

# HOLMEN AREA COMMUNITY CENTER



## PROGRAM GUIDE

# OUR STORY



**BOYS & GIRLS CLUBS**  
OF GREATER LA CROSSE



**School District**  
of Holmen

## It Began with a Dream

In 2005 the community of Holmen took a step back to take a closer look at the needs of our youth. Careful listening, honest conversations and an analysis of current offerings in our community led to the realization that there was a need for a safe and productive place for our young people to gather. Holmen was one of the few communities in this part of the state that had no such place.

After years of unflinching dedication and commitment, a partnership involving the Boys and Girls Club of Greater La Crosse, the Holmen Area Community Center and the School District of Holmen was forged. After years of planning and gathering community support, a small group of determined citizens devised a workable plan that not only provides a needed space for our youth, but also a facility that would create meaningful intergenerational connections through purposeful programming.

This three-way partnership is unique and serves one of the fastest growing communities in the state of Wisconsin.

## Support to Continue

We hope you will consider supporting the Holmen Area Community Center (HACC) as our new organization grows and thrives. HACC depends on a variety of charitable support, memberships, program fees, and rental fees to continue to provide intergenerational opportunities, education and supportive programming to our community.

We hope that your support will help us to meet our mission while investing in a model for other communities to follow. Connecting generations in a climate of hospitality builds a fabric of stability and citizenship. Strong communities work together to strengthen and support all generations and cultures to help their community grow and flourish.

# MEET THE TEAM



## STAFF



**Robin Moses**  
Executive Director  
director@holmencc.org



**Amy Brezinka**  
Program Director  
programs@holmencc.org



**Jodi Tamminga**  
Membership Coordinator  
membership@holmencc.org



**Scott Marshall**  
Member Engagement

## WHAT'S INSIDE

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*Where our  
Community  
Gathers*

# MEET OUR BOARD



*“Our mission is to sustain an inclusive, welcoming community center that connects all generations”*



**Dean McHugh**  
Board President



**Betsy Midthun**  
Past President



**Patty Shepard**  
Board Secretary



**Tonya Berget**  
Board Treasurer



**Patty Bagneiwski**  
Board Member



**Shawn Hauser**  
Board Member



**Haley Hesselberg**  
Board Member



**Tricia Johnson**  
Board Member



**Dave Justus**  
Board Member



**Laurie Kessler**  
Board Member



**Lisa Kind**  
Board Member



**Peg Knobloch**  
Board Member



**Karen Mc Cathie**  
Board Member



**Todd Trautmann**  
Board Member



**Brian Weber**  
Board Member

*“Our vision is to enrich the Holmen area through programming and partnerships that promote wellness and hospitality, bring together generations and cultures to learn from each other and to serve as a leader in collaborative spirit to help our community grow together.”*

# MEMBERSHIP INFORMATION

## Annual Membership

<b>Senior Individual</b>	<b>\$60.00</b> (65+)
<b>Senior Couple</b>	<b>\$110.00</b>
<b>Adult Individual</b>	<b>\$70.00</b> (18-64)
<b>Adult Couple</b>	<b>\$130.00</b>
<b>Family Household</b>	<b>\$150.00</b>

**Membership at the center helps you to maintain physical, mental, and emotional well-being.**

### Active Adult Fitness

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

### Health and Wellness

Engaging in healthy activities, and practicing mindfulness can contribute to emotional well-being. Self-care activities that promote relaxation, balance and stress reduction.

### Balanced Nutrition

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

### Learn and Grow

Stimulating mental activities can help us to maintain cognitive function, memory, and mental sharpness.

### Creative Skills

Engaging in activities such as arts, crafts, playing musical instruments, needlework, cooking and baking classes, book clubs, gardening and socializing are valuable and can create new friendships.

