

CENTER *Connections*

THE HOLMEN AREA COMMUNITY CENTER NEWSLETTER
AUGUST 2026 | ISSUE 70



“Our vision is to enrich the Holmen community 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.”

We are very excited to announce three new programs which will start this Fall. The Holmen Community Table monthly dinner event will begin in September, the new Gather Together Respite Care Program will begin in the Fall, and the quarterly Creative Cultures Program will begin in October. Read more about these exciting new additions!



We are proud to announce a new partnership with the Holmen Area Community Center, the Holmen Area Rotary Club, Holmen's Hope and the Holmen Area Foundation to bring back the Holmen Community Dinner.

Meals will once again be prepared and served by a different volunteer organization each month. Community members and families will enjoy a free meal once a month and have the opportunity to share and connect for support and resources. Get involved as a volunteer or an organization. Set your calendar to join us the fourth Tuesday of each month at the Holmen Area Community Center.

**Connecting
Generations**

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



“Gather Together” **RESPITE PROGRAM**

We are grateful to have received a \$20,000 grant from the the Respite Care Association of Wisconsin for the “Gather Together” Respite Care Program which will begin this Fall. The program will serve participants twice each month, with four hour sessions scheduled per visit. By participating in the program, caregivers can take time to recharge and address their personal needs, with the assurance their family members are engaged in meaningful activities and receiving attentive care by trained staff and volunteers.

CreativeCultures

COMMUNITY COLLAB

Our new Creative Cultures - Community Collab is a cultural arts and educational program to promote the diverse cultural heritage of our region. Programs will be held quarterly. The program will explore art, food and traditional skills to promote community identity and intergenerational learning. We plan to collaborate with the local art community, the Holmen Area Historical Society, the Holmen School District, and community members to develop the program and select workshops that reflect the heritage of our community. Holmen natives are very proud of their community. Our goal is to provide a new and meaningful way to connect our growing population in an intergenerational setting where adults and children can engage and learn from each other.



"This program is supported in part by a grant from the Wisconsin Arts Board with funds from the State of Wisconsin and the National Endowment for the Arts."

CreativeCultures



COMMUNITY COLLAB

The first October event will explore German Heritage. Classes to learn to paint German barn quilt designs, crafts, food, music and more will be shared with the community.



SATURDAY, AUGUST 15th
PARADE AT 11 AM

Join us as we walk in the Korn Fest Parade on Saturday, August 15th at 11:00 am. Line-up starts at the Holmen Aquatic Center. All HACC members are welcome and encouraged to join us in the parade. You can meet us to walk at 10:00 am on the route.

MIGHTY RIVER

Art Studio Tour

SEPTEMBER 12 & 13, 2026
10 AM - 4 PM

Stop #16 on the Tour!

16

Holmen Area Community Center

The Mighty River Art Studio Tour is a FREE self-guided art tour taking place along the Mighty Mississippi River. Art studios and galleries participating in the tour are located in Wisconsin from Galesville to Stoddard along the Mississippi River Valley. This is more than a walk through art spaces, it's a celebration of imagination. Many of the participating artists will welcome you into their personal workspaces. Visitors can have real conversations with artists and an opportunity to ask about their process and inspiration. So bring your curiosity and a fellow art adventurer who loves a scenic drive to enjoy a weekend of color, creativity, and artistic community.

If you are an artist- Join us at the center!



MEMBERSHIP NEWS

Welcome <July
New Members

AUGUST BIRTHDAYS

Joseph Abbott
David Anderson
Janet Betz
Clay Bordner
Carol Bringe
Julie Ceason
Doug Conklin
Ray Denning
Ann Everson
Lisa Fisher
Cathy Gabrielson
Janet Gerke
Vernon Granum
Andrew Hauke
Barbara Hauke
Haley Hesselberg
Timothy Jones
Sandra Kawatski
Clare Kirkland
Fred Lanzel
Denise Laxton
Cari Mandt
Randy McCutchen
Gene McNurlen
Janna Miles-Miller
Robert Moss
Linda Olsen

John Osowski
Nancy Platteter
Thomas Ratajski
Jon Remus
Firman Schiebout
Barbara Schmalz
Daniel Valiquette
Margaret Wage
Nancy Wagner
Rebecca Weber
Katy Wood
Peg Zappen
Dennis Zintz

Beth Burgos
Doris Motte
Julie Oines
Michelle Pesonen
Dennis Zintz



“In late August,
the shadows get longer,
and so do the memories.”

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 July = 140

Thank you to all our wonderful Wonderland Tea Party volunteers!

Linda Anderson, Debbye Antoni, Shari Eberhardt, Al & Sandy Hutson, Peg Knobloch, Linda Knutson, Alana Leis, Ethel Monroe, Alice Polender, Marilyn Rindfleisch, Ruth Scholze, Lynn Smith, Marsha Thurston, Sandy Taylor, Unja Varnum and more!



