such as heart disease, autoimmune, cancer, high blood pressure, high cholesterol, high cholesterol, diabetes and more.

Most importantly - how we avoid and naturally address the root cause.

Healthy food and drinks will be served at 5:30PM and the workshop will be from 6-7PM with questions after.

Join Dr. Chris Neely's FREE workshop on the Root Cause of Chronic Inflammation!

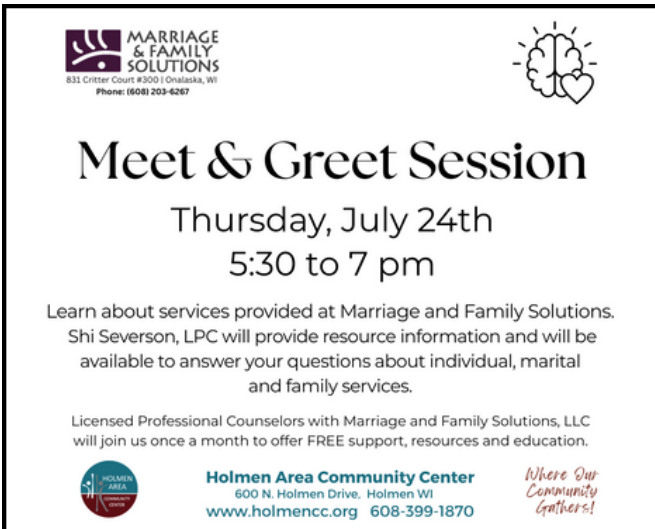


Dr. Chris is an Independent Contractor Chiropractor with Barge Berkley Chiropractic in Holmen. He is a La Crosse native, enjoys outdoor recreation, and regularly performs Health Workshops.



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

Where Our Community Gathers!



MARRIAGE & FAMILY SOLUTIONS
831 Critter Court #3001 Onalaska, WI
Phone: (608) 203-6267

Meet & Greet Session
Thursday, July 24th
5:30 to 7 pm

Learn about services provided at Marriage and Family Solutions. Shi Severson, LPC will provide resource information and will be available to answer your questions about individual, marital and family services.

Licensed Professional Counselors with Marriage and Family Solutions, LLC will join us once a month to offer FREE support, resources and education.

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www.holmencc.org 608-399-1870

Where Our Community Gathers!



Pickleball Open Play
New Summer Hours
Thursdays 8:00 - 9:15 am

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 have a supply of pickleball equipment (paddles and balls) if needed.

FREE Members \$5 Non-Members



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

Perfect for seniors and beginner exercisers. Indoor walking workouts will help improve your cardiovascular health by getting your heart rate up and increasing strength with exercises that work your legs, glutes, core and upper body. FREE for HACC Members.

Arts, Entertainment and Community!



A Joyful Life

Monthly on First Wednesdays from 2 - 3 pm
Community | Kindness | Conversation

Join us for fun and engaging conversation! Learn ways to promote a joyful life by sharing experiences, and helpful tips. Make new connections and be inspired!

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Where Our Community Gathers!

A NEW GROUP FOR WOMEN

Conversation, Coloring & Calmness

Tuesdays 1 - 2 pm





Coloring offers numerous benefits, including stress and anxiety reduction, improved focus and concentration, enhanced creativity, and potential improvements in sleep and motor skills. It can also promote mindfulness and act as a form of meditation.




Children Welcome!




Fun with Watercolor

Mondays 8:30 - 11:00 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!







Cozy Readers
Afternoon Book Club

Third Wednesdays at 2 Pm

The book club experience is social and a great way to motivate yourself to read, talk about books, share ideas and hear new perspectives.

If you enjoy reading and discussing books, join us for this new afternoon book club!



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

Where Our Community Gathers!

Reading in July


Cozy Readers

"Hold Strong" by Robert Dugoni

Evening Book Club



"The Glass Maker" by Tracy Chevalier

Community Education and Resources



Good Morning Holmen!
Friday, July 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!

Brain Health Panel
 Join us as we learn about brain health and area resources for persons
 living with dementia and care partners.
 Panel Includes: Becky Kamrowski (ADRC), CJ Werley (Alz Assoc),
 Bri Holden (Star Center), and Amber Joswick (Spark on the Go)

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



Connect2Nature
Third Tuesdays 1 to 2 pm

Connect2 Nature is a monthly educational program offering
 a variety of engaging nature topics!

