

# CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER

SEPTEMBER 2025 | ISSUE 61

**Save the date for this great family friendly event!**

Pumpkin Fest is a free, family-focused community event that offers several engaging activities from 10 am - 6 pm.

Trick or Treat on the Halfway Creek Trail Park from 3-6 pm, photo opportunities, Brutus the pig, family fun + more!

Kid's games, haunted house, food and fun activities will take place from 3-6 pm with entertainment, music and food at the Community Center.

Start the day off with the Craft and Art Market and Bake Sale to be held from 10-4 pm.

A costumed pet parade will start at 1 pm and be followed by entertainment story time and games in the gym from 3-6 pm. Earlier that week go on the Great Pumpkin Hunt and locate the best pumpkin display in the Village of Holmen! Join us for intergenerational fun for everyone in the community!

***If you want to contribute: Sign up to volunteer, be one of our craft vendors, create something for the art contest, make something for the bake sale or donate a bag of candy for the kids to be given on the Trick or Treat Decorated Pumpkin Trail.***

**HOLMEN AREA COMMUNITY CENTER**

Activities all Day!

Safe Family Fun!

**Fourth Annual PUMPKIN FEST!**

Free to the Public!

**Saturday, October 25th**

**AT THE HOLMEN AREA COMMUNITY CENTER**

**10:00- 4:00 PM:**  
CRAFT & ART MARKET  
BAKE SALE (or until gone!)

**1:00 PM:**  
COSTUME PET PARADE

**2:00 PM:**  
ENTERTAINMENT

**3:00- 6:00 PM:**  
KIDS GAMES & ACTIVITIES

**MORE HERE:**



**11:00 AM- 5:00 PM:**  
FUN FOOD FOR SALE!

**AT THE HALFWAY CREEK PARK AND TRAIL**

**3:00- 6:00 PM:**  
TRICK OR TREAT ON THE DECORATED PUMPKIN TRAIL

FUN PHOTO STATION  
MEET BRUTUS THE PIG + MORE!

\*Trick or Treat Pumpkin Trail will be moved to HACC in case of inclement weather



**SPONSORS**



Thank you to the Village of Holmen and the Holmen School District

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

# 5 Year Anniversary



You are Invited  
Thursday, September 18th  
5:00 - 7:00 pm  
Join us to celebrate our

## 5 Year Anniversary

Live Music . Art . Charcuterie  
Dessert and Seasonal Mocktails  
600 N. Holmen Drive, Holmen  
R.S.V.P. 608-399-1870  
[membership@holmencc.org](mailto:membership@holmencc.org)

**Holmen Area Community Center**

**Connecting Generations**

### It Began with a Dream

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 from 5:00-7:00 pm. 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!

We will be introducing our new art wall- A playful contest inspired by the Pumpkin season. Live music by local musician Emma Blank. Enjoy tastings from our seasonal charcuterie board, desserts, beverages and a seasonal mocktail. Gluten free food options available.

Engage in conversations with community members and hear about how the center came together with the work of dedicated community members who saw a vision for a space that would create meaningful intergenerational connections through purposeful programming.

Special Thanks to our event sponsor- Thrivent Todd Trautmann.

*Join us to Celebrate!*

**thrivent**



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



# MEMBERSHIP NEWS

## September Birthdays

Barbara Anderson  
Duane Baardseth  
Mary Berner  
Karri Bjornstad  
Milton Britt  
Vicki Burke  
Judy Butzman  
Jeanne Coerper  
Tara Cook  
Linda Davis  
Gail Dent  
Kelly Dunn  
Andy Helgersen  
Tom Hundt  
Pat Janeczko  
Morgan Jostad  
Ruth Jostad  
Marsha Kurth  
Barbara Larsen  
Karen Lown  
Duane Mandt  
Patricia Marshall  
Judy McHugh  
Kay Metcalf  
Leif Nelson  
Charlene Purnell  
Stephen Rosendale  
Dale Rusch

Lois Taylor  
Sandra Taylor  
Keith Valiquette  
Unja Varnum  
Pam Viner  
Barb Weinberger  
Woodrow Wiedenhoeff  
Greg Zeller



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 August

**Emma Brezinka**  
**Jim Carlson**  
**Kent Knutson**  
**Linda Knutson**  
**Mary Voves**



*"The greatness of a community is most accurately measured by the compassionate actions of its members."*



## TELL US YOUR FAVORITE SCHOOL MEMORY



Do you have a school memory you will never forget?  
Tell us by writing about it on one of our school ornaments and hang it on the tree!  
A drawing will be held at the end of September for a very special Back to School gift!





