



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Events and Activities are subject to change or cancellation			7-10:00a Walking Path 7a Holmen Rotary Club 9a Diamond Art 10a Good News Singers! 11-1p Walking Path 12:30p Bingo! 1p Intermediate Line Dancing 2p A Joyful Life	7-10:00a Walking Path 8:30a Wellness Checks - WSU 8:45a Mindful Yoga Video 10a Cardio & Strength Fitness 11-1p Pickleball Open Play 11-1p Walking Path 12:30p Veteran's Service Hours 1p Fun & Games 1p Intro to Watercolor 1p Crafternoon-Knit & Crochet 6p AA Meeting 6:30p Mocktails & Me Series	7-10:00a Walking Path 10a StrongBodies Video 11-1p Walking Path 11a Music w/Greg Grokowsky 12:30p Bingo!	
5	6	7	8	9	10	11
	7-10:00a Walking Path 8:30a Fun with Watercolor 9a StrongBodies Virtual 9:15a Chair Yoga 10:30a SimpleSteps Tech Help 11-1p Walking Path 1p Beginner Line Dancing 1p Mah Jongg Club 6p Holeman Area Historical Society - Human Library	7-10:00a Walking Path 8:45a Mindful Yoga Video 9a Muscles in Motion! 9:30a Hearing Evaluations 10a Cardio & Strength 11-1p Pickleball Open Play 11-1p Walking Path 1p Community Crafts 1p Financial Matters - Caregiver Education Series 3p American Senior Benefits 6p Euchre Tournament	7-10:00a Walking Path 7a Holmen Rotary Club 9a Diamond Art 9a StrongBodies Virtual 10a Good News Singers! 11-1p Walking Path 12:30p Bingo! 1p Intermediate Line Dancing 2p Horse Racing Game	7-10:00a Walking Path 8:30a Veteran's Benefits Check-Up 8:30a Wellness Checks 8:45a Mindful Yoga Video 10a Cardio & Strength Fitness 11-1p Pickleball Open Play 11-1p Walking Path 1p Crafternoon - Knit & Crochet 1p Fun & Games 1p Intro to Watercolor 6p AA Meeting	7-10:00a Walking Path 8a Gentle Yoga for Beginners 9:15a Chair Yoga 10a StrongBodies Video 11-1p Walking Path 12:30p Bingo!	
12	13	14	15	16	17	18
	7-10:00a <b>NO Walking Path</b> 8:30a Fun with Watercolor 9:15a Chair Yoga 11-1p <b>NO Walking Path</b> 1p Mah Jongg Club 1p Beginner Line Dancing	7-10:00a Walking Path 8:30a Public Health Nurse Visits 8:45a Mindful Yoga Video 9a Muscles in Motion! 9a Present Moment Yoga 10a Cardio & Strength 10a Toddler Craft Time 11-1p Pickleball Open Play 11-1p Walking Path 12:30p Mind Over Matter Series 5p <b>Family Fun Night</b>	7-10:00a Walking Path 7a Holmen Rotary Club 9a Diamond Art 9a StrongBodies Virtual 10a Good News Singers! 11-1p Walking Path 12:30p Bingo! 1p Intermediate Line Dancing 2p Cozy Readers Book Club	7-10:00a Walking Path 8:30a Wellness Checks - WSU 8:45a Mindful Yoga Video 10a Cardio & Strength Fitness 11-1p Pickleball Open Play 11-1p Walking Path 1p Fun & Games 1p Crafternoon-Knit & Crochet 1p Intro to Watercolor 6a AA Meeting	7-10:00a Walking Path 9a <b>Good Morning Holmen!</b> <b>Topic: Creative Women Entrepreneurs</b> 10a Strong Bodies Video 11-1p Walking Path 12:30p Bingo!	

