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, familyfocused 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.

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

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





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 Helgerson** 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



Do you have a school memory
you will never forgeyt?
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!

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."

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 fouth Wednesdays from 2 to 3 pm. Laugh, smile and cheer each other on while you play the Horse Racing Game!



Lisa and Jeff Pollreis



Upcoming Opportunities

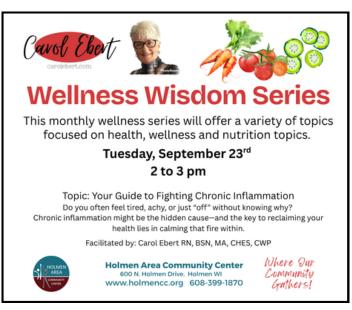
Volunteering offers numerous benefits as we age, including improved mental health and a renewed sense of purpose and social connection. Below are a few HACC volunteer opportunities:

- 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







Monday - Friday 7 - 10 am 11 am - 1 pm









Arts. Entertainment and Community!









"Broken Country" by Claire Leslie Hall

Page Turners

"All the Colors of the Dark" by Chris Whitaker







Community Education and Resources



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!

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WINONA



"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-gi! (Fun guy!)

Thursday, November 6^{th} 6:30 to 7:30 pm I'll be on your CIDE-r

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



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





and Resilience at Western Technical College

Holmen Area Community Center

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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



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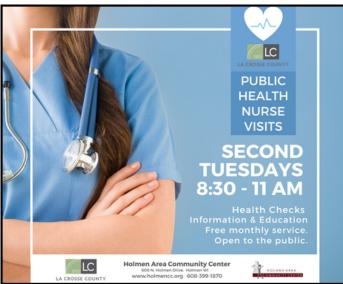
Grathers!



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

Community Education and Resources







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?

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 24/7 Helpline 800.272.3900 Hablamos Español 414.431.8811



Join us for Mind Over Matter!



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

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 to late to think about your bladder and bowel health!

What will I learn in the workshop?

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

Tuesdays

September 30th October 14th & 28th

12:30 - 2:30 PM

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

Family Friendly Programming









October 14th

Spooktacular Family Fun

November 11th

Gather & Gratitude



August Happenings at the Center

Good Morning Holmen! Kornfest Car Show









Gumpy Old Men Concert V



Community Crafts with Jackie \$
Pam - "Cork Trivets" Project







