

CENTER *Happenings*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER
APRIL 2026 | ISSUE 67



Bee Well - Stay Well with programming for health and wellness opportunities at the Center!

Bee Well Health Fair



Learn about community resources to support health & wellness!

Free Event Includes:

- ✓ Healthy Snacks
- ✓ Blood Pressure Checks
- ✓ Hearing Checks
- ✓ Try Our Walking Path
- ✓ Fitness Class Demonstrations
- ✓ Free Give-Aways
- ✓ Raffle Basket Drawings

- ✓ Vendor Booths
- ✓ Health & Wellness Information

Sign-up for lunch by calling the
ADRC at 608-785-5700 by April 17

Menu: Chicken Alfredo, Garlic Toast, Broccoli, Grapes, Black Bean Brownie



Tuesday - April 21 2026

8:30 am to 12:30 pm

Holmen Area Community Center

Breakout Sessions

9 am "Downsizing"
Stephanie O'Driscoll
Danyel Zielke
Realtors, Edina Realty

10 am "Next Steps Planning"
Panel Includes:
Aging & Disability Resource
Caretta Senior Living
St Croix Hospice



608-399-1870

www.holmencc.org



Mentor Business Partners

thrivent[®]

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Insurance Services



Engaging in Physical Activity

Exercises tailored to individual capabilities to minimize the risk of injury while providing numerous health benefits.

Maintaining Balanced Nutrition

Proper nutrition provides essential nutrients that support bodily functions and well-being.

Stimulating Mental Fitness

Activities help to maintain cognitive function, memory, and mental sharpness. Puzzles, reading, learning new skills, music and creative arts.

Cultivating Emotional Wellness

Maintaining healthy relationships, engaging in hobbies, practicing self care and mindfulness can contribute to emotional well-being.

Building Social Connections

Building and maintaining social connections can combat feelings of loneliness, isolation, and depression. As we age, we need to seek opportunities to engage with others.

**Check out the new
Program Guide
for Spring!**

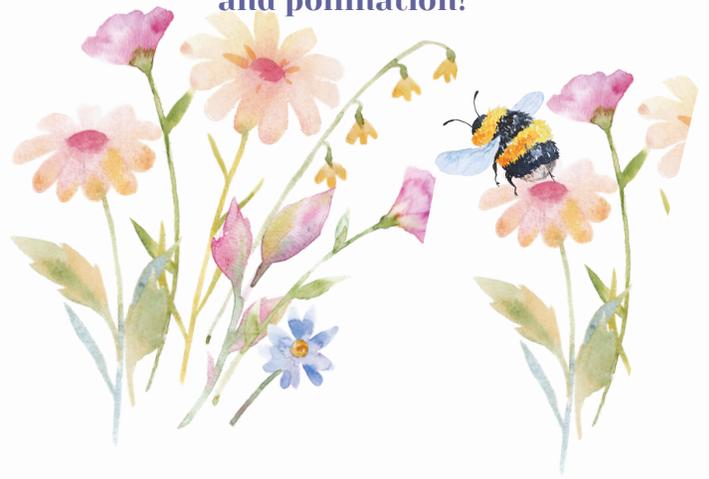
608-399-1870 or info@holmencc.org

Community Art 2026

We are proud of the local artists and our members who have displayed on the art gallery wall over the past 18 months. We are looking to expand and invite more local artists and area students to feature 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.

CALL TO ARTISTS Bees & Blooms

Be inspired by the spring season of flowers, butterflies, bees and pollination!



Thank you for your generosity in 2025!

We want to thank all of our donors, business and municipal partners! Last month we had our appreciation night and we want to bring attention to everyone who supported us last year!

BUSINESS PARTNERS

HERO \$10,000+

Village of Holmen
Town of Holland
La Crosse County
Thrivent- Todd Trautmann
Anonymous

MENTOR \$5000 - \$9999

Coverra Insurance
Rotary Club of Holmen
Mayo Clinic Foundation

PATRON \$2500 - \$4999

Altra Federal Credit Union
Emplify- Gundersen Health

ADVOCATE \$2000 - \$2499

Holmen Lions Club
Invest in Others Foundation

ADVOCATE \$1000 - \$1999

Lowman Family Dental
Holmen Cheese
Sarah Mullenbach Foundation
WNB Financial

PARTNER \$500 - \$999

Associated Bank
Bluffview Bank
Barry Ploessel- Edward Jones
Holmen Area Foundation
Holmen Area Historical Society
Features Restaraunt
First Lutheran Church
King Furniture
Schedule's Plus
Von Buckinator
Wipfli
608 Brewery

FRIEND \$200 - \$499

Bryan Helgeson Insurance
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DONOR \$100 - \$199

