

# CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER  
MARCH 2026 | ISSUE 66



## Lucky for our Members

We are fortunate to have so many wonderful members! This year we hit our overall goal of 500 Members at the Community Center.

2025 has been a year of forward movement and growth for the Holmen Area Community Center. The generosity of our donors gave us support to meet the needs of Holmen and the surrounding area. We collaborate with Village, County and State leaders, non profit organizations, partner businesses, and community members to create a space where all are welcome.

The work of HACC is to build intentional programming that crosses generations, and welcomes area residents of all ages, experiences, genders and ethnicities. The center builds strength in mind, body and spirit through programs offered in the areas of health, fitness, nutrition, creative arts, social interaction and life long learning.

Communities are stronger when those who live here can find what they need in a setting closer to home. Increasing access to care for all of our residents is a goal that we are meeting.

We make a difference to help our community connect and grow stronger.

# H

DONOR . MEMBER  
VOLUNTEER

*Appreciation Night*

**THURSDAY, MARCH 5TH**

**5-7 PM - PROGRAM AT 6 PM**

The HACC Board of Directors and Staff invite our donors, members and volunteers to join us to celebrate a successful year and thank you for your support.

**ART . COMMUNITY . MUSIC  
APPETIZERS AND MOCKTAILS**

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

**Wednesday  
Welcome**

*Join us*  
**Second  
Wednesday  
2 - 3 pm**  
Meet other  
members and  
make connections!



*Member Gathering*



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

Holmen Area Community Center Staff would like to invite members to join us each second Wednesday from 2 to 3 pm.

Wednesday Welcome offers time to socialize, meet new members and welcome them to the Center! Staff will be available to provide program information, membership tips, and other updates. Beverages and treats will be served!

*Some people are born into wonderful families. Others have to find or create them.*

## Community Art 2026

In 2024 we started an art wall and we are proud of the local artists and our members who have displayed here over the past 18 months. As we move into 2026 we are looking to expand and invite more local artists and area students to display their work. We encourage our members to join in the project by planning to create and display paintings, photography, sculpture and craft to share with the community. Many of the items are for sale with 25% of the proceeds going to support the Holmen Area Community Center. Thank you to those who have supported the center by purchasing local art and craft.

## 2026 Exhibitions

**JANUARY 15 - MARCH 15**

*"Flights of Fancy"*

**MARCH 15 - MAY 30**

*"Bees and Blooms"*

**JUNE 1 - JULY 30**

*"Cheese Please"*

**AUGUST 1 - SEPTEMBER 30**

*"Faces and Places"*

**OCTOBER 1- NOVEMBER 15**

*"Pumpkins and Ghouls"*

**NOVEMBER 15 - DECEMBER 31**

*"Gifts of the Season"*



*Our current exhibit showcases "Flights of Fancy". Art that takes Flight- this exhibit will be on display until March 15<sup>th</sup>!*

*Please bring new art in the Week of March 9-13 for the exhibit of "Bees and Blooms"*



# MEMBERSHIP NEWS

*Welcome New Members  
from February*

## MARCH BIRTHDAYS

Janet Eckhoff  
Bonnie Fedie  
Peg Knobloch  
Michelle Abing  
Tom Abing  
Jeff Brezinka  
David Burch  
John Burns  
Rita Hauser  
Al Hutson  
Sandy Hutson  
Jody Jablonski  
Ron Justus  
Richard Kastenschmidt  
Peggy Kerska  
Marsha Krane  
Mary Krueger  
Karen Mendell  
Mark Midthun  
James Opperman  
Alice Polender  
Barbara Quam  
Ruth Scholze  
Gerald Shepard  
Patricia Shepard  
Karen Sieben  
Barb Skogen  
Beth Sosalla  
Alice Springborn  
Judy Stensrud  
Cindi Swanson

Brenda Updike  
Greg Updike  
Kim Valiquette  
Lawrence Warzynski  
Susan Withers



Joulie Derrickson  
Stephanie Genz  
Kathy Henderson  
Donna Huegel  
Timothy Jones  
Shirley Kirby  
Terri Larson  
Sharon McKee  
Barbara Milne  
David Milne  
Kathy Olson  
James Opperman  
Jan Riffe  
Pat Riffe  
Kathy Ring  
Pat Ring  
Arline Rowden  
Ronald Roden  
Nancy Schmidt  
Claudette Truax  
Fred Truax