### 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.



*The Holmen Area Community Center serves all residents in the Holmen area and beyond. All are welcome! We have members in La Crosse County, extending into Trempelleau, Monroe, Vernon, Jackson, Winona and Houston Counties.*



# ADULT FITNESS

## Walking Path

**Daily, Monday, Wednesday, Friday**

**7:00 - 10:00 am & 11:00 - 1:00 pm** (Sept to May)

**Daily, Tuesday, Thursday**

**11:00 - 12:00 pm** (Sept to May)

**Daily, Monday - Friday**

**\*7:00 - 9:30 am** (June - Aug)

**Members: FREE Non Members: \$2**

Walkers use the gymnasium in the Boys and Girls Club side of our building.

Registration is not required; drop-ins are welcome.

Please check in and/or pay at the Welcome Desk in our Community Center.

## Pickleball Open Play Sessions

**Tuesday & Thursdays**

**12:00 noon - 2:00 pm** (Sept to May)

**Members: FREE Non Members: \$10**

This is a time for pickleball players of any skill level to play on the courts and practice new skills. There are two courts, one for beginners and one for intermediate players. We provide balls and have a few paddles available to use.

## Total Body Conditioning Series

**Thursdays 8:30- 9:15 am**

**Members: \$5 Non Members \$10**

A beginner-friendly full body workout that blends light cardio, bodyweight exercise and basic strength training.

## Cardio & Strength Fitness

**Tuesdays**

**10:00 - 10:45 am**

**Members: FREE Non Members: \$5**

Perfect for seniors and beginner exercisers.

Indoor walking workouts will help improve your cardiovascular health by getting your heart rate up and will help increase strength with exercises that work your legs, glutes, core and upper body. This workout is about 1200 steps. All can be modified to stay seated. You will need good walking shoes and your water bottle. Hand weights are available to add strength training to this workout.

## StrongBodies

### Virtual Strength-Training Class

**Every Monday/Wed**

**9:00 - 10:00 am**

**Members: FREE Non Members: \$5**

StrongBodies is a virtual strength-training class for adults. It is brought to us by the UW-Madison Extension. You must register and complete minimal paperwork.

Virtual Registration: <https://go.wisc.edu/41i70j>

## StrongBodies

### Strength-Training Video

**Every Monday and Friday**

**10:00 - 11:00 am**

**Members: FREE Non Members: \$5**

StrongBodies is a VIDEO strength-training class for adults. It is brought to us by the UW-Madison Extension.



# ADULT FITNESS

## Chair Yoga

Every Monday

9:15 - 10:00 am

Members: \$5 Non Members: \$10

Chair yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga; boosting strength, flexibility, and mental well-being.



## Chair Yoga with Sarah

Tuesdays

8:30 am

Members: \$5 Non Members: \$10

We invite you to join our gentle chair yoga class-perfect for all levels. Improve strength & flexibility while exploring breathing techniques and mindfulness to support balance, relaxation and well being.



## Gentle Yoga for Beginners

2nd & 4th Fridays

7:30 - 8:30 am

Members: \$5 Non Members: \$10

Gentle yoga is a gentler style of yoga practice. It is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, breath work, and relaxation.

Modifications are made to help people of all fitness levels enjoy the benefits of yoga without putting themselves at risk for injuries. There is a stronger emphasis on stretching, seated poses and low-impact movements in these classes.

## Mindful Yoga

Tuesdays

9:45 am

Members: \$5 Non Members: \$10

Members: FREE Non Members: \$5 (If video)

This class will incorporate asanas/poses with mindful movement during the practice. The practice will explore a variety of yoga classes such as vinyasa, Hatha, free flow and meditation while gaining flexibility and strength. You will gain awareness of breath, body, and movement and how to calm the mind and breath.

## Present Moment Yoga

Tuesdays

9:00 - 10:00 am

Members: \$5 Non Members: \$10

Members: FREE Non Members: \$5 (If Video)

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



# ADULT FITNESS

## Beginner Line Dancing

Every Monday & Wednesday

1:00 - 2:00 pm

**Members: \$5 Non Members: \$10**

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! If you are new to dance, this class will give you the confidence and tools to begin.

## Beginner Pilates Series

Thursdays 9:30- 10:15 am

**Members: \$5 Non Members: \$10**

(March 5, 12, 26 and April 2, 9, 16, 23 & 30)  
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!