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 volunteer opportunities:

- Family Fun Night - Fall Series: September, October, November
- Toddler Story Time Readers- 1 x per month - Sept to May
- Pumpkin Fest- Saturday, October 24, 2026

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



Fitness, Health and Wellness



July and August 2026



Members \$5
Non-Members \$10

Beginner Line Dancing Classes

Mondays 12:30 - 1:30 pm

Get ready to kick up your heels and join us for a toe-tapping good time! No experience necessary.

Intermediate Line Dancing Classes

Wednesdays 12:30 - 1:30 pm

Intermediate line dancing classes teach more complex, longer step combinations, patterns, and choreography building on foundational skills.
Instructor: Amy Etrheim



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

Total Body Conditioning

Thursdays 8:30 to 9:00 am

A beginner-friendly full-body workout that blends light cardio, bodyweight exercises, and basic strength training.
Instructor: Jordan Tredinnick



Beginner Pilates

Thursdays 9:05 to 9:35 am

This beginner-friendly Pilates class focuses on simple, low-impact movements to strengthen your core, improve posture and balance.
Instructor: Jordan Tredinnick





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Members \$5
Non-Members \$10



Cardio & Strength Fitness Class

Tuesdays & Thursdays 10 - 10:45 AM

These 40 minute video workouts are perfect for seniors and beginner exercisers. FREE for HACC Members.



StrongBodies

VIRTUAL STRENGTH-TRAINING VIDEO CLASS

Fridays 10 - 11 am

The Wisconsin StrongBodies Program empowers individuals of all ages to live stronger, healthier lives.

Through community-based strength training programs, participants improve fitness, build strength, gain confidence, and connect socially, enhancing overall well-being.

Participants follow a structured plan to strengthen all major muscle groups working to gradually increase the weights used.



Summer Walking Path Hours

Monday - Friday 7:00 to 10:00 am
(June, July & August)

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



Summer Hours Begin June 2nd

FREE Members \$5 Non-Members

Pickleball Open Play

Tuesdays 8:00 - 9:45 am

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.



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Where Our Community Gathers!

Fitness, Health and Wellness



Chair Yoga *with Marty Landry*

Mondays 9:15 - 10 am

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, like boosting strength, flexibility, and mental well-being.

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Gentle Yoga for Beginners
with Sam Bigalke



Every Other FRIDAY
8 - 9 am

August 28
September 11 & 25

Members \$5
Non-Members \$10



Chair Yoga *with Sarah Fox*

Wednesdays 10:15 - 11:00 am
(June 3, 17, 24; July 8, 22, 29; August 5, 12, 19 and 26)

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

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Chair Yoga
with Sam Bigalke



Every Other FRIDAY
9:15 - 10 am

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September 11 & 25

Members \$5
Non-Members \$10

CONTACT US FOR MORE INFORMATION:
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WWW.HOLMENCC.ORG

SOUND HEALING

Thursday, August 20th
10:30 to 11:30 am

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

Yoga Nidra and Sound Bath
with Sam Bigalke



Friday
August 28th
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.HOLMENCC.ORG

Community Education and Resources



HOLMEN AREA HISTORICAL SOCIETY

SUNDAY
AUGUST 2
1:00 - 4:00 PM

AUGUST FUNDRAISER
ANTIQUES & COLLECTIBLES APPRAISAL FAIR

Join us at the Center

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

Veteran appraiser, Mark Moran will provide an educational and entertaining experience as he evaluates items brought in members of the community.
\$20 PER APPRAISAL
Pre-Register for a time slot ahead of time at the Holmen Public Library before closing time on Wednesday, July 29th at 8 pm.
Pie and Ice cream Fundraiser to support the Holmen Area Historical Society!
Find more information and details at www.holmenareahistory.org



OPEN AA SPEAKER MEETING

THURSDAY, AUGUST 6TH
6 - 7 PM

Open speaker meetings are available to anyone interested in Alcoholics Anonymous' program of recovery from alcoholism. Non-alcoholics may attend open meetings as observers. Speaker begins at 6 pm. Potluck meal served during meeting.




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Mind Over Matter
Healthy Bowels, Healthy Bladder

Wednesdays
August 5th, 19th and September 2nd
12 - 2 pm

3 sessions. 6 hours. Feel better and do more.

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage.

Call the ADRC to register!
608-785-5700

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

Hello Holmen!

Thursday, August 20th 8:30 - 9:30 am

Celebrating Holmen's History

Located in northern La Crosse County and incorporated in 1946, Holmen is one of Wisconsin's fastest growing communities, evolving from a small rural community of 2,500 residents in 1980, to a thriving community of approximately 13,000 today. Join us to learn fun and interesting facts about Holmen's history! Presented by Ruth Scholze

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Back to basics

Empowering Adults with Essential Tech Skills
Wednesday, August 12th at 1:00 pm



Reading in August 2026
Cozy Readers
"Black Cake" by Charmaine Wilkerson
Page Turners
"Theo of Golden" by Allen Levi

Arts, Entertainment and Community!