"THE GREATNESS OF A  
COMMUNITY IS MOST  
ACCURATELY MEASURED BY  
THE COMPASSIONATE  
ACTIONS OF ITS MEMBERS." -  
CORETTA SCOTT KING



# 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 February= 120+

**This month we want to appreciate our amazing Fitness Instructors!**

Amy Etrheim, Jordan Tredinnick, Samantha Bigalke, Marty Landry, Carol Kohner and Jean Mengelt

*"I love teaching at the Center because not only do we have fun dancing, but we have made awesome friendships too! I look forward to seeing everyone and catching up each time we have class." Amy Etrheim*



**Amy Etrheim**  
Line Dancing Classes



**Jordan Tredinnick**  
Pilates & Total Body Conditioning



**Jean Mengelt**  
Yoga Classes



**Marty Landry**  
Monday Chair Yoga



**Carol Kohner**  
Present Moment Yoga



**Samantha Bigalke**  
Friday Yoga Classes

### Member Comments

**"I just love it here!  
The fitness classes  
are wonderful!  
Everyone is so  
welcoming and  
friendly! Fitness  
instructors modify  
exercises to fit my  
needs and abilities."**

**~Kathy S.**

**"Amy is great! We  
laugh and have fun  
in line dancing each  
week! It's a great  
workout!"**

**~Mary**

## 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 - Spring Series: March & April
- Toddler Story Time Readers- 1 x per month - Sept to May

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



# Fitness, Health and Wellness

**Yoga Nidra and Sound Bath**  
with *Sam Bigalke*



**Friday**  
**March 27th**  
**10:15 - 11 am**

Yoga for mind. No poses just relaxation, guided meditation and sound bowls.

Bring your comfy blankets and pillows to this class.

**Members \$5**  
**Non-Members \$10**

CONTACT US FOR MORE INFORMATION:  
**608-399-1870**  
WWW.HOLMENC.CC




**\$5**  
Members  
**\$10**  
Non-members

**Present Moment Yoga**  
**Tuesdays 9 - 10 am**  
(April 7 - May 12)

This class will work on pairing our breath with movement. Yoga poses and breathing techniques will be utilized to increase strength/flexibility while maintaining a more relaxed state of mind.  
Yoga Instructor: Carol Kohner

**Holmen Area Community Center**  
www.holmenc.org 608-399-1870

*Where Our Community Gathers!*




**Total Body Conditioning**  
**Thursdays**  
(March 5, 12, 26  
April 2, 9, 16, 23 & 30)  
**8:30 to 9:15 am**

**Total Body Conditioning**  
A beginner-friendly full-body workout that blends light cardio, bodyweight exercises, and basic strength training. This class combines gentle cardio, controlled bodyweight movements, and light weights to help you build strength and endurance. You'll work every major muscle group at a comfortable pace, with easy-to-follow exercises that build confidence and help you stay active and energized. Instructor: Jordan Tredinnick

**Members \$5**  
**Non-Members \$10**

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**Beginner Pilates**  
**Thursdays**  
(March 5, 12, 26  
April 2, 9, 16, 23 & 30)  
**9:30 to 10:15 am**

**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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**Options Connection**  
with *Jackie Williams*

**Thursdays**  
**10 am - 1 pm**

Jackie is available for individual meetings to ask questions and to learn more about area resource options in La Crosse County.  
Stop by and say "hello" to Jackie!

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600 N. Holmen Drive www.holmenc.org





**Walking Path Hours**  
**Monday, Wednesday and Friday**  
7 - 10 am & 11 - 1 pm  
**Tuesday and Thursday**  
7 - 10 am & 11 am - 12 pm

FREE for HACC members; \$2 non-members  
Please check in and/or pay at our Welcome Desk

# Community Education and Resources



**HOLMEN AREA HISTORICAL SOCIETY**

MONDAY  
MARCH 2ND  
6:00 PM

**Gundersen Midwifery Program**  
In recognition of Women's History Month, the Holmen Area Historical Society invites the community to learn about the Gundersen midwifery program which just celebrated 50 years of service. Midwife Amy Belling-Dunn will be our presenter. Pictured are Dr. Jerome Gundersen surrounded by the first group of midwives.