## 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 August = 95

We are grateful for members who bring new ideas and share their time and talents with our community! Jeff & Lisa Pollreis moved down here from Brainerd, MN in May of this year.

*"We love helping people, getting to know new people. Learning new games. We feel that we should be spending our free time lifting others up and doing good deeds.*

*The feeling it brings is priceless. We hope to see you at Horse Racing."*

Join Jeff and Lisa on the second and fourth Wednesdays from 2 to 3 pm.

Laugh, smile and cheer each other on while you play the Horse Racing Game!



Lisa and Jeff Pollreis



HOLMEN AREA COMMUNITY CENTER

## HORSE RACING GAME

2<sup>ND</sup> & 4<sup>TH</sup>  
WEDNESDAYS  
2 - 3 PM

This is a game of chance and anybody can win! Simple rules make it easy to learn and play! Join the fun and win a prize!

 608-399-1870  
HOLMENCC.ORG

*Where our community gathers!*

### 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 (Oct 25: 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



**Pickleball Open Play**  
Tuesdays & Thursdays  
11 am to 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 have a supply of pickleball equipment (paddles and balls) if needed.

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

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

*Where Our Community Gathers!*





**Beginner Pilates**  
8-Week Series  
Wednesdays  
8 to 8:45 am  
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

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

Members \$5  
Non-Members \$10

 **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, September 23<sup>rd</sup>**  
2 to 3 pm

Topic: Your Guide to Fighting Chronic Inflammation  
Do you often feel tired, achy, or just "off" without knowing why? Chronic inflammation might be the hidden cause—and the key to reclaiming your health lies in calming that fire within.

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

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*Where Our Community Gathers!*

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**Beginner Line Dancing Classes**  
Mondays and Wednesdays  
1 - 2 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 Elrheim

Members \$5  
Non-Members \$10

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



**Gentle Yoga for Beginners**  
*with Sam Bigalke*

**Every Other FRIDAY**  
8 - 9 am  
September 12 & 26  
October 10 & 24

Members \$5  
Non-Members \$10

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

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

# Arts, Entertainment and Community!

## Community Crafts

with Jackie & Pam

**Tuesday  
September 2<sup>nd</sup>  
1 - 3 pm**

Craft Project:  
Fall Gnome

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

**Cost: \$5 per person**

All supplies provided.  
Class size limited, registration encouraged.



Holmen Area Community Center  
608-399-1870 | [www.holmencc.org](http://www.holmencc.org)

## Acrylic Art Class

Subject: Rustic Barn

Instructor: Lori Ehlke

**Tuesday, September 16  
9:30 - 11:30 am**



Learn to paint a Rustic Barn in acrylic. Lori will walk you step by step through painting the image, applying color, using special techniques to achieve certain looks, and adding finishing detail work. All levels welcome!

**Members: \$35.00 Non-Members: \$40**



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600 N. Holmen Drive [www.holmencc.org](http://www.holmencc.org)

*Where Our  
Community  
Gathers!*

## 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](http://WWW.HOLMENCC.ORG)

**thrivent**  
Todd Trautmann



## Reading in September Cozy Readers

"Broken Country" by Claire Leslie Hall

## Page Turners

"All the Colors of the Dark" by Chris Whitaker

## 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**

**First Fridays**

**September 5th  
11 am - 12 pm**



# Community Education and Resources



## 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



Where Our Community Gathers!

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




**Third Tuesdays 1 to 2 pm**

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


**Tuesday, September 16th 1 to 2 pm**

What's going on with climate change? In this session, learn about the latest impacts of climate change and how our leaders are responding to the challenges. Presented by Casey Meehan, PhD, Director of Sustainability and Resilience at Western Technical College



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

Where Our Community Gathers!



## Good Morning Holmen!


**Friday, September 19th 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!

## Coulee Region Woodcarvers

Learn about the Coulee Region Woodcarvers Club! Watch a wood carving demonstration by Ken Larson and other members of the Club and view wood carving projects.



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



## "Mocktails & Me" Series

Join Heather Quackenboss, Human Development and Relationships Educator from UW Madison Division of Extension in La Crosse County to try some of these beverages and learn a little more about yourself and caregiving.