Brott Property Management
Cannabiz Depot
Driftless Tattoo
Favre & Co.
Heavenly Crossroads Salon
Lisa Kind Re/Max Realty
Living Simply Well
The Beach Club
The Frame Gallery
Werner's Drive In

COMMUNITY PARTNERS 2025

HERO \$10,000+

Dan and Sharon McHugh
Keith and Lynn Valiquette

MENTOR \$5000 - \$9999

Dan and Julie Kane
Todd and Linda Trautmann

PATRON \$2500 - \$4999

Dean and Nancy McHugh
Lawrence and Katherine Warzynski

ADVOCATE \$1000 - \$2499

Duane Baardseth
Dan and Cathy Braund
Cory and Tonya Berget
Kelly and Loretta Dunn
Ronald and Debra Johnson
Tom and Peg Knobloch
Mark and Betsy Midthun
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ADVOCATE \$1000 - \$2499

Gerald and Patricia Shepard
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Kevin and Betty Baird
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Richard Cook
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Kathryn and Michael Schnitzius

FRIEND \$200 - \$499

Debbye and Dieter Antoni
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Amelia Dittman

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Rick Esterl
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Rita Hauser
Rhonda Hesselberg
Fred and Sue Heuer
Luanne Hjelle
Judy and Robert Hoffman
Twila Jacobson
Jay and Lolly Johnson
LaVonne Johansen
Chuck and Laurie Kessler
Msgr Delbert Malin
Trygve and Karan Mathison
Patricia Morris
Ce Ce and Dan Mullenbach
Nickoli and Darlene Nelson
Charles Olson
Steve Sawby
Ruth and Ed Scholze
Kathy Sonsalla Dummer
Rick and Jodi Tamminga
Julie Trotz
Ron and Vickie Walley

COMMUNITY PARTNERS 2025

DONOR \$100 - \$199

Evelyn Ananis
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 Good News Singers
 Kermit Hanson
 Mike and Vicki Hartigan
 Debra Herrmann
 Ellen Hesselberg
 Tom and Roz Hundt
 Lisa Knauf
 Dennis and Sharon Krumenauer
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 Patricia and Scott Marshall
 Catherine and Forrest Moe
 Phil Murray
 Nickoli and Darlene Nelson
 Marilyn Pedretti
 Bruce Pertzsch
 Mary Kay and Jeff Priem
 Judy Proett Bell
 Liz and Bob Shefelbine
 Jean Smith
 Shannan Stephens
 Annette Tamminga
 Rebecca Weber
 Tom and Vi Weeks
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DONOR \$25 - \$99

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 Connie Connely
 Deb and Thomas Deml
 Courtney Dummer
 Donna Dummer
 Mary Eggart
 Tracy Elsen
 Jane Forde

DONOR \$25 - \$99

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 Karen Lown
 Cheryl Mackay
 Cari and Duane Mandt
 Lisa Martin
 Gene and Carolyn McNurlen
 Darlene and Nickoli Nelson
 Pat Nelson
 Diana and Michael Nelson
 Julie Oines
 Sue Olson
 Kathy Paoli
 Susan Peterson
 Mary Pickett
 Jen and Ryan Peickert
 Joyce Pryor
 Gretchen Reetz
 Eloise Reinhart
 Kathy Reinolt
 Lloyd Reno
 Louise Riddle
 Allan and Carol Rindahl
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 Kathy Runningen
 Deb and Larry Sacia
 Tracy Sacia
 Vivian Sacia
 Jennifer Schindler

DONOR \$25 - \$99

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 Jackie Thompson
 Jackie Tulus
 Kim and Daniel Valiquette
 Unja Varnum
 Marge and Pam Viner
 Evelyn Wolf
 Greg and Renee Zeller
 Lon and Linda Ziehm

IN KIND

Ace Hardware
 Bubba's Meats
 Caretta Senior Living
 Cozy Coffee
 Doggie Business
 Drugans Castle Mound
 Ecker's Apple Farm
 Rudy's Feed & Seed
 EO Johnson
 Festival Foods
 First American Roofing
 Girl Scouts of WI- Badgerland
 Hagel Farms
 Hidden Springs
 Holmen Meat Locker
 Holmen School District
 Jancce Doemel-Brutus
 John and Martha Hovre-Blossom
 Kwik Trip
 McDonald's Courtesy Corporation
 Michael's Meats and Processing
 Moments Hospice
 NASA
 Nordic Creamery
 Omega Bakery
 Pizza Corral
 Project Live
 Scooters Coffee
 The Frame Gallery
 T-Jo's Pizza
 Toppers Pizza