## Yoga Nidra and Sound Bath

Fourth Friday

10:15 - 11 am

**Members: \$5 Non Members: \$10**

Yoga for mind. No poses- just relaxation, guided meditation and sound bowls. Option of seated or recline comfortably on the floor with mats and blankets. Bring your comfy blankets and pillows to this class.



## Sound Healing

Mondays 10:30 to 11:30 am

7-Weeks (April 6, 13, 20 & 27  
and May 4, 11, 18)

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

Wisdom of the Soul Wellness & Learning Laurie A. Cafe, Certified Sound Practitioner By using sounds, frequencies, vibrations and energy work, Laurie provides a calming environment, allowing clients to relax, which naturally resets the mind, body and spirit. Adding Tapping/EFT can deepen the experience and offer additional support. Laurie guides you into a space where vibration meets intention, and the body remembers how to heal. 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.



# HEALTH & WELLNESS



## Holmen Community Wellness Checks

**Thursdays**

**8:30 am - 2:30 pm** (Sept to Nov & Jan to March)

**Free to the public**

In partnership with the Winona State University Nursing Program, these services are offered: Blood Pressure Checks, Fall Risk Assessments, Medication Education, Basic Foot Care, Skin Assessments, Hearing & Vision Checks, One-to-one Wellness Visits, Memory Screens, Health & Wellness Education and Parkinson's & Dementia Education. Please call 608-399-1870 or visit our Welcome Desk To sign up for Wellness Check services on Thursdays - first come, first serve.

## Hearing Evaluations and Instrument Checks and Adjustments

**First & Third Tuesdays**

**9:30 - 11:30 am**

**Free**

Thirty-minute appointment with Andy Arnold, State Licensed Hearing Instrument Specialist includes a hearing assessment and brief consultation to go over results.

## Options Connections

**Thursdays**

**10:00 am - 1:00 pm**

**FREE and open to the public**

Jackie Williams is an Options Counselor with the Aging and Disability Resource Center (ADRC). Are you a caregiver looking for in-home resources? Questions about Medicare? Jackie is available to meet with you individually to talk through situations, explore solutions and discuss resource options. She can help answer your questions and point you in the right direction. To meet with Jackie, stop by anytime 10 am - 1 pm. .

## Resources 101 - Presentation

**Second Thursday**

**11:00 am - 12:00 noon**

**FREE and open to the public**

On the second Thursday of each month Jackie Williams, an Options Counselor with the Aging and Disability Resource Center (ADRC) will present Resources 101. During the session Jackie will share information about valuable resources in our community. There will be time to ask questions as you learn about resources available to you.





# HEALTH & WELLNESS

## Grief Support Group

**Second Thursday**

**12:30 pm**

**FREE and open to the public**

Grieving can bring about a wave of emotions, affecting spiritual, social, intellectual and physical health. We all experience grief, yet everyone's reaction is unique.

We offer...

- \*Active and compassionate listening
- \*A safe and confidential environment
- \*Resources to allow attendees to learn new ways to cope and heal

Presented by: Kris Bjerke-Ulliman, Chaplain and Dana Bistodeau, Care Transition Coordinator

## Veteran's Service

### Community Office Hours

**First Thursday of every month**

**12:30 - 4:00 pm**

**Free to the public**

County Veterans Services Coordinator, Erica Lakowske, will be holding Community Office Hours.

## AA Meeting - You Are Not Alone

**Thursdays**

**6:00 - 7:00 pm**

**Free to the public**

Open meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers.

## A Joyful Life - Group for Women

**First Wednesday**

**2:00 - 3:00 pm**

**Members: FREE**

**Non-Members: \$2**

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!

## Welcome Wednesdays

**Second Wednesday**

**2:00 to 3:00 pm**

**Members: FREE**

**Non-Members: \$2**

Meet new members, socialize, enjoy light snacks and beverages.  
HACC Staff will be available with program updates and membership tips

## "One"derful Wednesdays

**Third Wednesday**

**2:00 to 3:00 pm**

**Members: FREE**

**Non-Members: \$2**

Meet other singles, make connections, play games, bus trips, possible meal exchanges. The possibilities are endless!

