

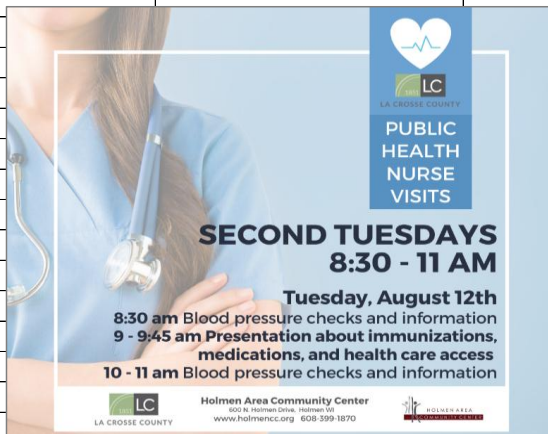


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
Events and Activities are subject to change or cancellation					7-9:30a Walking Path	
					8a Gentle Yoga for Beginners	
					9:15a Chair Yoga	
					10a StrongBodies Video	
					12:30p Bingo!	
3	4	5	6	7	8	9
	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	
1:00p Old Fashioned Pie & Ice Cream	8:30a Fun with Watercolor	9a Mindful Yoga Video Session	7a Holmen Rotary Club	8-9:15a Pickleball Open Play	10a StrongBodies Video	
Social Fundraiser - Holmen Area	9a Strongbodies Video	9:30a Free Hearing Evaluations	8a Beginner Pilates Series	9a Mindful Yoga Video Session	12:30p Bingo!	
Historical Society	9:15a Chair Yoga	10a Cardio & Strength	9a Diamond Art	10a Cardio & Strength Fitness	1p Fueling Longevity-The Power of Nutrition	
	12:15p Beginner Line Dancing	1p Community Crafts	9a StrongBodies Video	12:30p Veteran's Service Hours		
	1p Mah Jongg Club	1p RCAW Grants & Caregiver Registry	12:15p Beginner Line Dancing	1p Fun & Games		
		1p Conversation, Coloring & Calmness	12:30p Bingo!	1p Crafternoon-Knit & Crochet		
		6p Euchre Tournament	2p A Joyful Life	6p AA Meeting		
10	11	12	13	14	15	16
	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	
	8:30a Fun with Watercolor	8:30a Public Health Nurse Visits	7a Holmen Rotary Club	8-9:15a Pickleball Open Play	8a Gentle Yoga for Beginners	
	9a StrongBodies Virtual	9a Mindful Yoga Video Sessions	8a Beginner Pilates Series	9a Mindful Yoga Video Sessions	9a Good Morning Holmen!	
	9:15a Chair Yoga	10a Cardio & Strength	9a StrongBodies Virtual	10a Cardio & Strength	Topic: Kornfest Car Show	
	10:30a SimpleSteps Tech Help	11a Music w/Greg Grokowsky	9a Diamond Art	1p Fun & Games	9:15a Chair Yoga	
	12:15p Beginner Line Dancing	1p Conversation, Coloring & Calmness	12:15p Beginner Line Dancing	5:30p Marriage & Family Solutions	10a Strong Bodies Video	
	1p Mah Jongg Club		12:30p Bingo!	6a AA Meeting	12:30p Bingo!	

August

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	7-9:30a Walking Path	
	8:30a Fun with Watercolor	9a Mindful Yoga Video Sessions	7a Holmen Rotary Club	8-9:15a Pickleball Open Play	10a StrongBodies Video	
	9a StrongBodies Virtual	9:30a Hearing Instrument ✓	8a Beginner Pilates Series	9a Mindful Yoga Video Sessions	12:30p Bingo!	
	9:15a Chair Yoga	10a Cardio & Strength Fitness	9a StrongBodies Virtual	10a Cardio & Strength Fitness		
	12:15p Beginner Line Dancing	1p Connect2Nature	9a Diamond Art	1p Fun & Games		
	1p Mah Jongg Club	1p Conversation, Coloring & Calmness	10a Good News Singers	1p Crafternoon - Knit & Crochet		
	1p Dementia Live	6p Euchre Tournament	12:15p Beginner Line Dancing	1p Navigating Together		
			12:30p Bingo!	6p AA Meeting		
			2p Cozy Readers Book Club			
			2p Medicare 101			
24	25	26	27	28	29	30
	7-10a Walking Path	7-10a Walking Path	7-10a Walking Path	7-10a Walking Path	7-10a Walking Path	
	8:30a Fun with Watercolor	9a Mindful Yoga Video Sessions	8a Beginner Pilates Series	8a Pickleball Open Play	8a Gentle Yoga	
	9a Strongbodies Virtual	10a Cardio & Strength Fitness	9a Strongbodies Virtual	9a Mindful Yoga Video Sessions	9:15a Chair Yoga	
	9:15a Chair Yoga	11a - 1p Walking Path	9a Diamond Art	10a Cardio & Strength Fitness	10a StrongBodies Video	
	10:30a SimpleSteps Tech Help	1p Conversation, Coloring & Calmness	10a Grumpy Old Men Concert	11a - 1p Walking Path	11a - 1p Walking Path	
	11a - 1p Walking Path	1p Wellness Wisdom Series:	11a - 1p Walking Path	1p Fun & Games	12:30p Bingo!	
	12:15p Beginner Line Dancing	Smarter Weight Loss after 50	12:15p Beginner Line Dancing	6p AA Meeting		
	1p Mah Jongg Club	6p HACC Book Club	12:30p Bingo!			

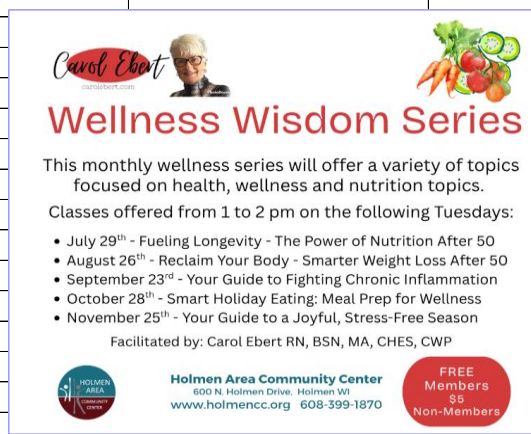


LA CROSSE COUNTY
PUBLIC HEALTH NURSE VISITS

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



Carol Ebert
coulbert.com

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

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

FREE
Members \$5
Non-Members



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

****Senior Nutrition Meals are Hosted at HACC Monday to Friday at 11:30 am**