



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
<b>Events and Activities are subject to change or cancellation</b>	<b>Yellow Background = NEW PROGRAM</b>				7-10:00a Walking Path 10a StrongBodies Video 11-1p Walking Path 11a Music w/Greg Grokowsky 12:30p Bingo!	
3	4	5	6	7	8	9
	7-10:00a <b>NO Walking Path</b> 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10:30a Sound Healing w/Laurie 11-1p <b>NO Walking Path</b> 12a StrongBodies Virtual 1p Mahjong Club 1p Beginner Line Dancing 6p Holmen Area Historical Society - Using & Preserving Church Records	7-10:00a Walking Path 9a Muscles in Motion! - Toddlers 9a Present Moment Yoga 9:30a FREE Hearing Evaluations 10a Cardio & Strength 10:45a Better Hearing Presentation 11a-12p Walking Path 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group 1p Community Crafts 6p <b>NO Euchre Evening-Open Play</b>	7-10:00a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga w/Sarah 9a Diamond Art 10a Cardio Fitness Workout 11-1p Walking Path 12:30p Bingo! 1p Intermediate Line Dancing 2p A Joyful Life Guest Speaker: Alene Keenan	7-10:00a Walking Path 8:30a Total Body Conditioning 9:30a Beginner Pilates Series 11a Senior Housing Options 11a-12p Walking Path 12-2p Pickleball Open Play 12:30p Veteran's Services Hours 1p Fun and Games 1p Crafternoon - Knit & Crochet 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!	
10	11	12	13	14	15	16
	7-10:00a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10:30a Sound Healing w/Laurie 11-1p Walking Path 12p StrongBodies Video 1p Mahjong Club 1p Beginner Line Dancing	7-10:00a Walking Path 9a Present Moment Yoga 9a Muscles in Motion!-Toddlers 10a Cardio & Strength 11a Toddler Craft Time 11a-12p Walking Path 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group 1p Medicare Fraud: Important Things for you to Know	7-10:00a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga w/Sarah 9a Diamond Art 10a Cardio Fitness Workout 11-1p Walking Path 12:30p Bingo! 1p Intermediate Line Dancing 2p Wednesday Welcome	7-10:00a Walking Path 8:30a Total Body Conditioning 9:30a Beginner Pilates Series 11a-12p Walking Path 12-2p Pickleball Open Play 12:30p Coping w/Grief Support 1p Fun & Games 1p Crafternoon-Knit & Crochet 6a AA Meeting 6a Intro to Improv 2 w/ Dennis Kern	7-10:00a Walking Path 10a StrongBodies Video 11-1p Walking Path 12:30p Bingo!	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
	7-10a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10:30a Sound Healing w/Laurie 11a-1p Walking Path 12a StrongBodies Video 1p Mahjong Club 1p Beginner Line Dancing	7-10:00a Walking Path 8:45a Mindful Yoga Video 9a Muscles in Motion!-Toddlers 9a Present Moment Yoga 9:30a Hearing Instrument ✓ 10a Cardio & Strength Fitness 11a-12p Walking Path 11a The Water & You! 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group 12:30p Connect2nature 6p Euchre Evening Open Play	7-10a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga w/Sarah 9a Diamond Art 10a Cardio Fitness Workout 11-1p Walking Path PM 12:30p Bingo! 1p Intermediate Line Dancing 2p "One"derful Wednesday	7-10a Walking Path 8:30a Hello Holmen! 8:30a Total Body Conditioning 9:30a Beginner Pilates Series 11a-12p Walking Path PM 12-2p Pickleball Open Play 1p Fun & Games 1p Crafternoon - Knit & Crochet 6p AA Meeting	7-10a Walking Path 8a Gentle Yoga for Beginners 9:15a Chair Yoga 10a StrongBodies Video 10:15a Yoga Nidra & Sound 11-1p Walking Path PM 12:30p Bingo!	
24	25	26	27	28	29	30
	  <b>HACC CLOSED</b>	7-10:00a <b>NO Walking Path</b> 8:45a Mindful Yoga Video 9a Present Moment Yoga 10a Cardio & Strength Fitness 10a Toddler Story Time 11a-12p <b>NO Walking Path</b> 12p-2p <b>NO Pickleball Open Play</b> 12p HUG-Holmen Ukulele Group 6p HACC Book Club	7-10a <b>NO Walking Path</b> 7a Holmen Rotary Club 8:30a Chair Yoga w/Sarah 9a Diamond Art 10a Cardio Fitness Workout 11-1p <b>NO Walking Path PM</b> 12:30p Bingo! 1p Intermediate Line Dancing 2p Cozy Readers Book Club	7-10a <b>NO Walking Path</b> 8:30a Total Body Conditioning 9:30a Beginner Pilates Series 11a-12p <b>NO Walking Path PM</b> 12-2p <b>NO Pickleball Open Play</b> 1p Fun & Games 1p Crafternoon - Knit & Crochet 6p AA Meeting	7-10a <b>NO Walking Path</b> 10a StrongBodies Video 11a-12p <b>NO Walking Path PM</b> 12:30p Bingo!	

**“One”derful Wednesday**

Meet other singles, make connections, play games, bus trips, 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



**Improv Fun!**

*Becoming Your Playful Self*

Join us  
Instructor **Karla Toppen**  
\$500 Members  
\$10 Non Members  
Welcoming **Guest Speaker Dennis Kern**  
Author and Improv Coach  
Founder of the Ark in Madison, WI and renowned for teaching improv to talents like Chris Farley and Joan Cusack.

**Thursday, May 14<sup>th</sup> at 6 - 7:30 pm**

- Keep the momentum going in improv fun as you build on everything you learned in the first class, or jump in and Karla will catch you up! You'll practice exercises that sharpen your listening skills, quick thinking, and quirky creativity—putting your new tools into real practice.
- Then, enjoy an inspiring session with our special guest speaker, Dennis Kern—founder of The Ark in Madison, WI. Dennis will share stories, insights, and practical techniques from his decades of experience, giving you a rare inside look at how improv shapes performers on and off the stage.
- Perfect for anyone who's interested in improv and wants to go gain confidence and learn from a true master.

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




**Hello Holmen!**

Third Thursday each month!  
Coffee and Treats start at 8:00 am

**Thursday, May 21st 8:30 - 9:30 am**

Join us to learn about resources that help those experiencing homelessness.

**What I Need Now (WINN)**  
WINN is a nonprofit organization that visits local encampments and parks in their van to deliver water, basic clothing, blankets, hygiene and first aid supplies, and other essential items to people staying outside. Presented by Sue Graf

**Pathways Home**  
The City of La Crosse and La Crosse County have developed a new coordinated homelessness action plan called Pathways Home. The goal is to achieve Functional Zero homelessness in La Crosse by 2029. Presented by Issac Hoffman






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