**FREE and open to the public**

Gundersen Midwifery Program  
OPEN TO THE PUBLIC

HOLMEN AREA COMMUNITY CENTER  
600 N. HOLMEN DRIVE  
HOLMEN, WI

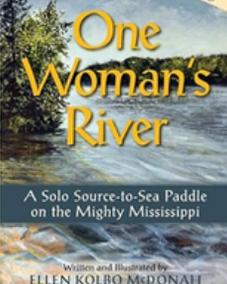


*Third Thursday each month!*

**Hello Holmen!**  Coffee and Treats start at 8:00 am

**Thursday, March 19th 8:30 - 9:30 am**

**One Woman's River**  
Ellen McDonah is the author of "One Woman's River A Solo Source to Sea Paddle on the Mighty Mississippi". In 2014 she completed a solo kayak expedition down the Mississippi River, journaling and creating art along the way (2,350 miles). Learn about Ellen's mission to create inspiration about the beautiful outdoors.



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Written and Illustrated by ELLEN KOLBO McDONAH



**A Joyful Life**  **A NEW GROUP FOR WOMEN**

**Monthly on First Wednesdays from 2 - 3 pm**  
Community | Kindness | Conversation

Join us for fun and engaging conversation! Learn ways to promote a joyful life by sharing experiences and helpful tips. Make new connections and be inspired!



**Hello Holmen!** **SAVE THE DATE:**  
Thursday, April 16<sup>th</sup> at 8:30 am  
Christian Farm Nursery

**Bee Well Health Fair** 

Learn about community resources to support health and wellness!  
FREE and open to the public!

**Tuesday April 21, 2026**  
8:30 am - 11:30 pm

**SAVE THE DATE!**

**Holmen Area Community Center**  
600 N. Holmen Drive, Holmen WI 54636  
www.holmenc.c.c.org 608-399-1870 



**Connect2Nature**

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

**Tuesday, March 17th 12:30 to 1:30 pm**  
Holmen Community Garden

The garden was created as resource to educate, provide fellowship, support healthy eating and help alleviate hunger for the Holmen Community. Presented by Lisa Fisher

**VETERANS SERVICES**

**LA CROSSE COUNTY VETERANS SERVICES COMMUNITY HOURS**

**FIRST THURSDAY OF THE MONTH**  
12:30 - 4:00 P.M.

**ERICA LAKOWSKE, COORDINATOR**

# Community Education and Resources



## Senior Safety Session

Friday, March 6th  
2:00 to 3:00 pm

Stay independent and in control by learning simple, life-saving tips and practical home “hacks” at our relaxed Senior Safety Session. We’re trading our stress for a fun afternoon of Emergency Trivia and expert advice that also supports a local high school student’s DECA project. Join us for an empowering session of games, community support, and the peace of mind you deserve.

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## Coping with Grief Support Group

Second Thursdays  
12:30 to 1:30 pm

Although we all experience grief, everyone’s reaction is unique. Because every person walks their own path through grief and healing, there are no rules, time limits or “right” ways to grieve. Join us monthly for helpful coping tips and to connect with others who have experienced a loss.

Facilitated by Dana Bistodeau and Kris Bjerke-Ulliman, Chaplain

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608-399-1870  
holmenc.org




## HOLMEN AREA COMMUNITY CENTER FUN & GAMES

THURSDAYS  
1 - 4 PM

Join us for an afternoon of card and board games each Thursday! Community members are available to teach and play Hand and Foot Triple Play, Mexican Train Dominos, Sequence and other fun games!

Holmen Area Community Center  
608-399-1870  
HOLMENC.ORG

Where our community gathers!



## EUCHRE EVENING OPEN PLAY

First & Third Tuesdays  
6:00 to 8:30 pm

Join us for an evening of Euchre Open Play! This is a friendly, non-competitive, group that simply enjoys playing Euchre and socializing. All are welcome!

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www.holmenc.org 608-399-1870





## Cozy Readers

Afternoon Book Club

Fourth Wednesdays at 2 pm

The book club experience is social and a great way to motivate yourself to read, talk about books, share ideas and hear new perspectives.

If you enjoy reading and discussing books, join us for this new afternoon book club!



## Reading in March 2026

### Cozy Readers

“The Women of Oakridge” by Michelle Shocklee

### Page Turners

“Falling” by T.J. Newman

# Arts, Entertainment and Community!



## UKRAINIAN EGG DECORATING

**Tuesday, March 3<sup>rd</sup> 1:00 - 4:00 pm**  
**Sunday, March 8<sup>th</sup> 1:00 - 4:00 pm**

Ukrainian egg decorating, known as Pysanky, is an ancient art wax-resist (batik) to 'write' symbols on raw eggs and dipping them in special dyes. The class will be taught by Betsy Midthun who will discuss the history and lead the class step by step in the process. The class is focused on beginners but if you have taken this class before and want to create another egg, please join us!