Community Crafts

with Jackie & Pam

Tuesday, August 4th
1 - 3 pm

Craft Project:
Napkin Coasters

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

Cost: \$5 per person

All supplies provided.
Class size limited, registration encouraged.



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Members
FREE
Non-Members
\$2

Holmen Ukulele Group (HUG)

Tuesdays
12:00 to 1:00 pm

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.



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Mah Jongg Club

Mondays 1 to 4 pm

Mah Jongg 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.
Learn how to play Chinese or American Mah Jongg.



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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Diamond Art

Each Wednesday at 9 am

Would you like to learn a new craft?
Diamond Art is an easy and relaxing art form.
Bring your projects and enjoy conversation as you work.
Beginner project kits available for those new to Diamond Art.



Fun with Watercolor

Mondays 8:30 - 10:30 am

Social and fun! This group is for watercolor enthusiasts
who love sharing and learning to fine tune their craft.
The group is willing to explore new techniques and to
instruct with simple to more challenging projects.

All Levels are Welcome!



Family Friendly Programming



Finding Your Peaceful Place
Storytime & Activity
Thursday, August 6
10 – 11 am

Join local psychologist and children's book author Dr. Natalie Nordlund at the Holmen Area Community Center!

In this FREE program, Natalie will read aloud her award-winning children's picture book, *My Peaceful Place*, and will lead an interactive presentation and discussion about emotions and coping. There will also be a mindful art making activity. Books will be available for purchase.



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Charcuterie Board Basics



Tuesday, August 11
5:30 - 6:30 pm

Members \$25 Non-members \$30

This class is designed to be family-friendly and is perfect for moms, daughters, friends, or family members who want to create together and enjoy a fun shared experience.

Join Bread & Boards for a fun, hands-on class where you'll learn how to create a beautiful and delicious charcuterie board. Participants will assemble their own board during the class using ingredients they bring from a guided shopping list provided ahead of time. Adults must accompany children during the class.

Boards will be provided. No experience is necessary!

Instructor: Aliah Laska, Owner of Bread & Boards



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Money Magic

Turning Pennies into Possibilities



Wednesday
August 12th
10 to 11 am

A fun, interactive FREE session designed to help teach kids the value of saving and making smart money choices. Through engaging activities and real-life examples, children will learn how even small amounts can grow over time, while parents gain practical tools to reinforce positive money habits at home.

Presented by Theresa Zirbel with Associated Bank

Create & Paint

For adults, teens, and kids 7+

Subject: Deep Sea Disco

Instructor: Lori Ehlke

Monday, August 17th
12:30 - 2:00 pm



Individual: \$25 Members | \$30 Non-Members
Multiple (Family): \$20 each Member | \$25 each Non-Member

Learn to paint some jellyfish in Acrylic on a 9x12 canvas. Lori will walk you step by step through painting the image, applying color, using special techniques to achieve certain looks, and adding finishing detail work. All levels welcome! Watercolor supplies are included with the class, but feel free to bring your own if you wish.

Beaded "Forever Plants" Workshop

Tuesday, August 18th 1:00 to 3:00 pm

In this creative workshop, we are making whimsical beaded plants that guarantee a green thumb year-round.

Twist, string, and design your way to a beautiful, light-catching creation. These beaded beauties look stunning sitting on a windowsill or hanging where they can dance in the sunlight.

No experience? No problem! We will guide you step-by-step through the process.
All beads, wire, and tools provided.

\$25 Members / \$30 Non-Members



Adventures in Nature

Wild About Bears

Wednesday, August 26th

1 to 2 pm

FREE Program

Join Nora and Delaney from Happy Dancing Turtle to dive into the world of bears! We'll learn about bears by dressing up one of you as a bear, discover what they eat through a scavenger hunt, and experience the importance of beefing up before winter with our blubber glove!



Family Friendly Programming



HOLMEN AREA COMMUNITY CENTER

Second Tuesdays this Fall from 5:00 - 6:30 Pm

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

September 8th - Fall Back to Nature

Scavenger Hunt, Apple Tastings, Creative Art with Natalie,
Learn about local wildlife and Happy Dancing Turtle + more!

UPcoming Sessions: October 13th and November 10th



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Family Membership

\$150 Annual Membership

Includes: Tickets to all six Family Fun Nights,
Wonderland Tea Party and Santa and Mrs. Claus Brunch.
(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!
Discount for all party rentals here at the center!

Save \$100+

*If you attend all our Family Fun Nights, Wonderland
Tea Party, Santa Brunch and have a party rental!*

**Connecting
Generations**

July Happenings at the Center

Adult Watercolor Class
Lori Ehlke ▼



Holmen Ukelele Group (HUG)
La Crosse Interstate Fair ▼



Hello Holmen!
Lee Rasch ▶



Adventures in Nature
with Dana M. Schelling ▼



Birds of all Sizes
with Jim Welander ▼

Wonderland Tea Party
July 21, 2026 ▶



Grumpy Old Men Concert ▼



Cupcake Decorating
with Laura Lindahl ▶

