

SEPTEMBER

2026

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2	3	4	5
		7-10:00a Walking Path 9a Muscles in Motion - Toddlers 9:30a Free Hearing Evaluations 10a Cardio & Strength Fitness 11-12:00p Walking Path 12-2:00p Pickleball Open Play 12p HUG-Holmen Ukulele Group 1p Community Crafts	7-10:00a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga w/ Sarah Fox 9a Diamond Art 9:30a Wall Pilates 10:30a Cardio Fitness Workout 11-1p Walking Path 12p Mind Over Matter: Healthy Bowel, Healthy Bladder 12:30p Bingo! 12:30p Intermediate Line Dancing	7-10:00a Walking Path 8:30a Wellness Checks - WSU 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Stepping on Falls Prevention 10a Cardio Strength & Fitness 11-1p Walking Path 12p Pickleball Open Play 12:30p Veteran's Services Hours 1p Fun and Games 1p Holmen Wood Carvers Group 1p Crafternoon - Knit & Crochet 6p Open AA Speaker Meeting 6p I Don't Wanna Cook	7-10:00a Walking Path 10:15a StrongBodies Video 11a Music w/Greg Grokowsky 12:30p Bingo!	
	Events and Activities are subject to change or cancellation					
6	7	8	9	10	11	12
	 HAPPY LABOR DAY	7-10:00a Walking Path 9a Muscles in Motion - Toddlers 10a Toddler Craft Time 10a Cardio & Strength Fitness 11-12:00p Walking Path 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group 1p Spring Rolls w/ Tan Pham 5p Family Fun Night	7-10:00a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga w/ Sarah Fox 9a Diamond Art 9:30a Wall Pilates 10:30a Sound Healing w/Laurie Cafe 10:30a Cardio Fitness Workout 11-1p Walking Path 12:30p Bingo! 12:30p Intermediate Line Dancing	7-10:00a Walking Path 8:30a Wellness Checks - WSU 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Stepping on Falls Prevention 10a Cardio & Strength Fitness 11-1p Walking Path 12-2p Pickleball Open Play 12:30p Coping w/Grief Support 1p Fun & Games 1p Holmen Wood Carvers Group 1p Crafternoon - Knit & Crochet 6p AA Meeting	7-10:00a Walking Path 8a Gentle Yoga for Beginners 9:15a Chair Yoga 10:15a StrongBodies Video 11-1p Walking Path 12:30p Bingo!	
	HACC CLOSED!					
13	14	15	16	17	18	19
	7-10:00a Walking Path 8:30a Fun with Watercolor 8:30a Total Body Conditioning 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 11-1p Walking Path 11:30a Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons) 2p Mocktails & Me Series 6p Euchre Evening Open Play	7-10:00a Walking Path 9a Muscles in Motion - Toddlers 9:30a Hearing Instrument ✓ 10a Cardio & Strength Fitness 11-1p Walking Path 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group 1p Dimetia Live 1p Empowering Adults w/Tech 6p Euchre Evening Open Play 6p HACC Book Club	7-10:00a Walking Path 7a Holmen Rotary Club 8:30a Chair Yoga w/ Sarah Fox 9a Diamond Art 9:30a Wall Pilates 10:30a Cardio Fitness Workout 10:30a Sound Healing w/Laurie Cafe 11-1p Walking Path 12:30p Bingo! 12:30p Intermediate Line Dancing 2p "One"derful One Wednesday 6p Sound Waves w/Allison Sky	7-10:00a Walking Path 8:30a Wellness Checks - WSU 8:30a Hello Holmen! 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Stepping on Falls Prevention 10a Cardio & Strength Fitness 11-1p Walking Path 12-2p Pickleball Open Play 1p Fun & Games 1p Holmen Wood Carvers Group 1p Crafternoon Knit & Crochet 6p AA Meeting	7-10a Walking Path 10:15a StrongBodies Video 11-1p Walking Path 12:30p Bingo!	