**Members: \$30.00**  
**Non Members: \$35.00**

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608-399-1870 WWW.HOLMENC.C.ORG

## Intro to Improv

### Join us

## Becoming Your Playful Self

**Thursday, March 12<sup>th</sup> 6 - 7 pm**

- Learn the core rule of improv: "Yes, And" – how to accept ideas and build on them.
- Practice truly listening so you can respond in the moment.
- Build skills for quick comebacks, clever responses, and playful quirkiness.
- Do classic warm-ups and theater games that boost confidence, creativity, and connection.

No experience needed—just a willingness to play, laugh, and try new things. This class is perfect for beginners, performers, or anyone who wants to think faster on their feet, communicate better, and have a great time doing it.

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**Instructor**  
Karla Toppen

**Save the Date!**  
**April 2<sup>nd</sup> Event**  
**Special Guest Speaker**  
**Dennis Kern**  
Author and Improv Coach  
for Chris Farley, Joan Cusack  
and more!



## Community Crafts

with Jackie & Pam

**Tuesday**  
**March 3<sup>rd</sup>**  
**1 - 3 pm**

Craft Project:  
Spring Shadow Box

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

**\$5 Members**

All supplies provided.  
Class size limited, registration encouraged.



## Trivia and Treats

Holmen DECA brings generations together for an exciting intergenerational Trivia and Treats event!  
**FREE and open to the public!**

**Thursday, March 26<sup>th</sup>**  
**1:15 to 2:15pm**

Holmen Area Community Center  
in partnership with  
Holmen DECA



## Holmen Ukulele Group (HUG)

### Spring Concert

**Tuesday, March 24<sup>th</sup>**  
**12:00 to 12:45 pm**

Let's celebrate Spring with music by HUG!  
Enjoy fun, happy, top tapping ukulele tunes!  
**FREE and open to the public.**

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



## Music with

### GREG GROKOWSKY

**Friday, March 6<sup>th</sup>**  
**11 am - 12 pm**



# Family Friendly Programming

## 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



## Family Membership

**\$150 Annual Membership**

**Includes:** Tickets to all Family Fun Nights (2 Adults and 2 Children- Rates to fit all family sizes) Full Membership for 2 Adults for all of our classes and programs with Member rates for everything and rentals!



Check out  
our new 2026  
Program Guide  
[www.holmenc.org](http://www.holmenc.org)



**HOLMEN AREA COMMUNITY CENTER**  
600 North Drive Holmen, Wisconsin 54636  
(608) 399-1870 [www.holmenc.org](http://www.holmenc.org)



# Holmen FAMILY FUN NIGHT



**Second Tuesdays 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.

**March 10th - Blast to the Past**

Vintage games, 70's retro dress up,  
classic crafts, shared meal, prizes + more

Drawing prizes  
provided by



**Caretta**  
HOLMEN



**Sarah**  
MULLENBACH  
MEMORIAL FOUNDATION

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



## Family Membership

### \$150 Annual Membership

**Includes:** Tickets to all Family Fun Nights (2 Adults and 2 Children- Rates to fit all family sizes) Member rates for events, programs, and party rentals.



**Second Tuesday 5 - 7 pm**

February 10, March 10, April 14

September 8, October 13, November 10

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

## Family Programs

Intergenerational programming happens all year with more opportunities in the summer daytime schedule for parents, grandparents and children to engage in art, nature and educational opportunities.



### Move and Learn

Muscles in Motion  
Toddler Arts and Craft Time  
Toddler Story Time and Library



### Make and Create

Art and Craft Classes  
Make and Take Activity Kits  
Nature and Education Classes



### Fun and Games

Family Fun Night  
Kids Corner with Books and Toys  
Puzzles, Bingo, Cards, and Games

## Family Events



June 20



July 21



October 24



December 6

**Get a Family Membership today that includes Family Fun Nights, and member rates on events, programs and party rentals**

**“Our goal is to strengthen families, and create a safe space for our community.”**

# February Happenings at the Center

Family Fun Night - I Heart My Family



Community Crafts with Pam & Jackie  
"Paper Roses Picture Frame"



Connect2Nature  
"Bhutan" - Judy Bautch



Congratulations to Karen Miller!  
Bingo Fundraiser Raffle Basket Winner

Hello Holmen!  
"Wine & Chocolate" with Alene Keenan



WSU Nursing Students  
Wellness Checks

Maryann, Boyd, Seth, Gavyn, Jessica  
Sydney, Abigail, Norah, Megan