**Thursday, September 11th 6:30 to 7:30 pm**  
**How to be your Cherry Best**

Try the tart cherry drink that is supposed to help us sleep better while we talk about being the best we can when we do not feel our best.

**Upcoming Sessions:**

**Thursday, October 2nd 6:30 to 7:30 pm**  
 How to care and still be a Fun-guy! (Fun guy!)

**Thursday, November 6th 6:30 to 7:30 pm**  
 I'll be on your GIDE-r

**Thursday, December 4th 6:30 to 7:30 pm**  
 Cocoa-Nuts about Caregiving



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



## SimpleSteps

### FREE Tech Help

**Every Other Monday**  
**September 8th & 22nd**  
**10:30 am - 12 pm**






# Community Education and Resources

**ADRC**  
Aging & Disability Resource Center  
of La Crosse County

## CAREGIVER EDUCATION SERIES

Monthly education series for family caregivers to offer support and resource connections.


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


**Upcoming Topics:**

- ✓ **Home Safety**  
September 2<sup>nd</sup> 1 - 2:30 pm
- ✓ **Financial Matters**  
October 7<sup>th</sup> 1- 2:30 pm



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 **PUBLIC HEALTH NURSE VISITS**

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

Health Checks  
Information & Education  
Free monthly service.  
Open to the public.

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



## 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.

Hearing aid going in for repair?  
Ask Andy about the FREE loaner program!



## THE EMPOWERED CAREGIVER SERIES BUILDING FOUNDATIONS OF CAREGIVING & SUPPORTING INDEPENDENCE



Caring for someone living with dementia brings a unique set of challenges and rewards. With the right support, you can empower yourself to provide quality care to the person living with dementia while managing your own well-being.

Join us to learn about caregiving and common relationship changes, how to build your support team and ways to manage caregiver stress. You will also learn how to support independence for someone living with dementia, while balancing safety and expectations.

**Wednesday, Sept 10**  
**1:30-3:00pm**

**Holmen Area Community Center**  
**600 N Holmen Drive**  
**Holmen, WI**

**To register call**  
**608-399-1870**

[www.alz.org/wi](http://www.alz.org/wi)  
24/7 Helpline 800.272.3900  
Hablamos Español 414.431.8811

 **ALZHEIMER'S ASSOCIATION**  
Wisconsin Chapter

## Join us for Mind Over Matter!



**Tuesdays**  
September 30<sup>th</sup>  
October 14<sup>th</sup> & 28<sup>th</sup>

**12:30 - 2:30 PM**

Call the ADRC to reserve your spot!  
608-785-5700

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

**Mind Over Matter: Healthy Bowels, Healthy Bladder** is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

**What will I learn in the workshop?**

- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

# Family Friendly Programming



## Holmen FAMILY FUN NIGHT

**HOLMEN AREA COMMUNITY CENTER**  
Second Tuesdays this fall 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.

**September 9th - Fall Back to Nature**  
Scavenger Hunt, Apple Tastings, Nature Crafts,  
Learn about Owls, Pet the Alpacas + more!



**Holmen Area Community Center**  
600 N. Holmen Drive, Holmen WI  
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*Where Our Community Gathers!*

## Muscles in Motion

**Tuesdays 9 -10 AM**  
September 2025 - May 2026

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**

**HOLMEN AREA COMMUNITY CENTER**  
600 NORTH HOLMEN DRIVE, HOLMEN, WI



## Holmen FAMILY FUN NIGHT



**October 14th**  
Spooktacular Family Fun

**November 11th**  
Gather & Gratitude



## PUMPKIN FEST!

Activities all Day!  
Safe Family Fun!  
Free to the Public!

**Saturday, October 25th**

**Holmen Area Community Center:**  
Craft & Art Market, Bake Sale, Concessions, Costume Pet Parade, Entertainment, Halloween Story Time, Kids Games and More!

**Halfway Creek Park:**  
Trick or Treat on the Decorated Pumpkin Trail

**Holmen Area Community Center**  
600 N. Holmen Drive, Holmen, WI 54636 [www.holmencc.org](http://www.holmencc.org)



*Where Our Community Gathers*



# August Happenings at the Center

Good Morning Holmen!  
Kornfest Car Show



Gumpy Old Men Concert



Community Crafts with Jackie & Pam - "Cork Trivets" Project