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19	20	21	22	23	24	25
	<b>7a</b> Walking Path <b>8:30a</b> Fun with Watercolor <b>9a</b> StrongBodies Virtual <b>9:15a</b> Chair Yoga <b>10:30a</b> SimpleSteps Tech Help <b>11-1p</b> Walking Path <b>1p</b> Beginner Line Dancing <b>1p</b> Mah Jongg Club	<b>7-10:00a</b> Walking Path <b>8:45a</b> Mindful Yoga Video <b>9a</b> Present Moment Yoga <b>9a</b> Muscles in Motion! <b>9:30a</b> Hearing Instruments ✓ <b>10a</b> Cardio & Strength Fitness <b>11-1p</b> Pickleball Open Play <b>11-1p</b> Walking Path <b>1p</b> Connect2Nature <b>6p</b> Euchre Tournament	<b>7-10:00a</b> Walking Path <b>9a</b> Diamond Art <b>9a</b> Good News Singers <b>10a</b> Fall Gospel Concert - Good News Singers <b>11-1p</b> Walking Path <b>12:30p</b> Bingo! <b>1p</b> Intermediate Line Dancing <b>2p</b> Horse Racing Game	<b>7-10:00a</b> Walking Path <b>8:30a</b> Wellness Checks - WSU <b>8:45a</b> Mindful Yoga Video <b>10a</b> Cardio & Strength Fitness <b>11-1p</b> Pickleball Open Play <b>11-1p</b> Walking Path <b>1p</b> Crafternoon - Knit & Crochet <b>1p</b> Fun & Games <b>1p</b> Intro to Watercolor <b>6a</b> AA Meeting	<b>7-10:00a</b> Walking Path <b>8a</b> Gentle Yoga for Beginners <b>9:15a</b> Chair Yoga <b>10a</b> StrongBodies Video <b>11-1p</b> Walking Path <b>12:30p</b> Bingo!	
26	27	28	29	30	31	
	<b>7-10:00a</b> Walking Path <b>8:30a</b> Fun with Watercolor <b>9a</b> StrongBodies Virtual <b>9:15a</b> Chair Yoga <b>11-1p</b> Walking Path <b>1p</b> Beginner Line Dancing <b>1p</b> Mah Jongg Club	<b>7-10:00a</b> Walking Path <b>8:45a</b> Mindful Yoga Video <b>9a</b> Muscles in Motion! <b>9a</b> Present Moment Yoga <b>10a</b> Cardio & Strength Fitness <b>10a</b> Toddler Story Time <b>11-1p</b> Pickleball Open Play <b>11-1p</b> Walking Path <b>12p</b> Ukulele Lessons - Beg 1 <b>12:30p</b> Healthy Bowel, Healthy Bladder <b>1p</b> Relax & Rejuvenate <b>6p</b> HACC Book Club	<b>7-10:00a</b> Walking Path <b>9a</b> Diamond Art <b>10a</b> Good News Singers <b>11-1p</b> Walking Path <b>12:30p</b> Bingo! <b>1p</b> Intermediate Line Dancing	<b>7-10:00a</b> Walking Path <b>8:45a</b> Mindful Yoga Video <b>10a</b> Cardio & Strength Fitness <b>11-1p</b> Pickleball Open Play <b>11-1p</b> Walking Path <b>1p</b> Fun & Games <b>1p</b> Crafternoon - Knit & Crochet <b>1p</b> Intro to Watercolor <b>6a</b> AA Meeting	<b>7-10a</b> Walking Path <b>10a</b> StrongBodies Video <b>12:30p</b> Bingo!	

## 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.

**October 14th - Spooktacular Family Fun**  
 Glow in the dark dance party, spooky snacks,  
 creepy crafts, frightful food + more!

**Holmen Area Community Center**  
 600 N. Holmen Drive, Holmen WI  
[www.holmencc.org](http://www.holmencc.org) 608-399-1870

*Where Our Community Gathers!*

## 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 29<sup>th</sup> - Fueling Longevity - The Power of Nutrition After 50
- August 26<sup>th</sup> - Reclaim Your Body - Smarter Weight Loss After 50
- September 23<sup>rd</sup> - Your Guide to Fighting Chronic Inflammation
- October 28<sup>th</sup> - Smart Holiday Eating: Meal Prep for Wellness
- November 25<sup>th</sup> - 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](http://www.holmencc.org) 608-399-1870

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

## Good Morning Holmen!

**Friday, October 17th 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!**

### Creative Women Entrepreneurs

Join us to learn about local women who have built their talents  
 into businesses in the Holmen and Greater La Crosse Area

Sara Burns - Omega Bakery    Amanda Zieba - Author

Allison Sky - Singer Songwriter    Lori Ehlike - Artist

CONTACT US FOR MORE INFORMATION:  
**608-399-1870**  
[WWW.HOLMENCC.ORG](http://WWW.HOLMENCC.ORG)