## American Red Cross Blood Drive

**Quarterly. Dates Vary. Check Calendar.**

Please make an appointment on the Red Cross app or online at [www.redcross.org](http://www.redcross.org).



# BRAIN HEALTH

## Dementia Friendly Community Center

Social interaction is a fundamental human need and it remains important throughout one's life. For those living with dementia, social interaction can significantly improve their overall well-being.

Regular social interactions can help individuals with dementia to maintain their communication skills for a longer period, enabling them to express their needs and feelings more effectively.

**HACC programs could offer those living with dementia and their care partner (spouse, adult children, professional caregiver) an opportunity for social connection and fun. Bingo, fitness classes, walking path, art classes, ADRC lunch program and more. Please talk with us if you have questions about programs that could be a good fit for you.**

## Brain Checks

**Watch the Calendar for upcoming sessions.**

Typical Aging or Something else? Free Brain Checks! (30 minute appointments)

A brain-check up is a wellness tool that helps identify possible changes in cognition. Just as blood pressure, cancer & diabetes screenings do, brain checks can help you identify early dementia-like symptoms. Intended for people who wish to capture a baseline or who have concerns and questions.

Not intended for people currently undergoing diagnosis or receiving care for cognitive impairment/dementia. For more information contact the ADRC at 608-785-5700.

## Dementia Live

**Friday, April 24th**

**1:00 to 2:00 pm**

DementiaLive 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! Call the ADRC at 608-785-5700 to register or register online.

## ADRC Dementia Care

**608-785-5700**

Dementia symptoms can include changes in:

- Memory and thinking
- Understanding and deciding
- Planning and organizing
- Behavior and personality
- Movement and balance

**ADRC Professionals can help you with:**

- Getting a diagnosis
- Understanding a diagnosis of Alzheimer's or other related dementias
- Understanding memory loss and what is normal with aging
- Connecting to resources
- Learning strategies and coping skills
- Navigating the system to get the help you need





# LIFE LONG LEARNING

## Technology Classes

**1:00 to 2:00 pm**

**Members: FREE**

**Non Members: \$5**

Instructor Karla Walker MEPD, Technical Trainer at CROPP (Organic Valley) offers a variety of technology focused classes throughout the year. Please bring your experiences and questions so that we can all benefit from shared learning. Watch the calendar for upcoming sessions.

July 8 - Discover the Basics of Word

July 22 - Discover the Joy of Smartphone Photography

Aug 14 - Discover the Digital World: Beginners Computer and Phone Course

## Connect2Nature

**Third Tuesdays**

**12:30 - 1:30 pm**

**Members: FREE Non Members: \$5**

Connect2 Nature is a monthly educational program offering a variety of engaging nature topics! Join us for interesting presentations that will inspire conversation and learning.



## Library

**Daily 8:00 am - 4:00 pm**

Take a book home to read and return when you are done from our vast library of fiction and non fiction books.

## Holmen Area Historical Society

**First Monday**

**6:00 pm**

**FREE and Open to the Public**

The Holmen Area Historical Society was organized in 1994 with the mission of preserving and promoting the history of the Holmen area. They meet each month by gathering to share stories and learn more about historical events, people, artifacts.



## SimpleSteps Tech Help

**Every Other Monday (April to November)**

**10:00 - 11:30 am FREE**

SimpleSteps FREE tech help - phones, tablets, and laptops. Kathy has been making technology "simple" for seniors in La Crosse County and also in Texas (winter months) for the past few years.

## Medicare 101

**Days and Times Vary FREE**

**Check dates on website and calendar**

For those new to Medicare in the next year. We will cover the different parts of Medicare, discuss the costs and benefits and how to go about eligibility enrollment.



# CREATIVE ARTS

## Fun with Watercolor

**Mondays**

**9:00 - 10:30 am**

**Members: FREE Non Members: \$5**

If you are a painting newbie, an established artist, someone who craves a supportive art community or just want to try something new, Fun With Watercolor is meant for you! The main goal of this club is to bring people together to have fun while discovering your creative side.

