



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
1p Antique Appraisal Fair - Holmen Area Historical Society	7-10:00a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 12:30p Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons) 1p Beading Workshop: Creatures & Critters	7-10:00a Walking Path 8a Pickleball Open Play 8:45a Mindful Yoga Video 9:30a Free Hearing Evaluations 10a Cardio & Strength Fitness 11:30a Piano Music w/Lucy 12p HUG-Holmen Ukulele Group 1p Community Crafts 4p National Night Out Event @ Halfway Creek Park 6p Euchre Evening Open Play	7-10:00a Walking Path 7a Holmen Rotary Club 9a Diamond Art 9a Cardio Fitness Workout 10:15a Chair Yoga w/Sarah 11a Wall Pilates for Beginners 12p Mind Over Matter: Healthy Bowel, Healthy Bladder 12:30p Bingo! 12:30p Intermediate Line Dancing 2p A Joyful Life	7-10:00a Walking Path 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Finding Your Peaceful Place: Storytime & Activity 10a Cardio Strength & Fitness 12:30p Veteran's Services Community Office Hours 1p Fun and Games 1p Crafternoon - Knit & Crochet 6p Open AA Speaker Meeting	7-10:00a Walking Path 10a StrongBodies Video 12:30p Bingo!	
9	10	11	12	13	14	15
Events and Activities are subject to change or cancellation	7-10:00a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 12:30p Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons)	7-10:00a Walking Path 8a Pickleball Open Play 8:45a Mindful Yoga Video 10a Cardio & Strength Fitness 12p HUG-Holmen Ukulele Group 5:30p Charcuterie Board Basics for Families	7-10:00a Walking Path 7a Holmen Rotary Club 9a Diamond Art 9a Cardio Fitness Workout 10a Money Magic 10:15a Chair Yoga w/Sarah 11a Wall Pilates for Beginners 12:30p Intermediate Line Dancing 1p Empowering Adults w/ Essential Tech Skills	7-10:00a Walking Path 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Cardio Strength & Fitness 11a Options Connection 12:30p Coping w/Grief Support 1p Fun and Games 1p Crafternoon - Knit & Crochet 6p AA Meeting	7-10:00a Walking Path 10a StrongBodies Video 12:30p Bingo!	
16	17	18	19	20	21	22
	7-10:00a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 12:30p Create & Paint w/ Lori Ehlke 12:30p Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons)	7-10:00a Walking Path 8-9:45a Pickleball Open Play 8:30a Mindful Yoga Video 9:30a Hearing Instrument ✓ 10a Cardio & Strength Fitness 11:30a Piano Music w/Lucy 12p HUG-Holmen Ukulele Group 1p Catch the Sun: Beaded Forever Plants Workshop 6p Euchre Evening Open Play	7-10:00a Walking Path 7a Holmen Rotary Club 9a Diamond Art 9a Cardio Fitness Workout 10:15a Chair Yoga w/Sarah 11a Wall Pilates for Beginners 12p Mind Over Matter: Healthy Bowel, Healthy Bladder 12:30p Bingo! 12:30p Intermediate Line Dancing	7-10:00a Walking Path 8:30a Hello Holmen! 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Cardio & Strength Fitness 10:30a Sound Healing w/ Laurie Café 1p Fun & Games 1p Crafternoon Knit & Crochet 6p AA Meeting	7-10a Walking Path 10a StrongBodies Video 12:30p Bingo!	

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
	7-10a NO Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 12:30 Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons)	7-10:00a Walking Path 8a Pickleball Open Play 8:45a Mindful Yoga Video 10a Family Fun & Flow Yoga 10a Cardio & Strength Fitness 11-12a Walking Path 12p HUG-Holmen Ukulele Group 6p HACC Book Club	7-10a Walking Path 7a Holmen Rotary Club 9a Diamond Art 9a Cardio Fitness Workout 10:15a Chair Yoga w/Sarah 11-12p Walking Path 11a Wall Pilates for Beginners 12:30p Bingo! 12:30p Intermediate Line Dancing 1p Wild About Bears 2p "One"derful One Wednesday 2p Cozy Readers Book Club	7-10a Walking Path 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Cardio & Strength Fitness 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 10:15a Yoga Nidra & Sound Bath 11-12 Walking Path PM 12:30p Bingo!	
30	31	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
	7-10a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 11-12p Walking Path PM 12:30p Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons)	7-10:00a Walking Path 9a Muscles in Motion - Family 9:30a Free Hearing Evaluations 10a Cardio & Strength Fitness 11-12a Walking Path 12p HUG-Holmen Ukulele Group 1pm Community Crafts 6p Euchre Evening Open Play	7-10a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga-Connect Mind/Body 9a Diamond Art 9:15a Wall Pilates 11-12p Walking Path 12p Healthy Bowel, Healthy Bladder 12:30p Bingo! 1p Intermediate Line Dancing 2p A Joyful Life	7-10a Walking Path 8:30a Wellness Checks 10a Stepping on Falls Prevention 11-12p Walking Path 12-2p Pickleball Open Play 12:30p Veteran's Services Hours 1p Fun and Games 1p Crafternoon Knit & Crochet 6p AA Meeting 6p I Don't Wanna Cook	7-10a Walking Path 11a Music w/Greg Grokowsky 12:30p Bingo!	

Adventures in Nature

Wild About Bears
 Wednesday, August 26th
 1 to 2 pm

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!



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

Where Families Gather!

Third Thursday each month!

Hello Holmen!

Coffee and Treats start at 8:00 am

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

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

Holmen
 Here Always Welcome!

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

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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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Members \$5
Non-Members \$10