MEMBERSHIP NEWS

Welcome New Members From March

APRIL BIRTHDAYS

JLinda Abbott
Barbara Alsobrooks
Mel Alsobrooks
Patty Bagniewski
Betty Baird
Lila Barlow
Julie Beranek
Kimberly Buchanan
Linda Burns
Carol Colbenson
Jeff Conger
Mona Cox
Ivy Endris
Anita Evenson
April Gillmeister
Kathy Helgerson
Jan Henze
Donna Huegel
Jeanne Keyser
Kirby Kirchner
Tom Knobloch
Kari Knower
Kim Krupicka
Cheryl Lanzel
Ken Larson
Bonnie McCann
Dean McHugh
Cecilia Mullenbach
Susan Polodna
Judy Proett-Bell

Shirley Rozak
Connie Russell
Kathy Schwartzhoff
Lynn Smith
Karin Stellick
Marilyn Storey
Jodi Tamminga
Marge Taylor
Andy Truscott
Tom Weeks
Vi Weeks
Debra Welander
Jim Welander
Renee Zeller

Barb Abbott
 Kristina Craney
 Sonja Davig
 Renee Druliner
 Craig Evenson
 Catherine Fonstad
 Wendy Forsyth
 Shawn Hauser
 Mary Heimdahl
 Rhonda Hesselberg
 Linda Jones
 Lisa Kind
 Marilou Larson
 Rick Larson
 Joan Lindvik
 Renee Mahlum
 Nancy Olson
 Rodney Olson
 Joseph Zauner
 Lillie Zoeller
 Mike Zoeller



**“Plant your own garden
 and decorate your own
 soul, instead of waiting
 for someone to bring
 you flowers.”**

-Veronica A. Shoftstall



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 March = 110+

Family Fun Night Volunteers

Thank you to all who volunteer with our Family Fun Night program during the year! Families are so appreciative of the meal, fun and engaging activities and time together as a family. It takes a team of dedicated volunteers to help us make these types of programs happen. Thank you for your time and dedication! HACC Staff



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: February, March, April
Fall Series: September, October, November
- 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



Chair Yoga *with Sarah Fox*
Wednesdays 8:30 - 9:15 am

We invite you to join our gentle chair yoga class—perfect for all levels. Improve strength and flexibility while exploring breathing techniques and mindfulness to support balance, relaxation, and overall well-being.
 \$5 Members | \$10 Non-Members
 Fitness Instructor: Sarah Fox

Begins April 1st



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 600 N. Holmen Drive • www.holmencc.org

SOUND HEALING

Mondays 10:30 to 11:30 am
 7-Weeks (April 6, 13, 20 & 27 and May 4, 11, 18)

Wisdom of the Soul Wellness & Learning

Using a variety of instruments—anchored by the precision and subtle power of tuning forks—each session is a sacred invitation to return home to yourself. Step into stillness. Breathe into release. Leave with more light, more ease, and more of you.
 Instructor: Laurie A Cafe, Certified Sound Practitioner



\$5 Members
\$10 Non-members



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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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

\$5 Members
\$10 Non-members

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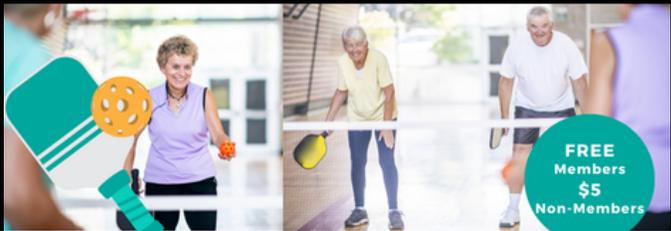
Where Our Community Gathers!



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



Pickleball Open Play

Tuesdays & Thursdays
12:00 to 2:00 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

Community Education and Resources



HOLMEN AREA HISTORICAL SOCIETY

MONDAY
APRIL 6
6:00 PM

NATIONAL HISTORY DAY PROJECTS
OPEN TO THE PUBLIC

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

Holmen Middle School National History Day Projects "Reaction, Revolution, Reform in History"

Every year we are impressed by the presentations of top National History Day projects by Holmen Middle School eighth graders, ranging from performances, to documentaries, to websites, to exhibits. This year's theme is a timely one, "Reaction, Revolution, and Reform in History." Pictured are Lucy Weissenberger and Adalyn Dehli with a performance from last year about The Federalist Papers.

FREE and open to the public



TRAVEL
Tips and Tricks

Monday, April 6th - 12 - 1 pm

Curious about traveling overseas? Want suggestions for easy travel? Join Kristina Craney as she shares her favorite travel tips and apps for cruising and traveling abroad!

FREE
Members
\$5.00
Non Members



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600 N. Holmen Drive, Holmen WI 54636
608-399-1870 www.holmencc.org



A NEW GROUP FOR WOMEN

A Joyful Life

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!

Third Thursday each month!