## Diamond Art

**Wednesdays**

**9:00 - 10:00 am**

**Members: FREE Non Members: \$5**

Would you like to learn a new craft? Come and join us for this fun activity. Diamond Art is an easy and relaxing art form. Everything is provided for you.

## Crafternoon - Knit & Crochet

**Thursdays**

**1:00 pm - 3:00 pm**

**Members: FREE Non Members: \$5**

Bring your unfinished craft projects and spend the afternoon with a like-minded group. Whether you like to knit, crochet, quilt or are a craft enthusiast of any kind, the HACC Crafternoon Social is for you!



## Holmen Ukelele Group (HUG)

**Tuesdays**

**12:00 - 1:00 pm**

**Members: FREE Non-Members: \$2**

Come and join the Holmen Ukulele Group (HUG)! Everyone is welcome. No musical experience required. We will learn together as we strum. If you have a ukulele and music stand, please bring them.

## Community Crafts

**First Tuesdays**

**1:00 - 3:00 pm**

**Members: FREE Non Members: \$5**

Join Pam and Jackie monthly for coffee, crafting and conversation. These are beginner level craft classes that anyone can do. All supplies provided.



*-Community Crafts with Jackie and Pam making shadow boxes with community members*

## Live Music with Greg Grokowsky

**First Fridays**

**11:00 am - 12:00 pm**

Greg Grokowsky is a local singer who plays the guitar and entertains audiences with fun and easy listening tunes.

*-Crafternoon Knit & Crochet*



# CREATIVE ARTS

## Intro to Watercolor I & II

### 6-Week Sessions

Watch the calendar for upcoming sessions

**Members: \$20 Non Members: \$25**

The very basics of this art medium will be explored, and beautiful creations will happen. Come and experience a new adventure in art and have fun while making new friends. An additional fee of \$40 for supplies will be paid to the class instructor. Judy Proett Bell will contact each student before the session begins.



## Art Workshops

Watch the calendar for upcoming sessions

We hold art workshops from time to time in various mediums. Betsy Midthun teaches pastel painting workshops in the summer and fall. Lori Ehlike teaches acrylic painting at times. Stay tuned for other art workshops throughout the year from various local artists.

## Live Music Performances

Check our calendar for select times

Performances by area choirs and groups are enjoyed throughout the year.

## Ukrainian Eggs

Watch the calendar for upcoming sessions

**Members \$30 Non-members \$35**

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. These beautiful, multi-layered eggs are decorated with symbolic designs and colors. Traditionally, these unique art objects celebrate the beginning of spring. 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! Children ten and up must be accompanied by an adult.

## Improv - Becoming Your Playful Self

Thursday, April 6:00 pm - 7:00 pm

**Members: \$5 Non Members: \$10**

In Improv classes you will learn:

- 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. Instructor Karla Toppen.



# SOCIAL CONNECTION

## Mahjong Club

**Mondays**

**1:00 - 4:00 pm**

**Members: FREE Non Members: \$5**

Mahjong is a tile game of skill, strategy, and luck. If you have never played before you are in luck, we will teach you everything you need to know. Come play with a large group of Mahjongg fanatics.

## Euchre Tournament

**First & Third Tuesdays**

**6:00 - 8:30 pm**

**Members: \$5 Non Members: \$8**

Please come early so play can begin promptly at 6:00 pm. All levels are welcome.

## Bingo!

**Wednesdays and Fridays**

**12:30 - 1:30 pm**

**\$1 per card**

Join us for Bingo each Wednesday and Friday afternoon. Available to members and the community. Meet new friends, be entertained and win great prizes!

## Puzzles

**Each Day**

**8:00 am - 4:00 pm**

Enjoy working on a puzzle in our Friendship Lounge. Work together on the group puzzle or start your own from our vast selection. Take a puzzle home to work on and return.

## Fun and Games

**Thursdays**

**1:00 - 4:00 pm**

**Members: FREE Non Members: \$5**

Join us for Fun and Games on Thursdays from 1 - 4 pm! Want to learn a new game? Community members are available to teach and play Hand and Foot Triple Play, Mexican Train Dominos, Sequence and other fun games! Cards and board games are supplied by the Community Center.

