

# CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER

AUGUST 2025 | ISSUE 60

## 5 Year Anniversary



Join us on

Thursday, September 18th

5:00 - 7:00 pm

to celebrate our

## 5 Year Anniversary

Art . Music . Tastings

Mocktails . Charcuterie . Desserts

Holmen Area Community Center

**Connecting Generations**

### It Began with a Dream

In 2005 the community of Holmen took a step back to take a closer look at the needs of our community. Careful listening, honest conversations and an analysis of current offerings in our community led to the realization that there was a need for a safe and productive place for our young people to gather. Holmen was one of the few communities in this part of the state that had no such place.

After years of unfailing dedication and commitment, a partnership involving the Boys and Girls Club of Greater La Crosse, the Holmen Area Community Center and the School District of Holmen was forged. After years of planning and gathering community support, a small group of determined citizens devised a workable plan that not only provides a needed space for our youth, but also a facility that would create meaningful intergenerational connections through purposeful programming.

Our partnerships are unique and serve one of the fastest growing communities in the state of Wisconsin. We opened our doors in September of 2020!

## Join us to Celebrate!



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



# Success & Growth

We hope that you will join us we thank our valued supporters, members, board, staff and volunteers this year at the Holmen Area Community Center on Thursday, September 18, 2025. There are so many people who have made our success possible over the years. Please plan to be a part of this event and celebrate with us as we acknowledge our growth over our first five years as an organization.



## Holmen GET TOGETHER

THURSDAY, SEPTEMBER 18th 5 - 7 PM

5 Year Anniversary

CELEBRATE OUR ANNIVERSARY WITH US  
ART . MUSIC . TASTINGS . MOCKTAILS



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

thrivent  
Todd Trautmann



Connecting  
Generations  
SINCE 2020



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



## PARTNER FEATURE



*Coverra is recognized as a Top Performing Agency by many of their insurance carrier partners, and they continue to stay true to their core belief –  
Covering You Comes First.*

Coverra Insurance Services is a second-generation, family-owned business founded in 1984. Coverra is an independent agency writing Property and Casualty insurance in 48 states, representing over 50 insurance companies. They have two offices located in the greater La Crosse area, with multiple smaller offices located throughout the Midwest. Coverra takes great pride in being locally and independently owned in an environment where many agencies have sold to private equity groups and other third parties. They have plans to continue their exceptional growth to stay independent and provide careers within the surrounding area and beyond.



### MENTOR PARTNER

*We are proud of our partnership with Coverra Insurance.*

*As a family owned Holmen business their generous support to the community center enables us to bring valuable programming to serve the residents of the Holmen area and our neighboring communities.*

*Thank You*



## August Birthdays

Joseph Abbott  
David Anderson  
Clay Bordner  
Coral Cady-Metcalf  
Julie Ceason  
Ray Denning  
Cathy Gabielson  
Jant Gerke  
Vernon Granum  
Barb Hammond  
Sharlene Henderson  
Clare Kirkland  
Cari Mandt  
Randy McCutchen  
Gene McNurlen  
Robert Moss  
Nancy Platteter  
Shannon Riley  
Firman Schiebout  
Sandra Thoma  
Daniel Valiquette  
Margaret Wage  
Rebecca Weber  
Steven Weiker  
Katy Wood  
Peg Zappen

# MEMBERSHIP NEWS

## AUGUST MEMBERSHIP DRIVE

INTRODUCE HACC TO A FRIEND OR NEIGHBOR.  
IF THEY JOIN THE CENTER YOU RECEIVE

**\$20.00**

IN PREPAY FOR A CLASS OR PROGRAM



*One of the marvelous things about community is that it enables us to  
welcome and help people in a way that we couldn't as individuals*



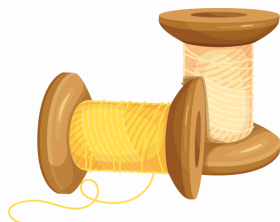
**FRIENDS**

*Where our  
Community  
Gathers*

We are only 11 members from our first goal of 450 Members  
- Help us reach it! Call Jodi for more information . . .