Tuesday, July 15th 1 to 2 pm
 Join us for a presentation on the monarch butterfly and their winter sanctuary
 in Mexico. Learn what you can do in your own neighborhoods to help monarchs.
 Presented by Allene Horton

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 600 N. Holmen Drive, Holmen WI
www.holmencc.org 608-399-1870 *Where Our Community Gathers!*

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**



 **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.

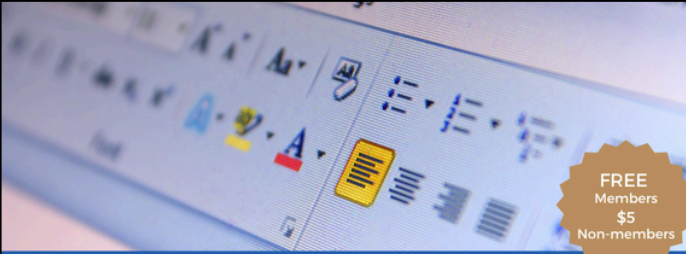
Topics include:

- ✓ **Advocating for Care Recipient and Yourself**
 July 1st 1 - 2:30 pm
- ✓ **RCAW - Grants & Caregiver Registry**
 August 5th 1 - 2:30 pm

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

Community Education and Resources



FREE
Members
\$5
Non-members

Discover the Basics of Word

Karla Walker MEPD, Technical Trainer

Tuesday, July 8th
1 - 2 pm

Are you ready to unlock the power of Microsoft Word and bring your creative ideas to life? Join our "Word Basics Course for Older Adults" and gain the confidence to create, format, and manage documents with ease.



FREE
Members
\$5
Non-members

Discover the Joy of Smartphone Photography

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

Tuesday, July 22nd
1 - 2 pm

Take, Edit, and Share Photos Like a Pro

COULEE REGION RSVP

Handyman Program

The Handyman program is designed to provide fix-it services and home repair for individuals in the community. Our volunteers donate their time and skills at no charge.

Limited funds are available for those unable to pay.

Call RSVP
(608) 785-0500

Senior Life

Call for a **FREE** Monthly Newsletter
(608) 785-5700

Senior Life Online:
www.lacrossecounty.org/adrc

COULEE REGION RSVP

Need a ride?

Our volunteer drivers use their own vehicles to transport you to medical and personal appointments. Rides are Monday through Friday from 7:30 a.m. until 5:00 p.m.

Call RSVP
(608) 785-0500

SimpleSteps

FREE Tech Help

Every Other Monday
July 14 & 28
10:30 am - 12 pm

Do you have questions about your cell phone, tablet or laptop?

Please contact us to schedule an appointment.


Kathy@SimpSteps.com

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

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



Wonderland Tea Party

Tuesday, July 22, 2025 from 2:00 - 3:30 pm

Adults: \$6.00 Kids: \$3.00 3 & Under: FREE

Bring your little ones for a delightful afternoon tea party filled with Wonderland inspiration. Enjoy time together that is filled with fun and imagination. Get your ticket in advance for this magical family event. The Wonderland Tea Party includes tea for adults and children, beverage alternatives, scones, cookies and treats.

Take photo's, enjoy a creative craft, hunt for clues to wonderland and look to see if you can find one of our favorite Wonderland characters. Maybe you'll see Alice, the Mad Hatter or the Queen of Hearts!



Looking for something fun to do with the kids/grandkids this summer? Bring them to any of these free activities during the week!

Children must be accompanied by an adult during the program.

Mondays at 9 am	Intro to Watercolor
Tuesdays at 1pm	Calm Creative Coloring
Wednesdays at 12:30pm	BINGO
Thursdays at 1 pm	Fun & Games
Fridays at 12:30 pm	BINGO
Monday - Friday	Make & Take Craft Kits



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Where Our Community Gathers!

Muscles in Motion

Tuesdays 9 -10 AM

SUMMER LOCATION (JUNE 6 TO AUGUST 29)

DEER WOOD PARK

500 ANDERSON STREET, HOLMEN

Muscles in Motion is a shared time for parents, grandparents, or caregivers to participate with their toddler or preschooler in open-ended physical activities. Get ready to move! It's FREE!



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

Happenings at the Center in June



Holmen Cheese Fest 2025



*Good Morning Holmen!
Cheez Land Uke Band*