## Cozy Readers - Afternoon Book Club

**Third Wednesdays**

**2:00 - 3:00 pm**

**Members: FREE Non Members: \$5 Donation**

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!

## Page Turners - Evening Book Club

**Fourth Tuesdays**

**6:00 - 8:00 pm**

**Members: FREE Non Members: \$5 Donation**

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

**NOTE:** Currently this club is full.

## Holmen Area Rotary Club

**Wednesdays**

**7:00 am - 8:00 am**

Holmen Rotary meets each Wednesday of each month. Join Rotary and learn about service above self.



# FOOD & NUTRITION

## ADRC Lunch Program

Daily Monday - Friday

11:30 am - 12:30 pm

Community Residents: \$4.50

Each year, the ADRC serves thousands of meals to older adults in La crosse County.

Our nutrition services include:

- Congregate Dining
- Home-delivered Meals

We use state and federal funds, plus contributions, to make it happen. All meals:

- Follow the most updated Dietary Guidelines.
- Provide at least one-third of daily nutrition needs for older adults.

Congregate Dining gives older adults a place to enjoy a fresh, healthy meal with others.

Our dining sites offer a space for community and friendship.

You should know:

- Individuals 60 years of age or older and their spouses, regardless of age, are welcome.
- Reservations are required at least 24 hours in advance. To reserve, call the dining site.
- Meals are served Monday through Friday at 11:30 am - 12:30 pm.
- The first time at a dining site you will be asked to complete a brief registration form.
- A contribution of \$4.50 per meal is suggested.

**TO SIGN UP FOR THE ADRC LUNCH PROGRAM CALL: (608) 785-5700  
(800) 500-3910**

## Charcuterie Board Basics

Thursday, April 23<sup>rd</sup> 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, and no experience is necessary!

Instructor: Aliah Laska

## Wellness Wisdom Series

Select Tuesdays

1:00 - 2:00 pm

(Check schedule for 4<sup>th</sup> Tuesday)

Free to the public

This monthly wellness series will offer a variety of topics focused on health, wellness and nutrition topics. Facilitated by: Carol Ebert RN, BSN, MA, CHES, CWP - Entrepreneur, Global Wellness Business, Wellness Coach and Mentor





# FAMILY PROGRAMS

## Holdmen FAMILY FUN NIGHT

### Family Fun Night

Second Tuesdays

Fall: September to November

Spring: March- May

5:30 - 7:00 pm

Adults: \$5 Kids: FREE

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



### Family Friendly Summer Programs

June to August

FREE

Looking for something fun to do with the kids/grandkids this summer? Bring them to any of these free activities during the week! Children must be accompanied by an adult during the program.

Mondays at 9 am

Intro to Watercolor

Tuesdays at 1pm

Creative Coloring

Wednesdays at 12:30pm

BINGO

Thursdays at 1 pm

Fun & Games

Fridays at 12:30 pm

BINGO

Monday - Friday

Make & Take Craft Kits

### Muscles in Motion

Tuesdays (Sept to May)

9:00 - 10:00 am

FREE

This is a shared time for parents, grandparents, or caregivers to participate with their toddler or preschooler in open-ended physical activities. Running, tossing, and bouncing are combined with a guided activity to promote large motor development.

### Toddler Time

Second & Fourth Tuesdays (Sept to May)

10:00 am

FREE

Toddler time starts at the end of Muscles In Motion. Craft time is held on the 2nd Tuesdays at 10 am led by art educator Debbye Antoni and Friends. Story Time is held on the 4th Tuesdays at 10 am led by retired librarian Ruth Scholze.

# FAMILY FRIENDLY EVENTS



## Wonderland Tea Party

Tuesday, July 21, 2026

2:00 - 4:00 pm

Adults: \$6.00 Kids: \$3.00 3 & Under: FREE

Bring your little ones for a delightful afternoon tea party filled with Wonderland inspiration.