*Welcome to New Members from July*

**Mary Berner  
Tara Cook  
Jeff Pollreis  
Lisa Pollreis  
Louise Riddle**



*"Every member adds a  
unique thread to the fabric  
of our community."*



## 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 July = 152

We appreciate all the ways our members help “here and there” during the week! They cheer us up with smiles, music, build, assemble and fix, assist with programs and share sweet treats! Thank you to everyone who helps us in so many amazing ways!



#### ◀ Jim Knowler

Thank you to Jim for helping us assemble furniture, fix things and supply woodwork for our craft projects!

#### Kent Knutson “Piano Man”, Pat Nelson, Dave Burch ▶

Thank you to Kent, Pat, Dave and others who play music to lift our spirits and make us smile!



#### ◀ Sue Ann Ross

Thank you, Sue Ann for bringing sweet treats to share!



## Upcoming 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 25: Pumpkin Fest, Dec 7: Brunch with Santa and Mrs. Claus)

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



**AUGUST 16th  
PARADE STARTS  
AT 11 AM**

*Congratulations  
to Ruth Scholze!*

Parade Marshall at this  
year's Korn Fest Parade!

# Fitness, Health and Wellness



**Active Fitness**  
HOLMEN AREA COMMUNITY CENTER

**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



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600 N. Holmen Drive www.holmencc.org



## Beginner Pilates

8-Week Series

**Wednesdays**  
8 to 8:45 am

August 6, 13, 20, 27  
September 3, 10, 17, 24

**Beginner Pilates Series**

Looking to build strength and improve flexibility? This beginner-friendly Pilates class focuses on simple, low-impact movements to strengthen your core, improve posture, improve balance, and help you move with ease. No experience needed—just bring a mat!  
Instructor: Jordan Tredinnick

Members \$5  
Non-Members \$10



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**Carol Ebert**  
carolebert.com



## Wellness Wisdom Series

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

**Tuesday, August 26th**  
1 to 2 pm

Topic: Reclaim Your Body - Smarter Weight Loss After 50  
Take charge of your health and transform your life with a smart, sustainable approach to weight loss designed specifically for your body after 50. Learn how to nourish yourself, move effectively, and create habits that last — no fad diets, just real results.

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



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*Where Our Community Gathers!*



## 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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# Walking Path Hours

**Monday - Friday**

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

**Fall Hours begin August 25**  
7 - 10 am and 11 am - 1 pm





## 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



# Arts, Entertainment and Community!

## Community Crafts

with Jackie & Pam

**Tuesday, August 5th**  
**1 - 3 pm**

Craft Project:  
Cork Trivets

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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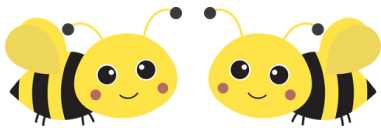


## Grumpy Old Men Big Band Concert

**Wednesday, August 27**  
**10 - 11 am**

Join us for big band sounds and summertime fun at the  
Holmen Area Community Center!

## Call to Artists!



## SUMMER TIME

Paint, Photograph or Create  
what Summer means to you!

Calling all artists to bring your art for our art wall  
Display from August 1- September 20

## Intro to Watercolor I

**Each Wednesday**  
**September 3 - October 8**  
**1:00 - 3:00 pm**

If you have never painted in watercolor and have always wanted to learn  
how, this is your chance! 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**

Please request a supply list from HACC  
An additional fee for supplies will be paid to the class instructor upon first class.

**Instructor: Judy Proett Bell**



*Music with*  
**GREG  
GROKOWSKY**

**Tuesday, August 12th**  
**11 am - 12 pm**

## Reading in August Cozy Readers

"The Berry Pickers" by Amanda Peters

## Evening Book Club

"Playground" by Richard Powers

# Community Education and Resources



**PUBLIC HEALTH NURSE VISITS**

**SECOND TUESDAYS**  
**8:30 - 11 AM**

**Tuesday, August 12th**

**8:30 am** Blood pressure checks and information  
**9 - 9:45 am** Presentation about immunizations, medications, and health care access  
**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



**Good Morning Holmen!**  
**Friday, August 15th 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!

**Kornfest Car Show**

Join us as we learn about the history of the Kornfest Car Show!  
Jim Carlson will share stories and information.