Coffee and Treats start at 8:00 am

Thursday, April 16th 8:30 - 9:30 am

Christen Farm Nursery
Easy Gardening to Farm-to-Table:
Grow Beauty, Flavor & Joy

Discover how simple gardening can create spectacular results! We'll introduce new and easy-care plants that bloom beautifully with minimal effort. Whether you're a beginner or seasoned grower, you'll leave inspired and ready to grow with confidence.
Presented by Lisa Rensberry and Chris Christen



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Christen FARM NURSERY

"One"derful Wednesday

Meet other singles, make connections, play games, plan bus trips, and possible meal exchanges

The Possibilities are Endless!

Join us
Third Wednesday of the month
2-3 pm

Member Gathering

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




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



Connect2Nature

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

Tuesday, April 21st 12:30 to 1:30 pm
All About Owls

View six full mounts of owls: great gray, great horned, barred, long-eared, screech, and saw whet. Learn about ways to identify owls by sight and sound, as well as adaptations for survival.
 Presented by Scott Lee

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Where Our Community Gathers!



Dementia Live

Friday, April 24th
 1 to 2 pm



Dementia Live offers an immersive experience to help individuals understand what changes may be occurring for persons living with dementia. By “walking in their shoes,” participants gain awareness of the challenges associated with living with dementia and learn valuable tools to improve communication and connection.

Free and open to the public; professionals and family caregivers! Register for a one hour session online or by calling 608-785-5700.

 **Dementia Friendly Community**
 of La Crosse County

 **ADRC**
 Area Dementia Resource Center
 of La Crosse County

 **HOLMEN AREA COMMUNITY CENTER**



American Red Cross



HOLMEN AREA COMMUNITY CENTER

Monday
April 27th
10 am - 3 pm

600 North Holmen Drive
Holmen, WI

Pre-register with the American Red Cross
www.redcross.org

GIVE BLOOD. SAVE A LIFE.

Your donation can make a huge difference. Join us at our upcoming blood drive.

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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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 April 2026

Cozy Readers
 “The River is Waiting” by Wally Lamb

Page Turners
 “Wild Dark Shore” by Charlotte McConaghy



Arts, Entertainment and Community!

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.holmenc.org 608-399-1870

LIVE MUSIC
CUT THYME

SPECIAL MUSIC DURING WEDNESDAY WELCOME

WEDNESDAY, APRIL 8TH
2:00 TO 3:00 PM

FREE
OPEN TO THE PUBLIC



Cut Thyme is a local band that performs a variety of uplifting, cover songs spanning multiple decades.




HOLMEN AREA COMMUNITY CENTER
 608-399-1870 WWW.HOLMENC.ORG

Music with
GREG GROKOWSKY

Friday, April 10th
11 am - 12 pm




Charcuterie Board Basics
with Bread & Boards

Thursday, April 23rd
6:00 to 7:00 pm

Members \$25 Non-members \$30

Join Bread & Boards for a fun, hands-on class where you'll learn how to create a beautiful and delicious charcuterie board. You'll discover simple techniques for arranging meats, cheeses, fruits, crackers, and spreads to create a board that looks impressive and is easy to recreate at home. Participants will assemble their own board during the class using ingredients they bring from a guided shopping list provided ahead of time.

Boards will be provided
 No experience is necessary!
Instructor: Aliah Laska





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FRENCH MACARON
Baking Class

Wednesday, April 29th 2:00 to 4:00 pm

Learn to bake French macarons like a pro in one of our fun, relaxed 2-hour baking class. You will, start to finish, make and bake macaron shells and then match and fill them to create complete, French macarons that you will take home at the end along with the delicious recipe.

\$25 Members
\$30 Non-members





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Where Our Community Gathers!

Macramé Workshop
Monday, April 27th
1 to 2:30 pm

Learn how to make a beginner level rainbow. This macrame piece will be taught by the Macrame Mama WI, Megan, who will provide all supplies needed to complete your macrame rainbow. Create, knot and take home your very own macrame rainbow!

Members \$10 | Non-members \$15
Great for ALL ages!




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

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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)
Member rates for events, programs, and party rentals.



Check out
our new 2026
Program Guide
www.holmenc.org



HOLMEN AREA COMMUNITY CENTER
600 North Drive Holmen, Wisconsin 54636
(608) 399-1870 www.holmenc.org



Holmen FAMILY FUN NIGHT



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

Tuesday, April 14th 5:00 - 7:00 pm
“Spring into Family Fun!”

**Dance party, cake walk, egg hunt, make a craft,
tinsel hair, shared meal, prizes + more!**



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www.holmenc.org 608-399-1870

Drawing prizes
provided by



March Happenings at the Center

Appreciation Night Donors. Members. Volunteers



Family Fun Night "Blast to the Past"



Ukrainian Egg Decorating with Betsy Midthun



Hello Holmen! "One Woman's River" Ellen McDonah



Trivia & Treats - DECA Students



Connect2Nature - Community Gardens