Enjoy time together that is filled with fun and imagination. Get your ticket in advance for this magical family event. The Wonderland Tea Party includes tea for adults and children, beverage alternatives, scones, biscuits and treats.

Take photo's, enjoy a creative craft, and look to see if you can find one of our favorite Wonderland characters. Maybe you'll see Alice, the Mad Hatter or the Queen of Hearts!



-Tea Party treats



## Brunch with Santa and Mrs. Claus

Sunday, December 6, 2026

10:00 am - 2:00 pm

Adults: \$12.00 Kids: \$6.00 3 & under: FREE

Bring your little ones for a delightful morning filled with joy and wonder. Join us for Brunch with Santa and Mrs. Claus where children can share their holiday wishes, enjoy a delicious meal, and revel in the magic of the season! Get your ticket in advance for this magical family event.

Brunch includes pancakes, eggs, sausage, muffins, beverages and a hot cocoa bar.

Take a photo with Santa and Mrs. Claus. Enjoy creative crafts, write a letter to Santa, listen to a story with Santa's elves and receive a special gift!



-Santa, Mrs. Claus and their helper Elves

# COMMUNITY EVENTS

## Bee Well Health Fair

**Tuesday, April 21**

**8:30 am - 12:30 pm**

**FREE AND OPEN TO THE PUBLIC**

Learn about community resources to support health & wellness!

- Breakout Sessions
- Free Blood Pressure Checks
- Free Hearing Checks & Hearing Instrument Checks
- Free Fitness Class Demonstrations - Meet Our Fitness Instructors
- Free Give-Aways
- Vendor Booths
- Health & Wellness Information
- Try Our Walking Path: 7 am to 10 am & 11 am to 12 pm
- Try Our Pickle Ball Court: 12 to 2pm

**Breakout Sessions:**

**9:00 am**

“Downsizing” with Stephanie O'Driscoll and Danyel Zielke- Realtors, Edina Realty

**10:00 am** “Next Steps Planning” Panel

Includes: Aging & Disability Resources, Caretta Senior Living, and St Croix Hospice

Sign-up for lunch by calling the

ADRC at 608-785-5700 by April 17



## Hello Holmen!

**Third Thursday**

**8:00 - 9:30 am**

**FREE AND OPEN TO THE PUBLIC**

8:00 am - Coffee & Conversation

8:30 am - Presentation & Discussion

Join us on the third Thursday of each month to attend our educational program that offers a variety of fun and interesting topics! Check our calendar for more details on the topic and speakers.



*-Women Entrepreneur panel last October*

## Annual Appreciation

**Annual Donor Appreciation**

**2027 Date TBD**

**5:00 pm - 7:00 pm**

**Invitation to all Donors and Volunteers**

The HACC Board of Directors and Staff invite you to attend to celebrate a successful annual campaign. Thank you for your generosity. Join us for complimentary appetizers and wine.

# COMMUNITY EVENTS



## Cheese Fest

Saturday, June 20, 2026

10:00 am - 6:00 pm

FREE

We invite you to join us at the Second Annual "Holmen Cheese Fest" a fundraiser to benefit the Holmen Area Community Center.

We have a gooey Mac & Cheese contest, craft and art market, wine and cheese tastings, wine draw, 50/50 and basket raffles, along with a silent auction at the Community Center. Bring the family for cheesy food and fun for all ages throughout the day. Enjoy live music at the outdoor Main Stage and dance in the lot! Get your cheese on!



## Pumpkin Fest

Saturday, October 24, 2026

10:00 am - 6:00 pm

FREE

Pumpkin Fest is a Family Friendly community event and fundraiser to benefit the Holmen Area Community Center.

A fan favorite activity is to Trick or Treat on the Halfway Creek Trail. Then find kids games, food and fun at the Community Center. We'll have a Craft and Art Market during the day and a Costume Pet Parade! The week prior participate in the Great Pumpkin Hunt and vote for the best pumpkin decorating in the Village.