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2026

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
20	21	22	23	24	25	26
	7-10a Walking Path 8:30a Fun with Watercolor 9:15a Chair Yoga w/Marty 10a American Red Cross Blood Drive 11-1p Walking Path 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons)	7-10:00a Walking Path 9a Muscles in Motion - Family 10a Cardio & Strength Fitness 10a Toddler Story Time 11-1p Walking Path 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group 1p Connect2Nature 5p Holmen Community Table	7-10a Walking Path 7a Holmen Rotary Club 8:30a Brain Checks 8:30a Chair Yoga w/Sarah Fox 9a Diamond Art 9:30a Wall Pilates 10:30a Cardio Fitness Workout 11-1p Walking Path 12:30p Bingo! 12:30p Intermediate Line Dancing 2p Cozy Readers Book Club	7-10a Walking Path 8:30a Wellness Checks - WSU 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Stepping on Falls Prevention 10a Cardio & Strength Fitness 11-1p Walking Path 12-2p Pickleball Open Play 1p Fun and Games 1p Holmen Wood Carvers Group 1p Crafternoon Knit & Crochet 6p AA Meeting	7-10:00a Walking Path 8a Gentle Yoga for Beginners 9:15a Chair Yoga 10:15a StrongBodies Video 10:15a Yoga Nidra & Sound Bath NO BINGO HACC CLOSING AT 1:00 pm	
27	28	29	30	1-Oct	2-Oct	
	7-10a Walking Path 8:30a Fun with Watercolor 8:30a Total Body Conditioning 9:15a Chair Yoga w/Marty 10a Cardio Fitness Workout 11-12p Walking Path PM 11:30a Beginner Line Dancing 1p Mahjong Club (lessons available) 1p Chinese Mahjong (lessons) 6p Sound Waves w/Allison Sky 6p Euchre Evening Open Play	7-10:00a Walking Path 9a Muscles in Motion - Family 10a Cardio & Strength Fitness 11-12a Walking Path 12-2p Pickleball Open Play 12p HUG-Holmen Ukulele Group	7-10a Walking Path 8:30a Chair Yoga w/ Sarah Fox 9a Diamond Art 9:15a Wall Pilates 10:30a Cardio Fitness Workout 11-1p Walking Path 12:30p Bingo! 12:30p Intermediate Line Dancing	7-10a Walking Path 8:30a Wellness Checks - WSU 8:30a Total Body Conditioning 9:05a Beginner Pilates Series 10a Stepping on Falls Prevention 10a Cardio & Strength Fitness 11-1p Walking Path 12-2p Pickleball Open Play 1p Fun and Games 1p Holmen Wood Carvers Group 1p Crafternoon Knit & Crochet 6p AA Meeting	7-10:00a Walking Path 10:15a StrongBodies Video 11-1p Walking Path 11a Music w/Greg Grokowsky 12:30p Bingo!	

Hello Holmen!
 Third Thursday each month!
 Coffee and Treats start at 8:00 am
 Thursday, September 17th 8:30 - 9:30 am

Brain Healthy Lifestyle: Understanding Brain Health

Learn how the brain changes with age, what distinguishes normal aging from dementia, and what "brain health" means. We'll highlight the roles of nutrition, exercise, cognitive activity, and social engagement, along with easy ways to integrate them into daily life. You'll also receive resources to help you get involved locally and take action toward a brain-healthy lifestyle.

Presented by: Kelsey Flock & Rebecca Kamrowski, ADRC
 CJ Werley, Alzheimer's Association, Wisconsin Chapter

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

Holmen Community Wellness Checks
 HOLMEN AREA COMMUNITY CENTER
 Each Thursday 8:30 am - 2 Pm
 September 3rd - October 22nd

In partnership with the Winona State University Nursing Program. The following services will be offered at the Holmen Area Community Center FREE to the public. Please call us to reserve your Wellness Check spot!

Holmen FAMILY FUN NIGHT
 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, Nature Crafts,
 Learn about local wildlife and Happy Dancing Turtle + more!

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

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