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, August 19th 1 to 2 pm**

Richie Swanson will join us to discuss the 50 red-headed woodpecker cavities he monitored at Trempealeau Refuge 2019-2025. He's monitored bird populations on the upper Mississippi since the early 1990s.

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Where Our Community Gathers!



**Holmen Community Wellness Checks**

**HOLMEN AREA COMMUNITY CENTER**  
**Each Thursday 8:30 am - 2 pm**  
**September 4th - October 23rd**

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.  
**Please call us to reserve your Wellness Check spot!**

- 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!

**Community Wellness Checks**  
**Return in September!**





# Community Education and Resources

## MEDICARE 101

**Understanding the ABCs of Medicare**

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

**Wednesday  
August 20th  
2 to 3 pm**

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608-399-1870  
www.holmencc.org





## 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:**

- ✓ **RCAW - Grants & Caregiver Registry**  
August 5th 1 - 2:30 pm
- ✓ **Home Safety**  
September 2nd 1 - 2:30 pm

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## I Love You - I Hate You

**Have you fallen into the caregiving role?  
Have you been caregiving for a long time?**

Inevitably, when we become a caregiver we find ourselves in roles that we did not expect. Some that we really enjoy and some times we hate who we become or who our loved one becomes.

Join Heather Quackenboss, UW Extension to learn some tips and tricks to get through the LONG days while we try to enjoy a few moments.


**Thursday  
August 28th  
2 to 3 pm**

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**"I like to say that 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."**



## SimpleSteps

**FREE Tech Help**

**Every Other Monday  
August 11th & 25th  
10:30 am - 12 pm**

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

Please contact us to schedule an appointment.

Kathy@SimpleSteps.com






## Dementia Live

**Monday, August 18th  
1 to 2 pm**

Dementia Live offers an immersive experience to help individuals understand what changes may be occurring for persons living with dementia. By "walking in their shoes," participants gain awareness of the challenges associated with living with dementia and learn valuable tools to improve communication and connection.

Free and open to the public; professionals and family caregivers! Register for a one hour session online or by calling 608-785-5700.

Dementia Friendly Community  
La Crosse County





# Family Friendly Programming



## Holmen FAMILY FUN NIGHT

Save The Dates

HOLMEN AREA COMMUNITY CENTER

Second Tuesdays this fall from 5:30 - 7:00 Pm

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

September 9th  
October 14th  
November 11th



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Where Our Community Gathers!



## Family Friendly Summer Programs



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  
Tuesdays at 1pm  
Wednesdays at 12:30pm  
Thursdays at 1 pm  
Fridays at 12:30 pm  
Monday - Friday

Intro to Watercolor  
Calm Creative Coloring  
BINGO  
Fun & Games  
BINGO  
Make & Take Craft Kits



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Where Our Community Gathers!



## Muscles in Motion

Returns in September!  
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. Get ready to move! It's FREE!

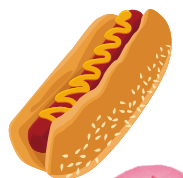
Toddler Craft Time - 2nd Tuesdays at 10 AM  
Toddler Story Time - 4th Tuesdays at 10 AM

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## SUMMER FUN

lazy days  
SPLISH SPLASH SPIOOSH  
rays of sunshine  
ice cream & popsicles  
giggles & smiles  
BURGERS \*HOT DOGS \*CORN ON THE COB  
twinkling stars  
CAMP FIRES & S'MORES  
SUMMER





# July Happenings at the Center

## ▼ Wonderland Tea Party



Summer Gospel Concert  
Good News Singers ▼



Good Morning Holmen!  
Brain Health Panel ▼

Community Crafts with Jackie & Pam  
"Fruit Basket" Project ▼