*-Cheese Fest Fun for the entire family*



*-Pumpkin Fest is a family fun tradition!*



# VOLUNTEER OPPORTUNITIES

## 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 recognize our volunteers and share their stories. 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 & Spring series  
Second Tuesdays from 5-7 pm
- **Toddler Time - Story Time Readers**  
(1 x per month - Sept to May)
- **Welcome Desk** - Monday-Thursday  
(Afternoons from 2 - 3:30 pm)
- **La Crosse County ADRC Nutrition Program**-  
Volunteers for the kitchen staff. To volunteer for the ADRC, contact them at 608- 785-5700

## Event Volunteers

The Holmen Area Community Center holds several family friendly events throughout the year. Volunteers are needed in several areas- admissions, concessions, activity stations and more!

**Holmen Cheese Fest** - Third Saturday in June

**Wonderland Tea Party** -Third Tuesday in July

**Member Events**- Seasonally

**Pumpkin Fest** - Third Saturday in October

**Brunch with Santa and Mrs. Claus**- First Sunday in December

**Please contact us if you are interested in becoming a volunteer.**



# FACILITY RENTAL



## Rental Pricing

**Dining Room** \$60.00 per hour  
Capacity ~ 40 to 70

(We recommend adding the adjoining Friendship Lounge to accommodate larger events)

**Friendship Lounge** \$30.00 per hour  
Capacity ~ 35 to 50

**Commercial Kitchen** \$30.00 per hour  
Capacity ~ 5 to 10

**Private Lounge** \$25.00 per hour  
Capacity ~ 10 to 15

**Entire Space** \$100.00 per hour  
Capacity ~ 100-200  
(Includes all of the above rooms)

## *The Perfect Space for*

- Anniversary Parties
- Graduation Parties
- Birthday Parties
- Wedding Receptions
- Memorial Services
- Bridal Showers
- Baby Showers
- Family Reunions
- Clubs and Social Groups
- Service Organizations
- Neighborhood Groups
- Guest Speakers
- Business Meetings

**Call 608-399-1870**

# RENTAL POLICIES

## Building Information

The Holmen Area Community Center space is available at times when there is not scheduled programming. General Community Center hours are 7:00 am to 4:30 pm. Priority is given to Holmen Area Community Center programming. Secondary priority is given to Boys & Girls Club or Holmen Area School District Programming. Holidays may not be available for rental opportunities.

## Usage Agreement

For this agreement, the organization requesting access to the Holmen Area Community Center will be referred to as “renter” while Holmen Area Community Center will be referred to as HACC. If the request for the use of the facility is approved, the named renter agrees to enforce the following regulations of HACC governing the use of the facility.

1. The renter assumes all responsibility for any broken or damaged items, furniture, or equipment that takes place during rental period. All damages should be immediately reported to the supervising staff person and HACC Executive Director.

2. The renter is responsible for the following maintenance:

- Remove all decorations from the walls, tables and floors, including any command strips and tape. Command strips and tape are not allowed on the painted walls, only on pre approved metal or wood surfaces.
- If any furniture is moved, please be sure to put it back to its original place. (Taking a before picture will help you with this process)

*(Continued)*

- Check carpeting and vacuum. If there is a spill, please let the supervisor know so it can be dealt with.
- A mop bucket and broom is available for any non-carpeted areas if needed.
- The changing station located in the exam room should be wiped down. Please remove diapers with the trash.
- Remove all table coverings and wipe down the tables and the serving counter.
- Only use the three large kitchen sinks along the back wall. If kitchen sinks are used, please clean the sinks and make sure water is in the OFF position. DO NOT use the garbage disposal.
- Refrigerator should be empty of your things and any spills should be wiped up.
- Consolidate all garbage and remove all trash from garbage cans and replace bags (found in the cleaning closet). Garbage cans are in the kitchen (2), dining room (2) and in the exam room if used.

3. Areas of Rental Agreement must be followed. No additional rooms, areas, and/or spaces should be used unless designated on the Rental Agreement form.

4. Smoking and other drugs are strictly prohibited in and around the facility.

5. Prior to use, the renter is required to provide a certificate of insurance wherein the HACC is named as insured.

# HOLMEN AREA COMMUNITY CENTER

