

Ashwaubenon's Seniors

Celebrate endings— for they precede new beginnings.

Jonathan Lockwood Huie

MORE CHANGES COMING.....

SPECIAL POINTS OF INTEREST:

- Weekly clubs will have a new \$5/ month charge to attend
- This was necessary due to loss of revenue and increase costs
- This charge will go into effect on January 2nd, 2024
- Any questions or comments can be directed to David Roehrig or myself

2024 is bringing more changes to the Park and Recreation Department. Unfortunately, some changes are better than others...

Due to increase costs, and a decrease in rental availability due to our successful programming, we are forced to add a fee to some of our classes and clubs.

The following classes and clubs will have the new MONTHLY FEE of \$5:

Sewing Club, Knitting Club, Wii Bowling and Line Dancing.

Sign up will be available online or at our Park and Recreation office. You are able to pay for a month at a time or for the entire year.

It is our hope that by charging this minimal fee we can keep our seniors active and expand opportunities for our seniors growing.

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HEALTHY LIVING FOR THE BRAIN

January's Breakfast with the Experts' topic, unfortunately, had to be changed, due to a conflict with the Expert's schedule.

Tuesday, January 16th's topic and expert will be:
Healthy Living for Your Brain and Body – Presented by Courtney Tienor

from the Alzheimer's Association.

Learn all you can to keep your brain and body as fit as possible throughout your life!

Please pre-register by Friday, January 12th.

PILLARS OF BRAIN HEALTH

The Brain Center of Green Bay is continuing its lecture series in January.

Join the Brain Center, Wednesday, January 17th at 10am for Pillars of Brain Health: General Brain Health.

Learn all about forming key

habits and what you can do to protect your brain and ensure that you will maintain optimal cognitive function as you age!

Please pre-register by Friday, January 12th.

This event is FREE!



Write it on your heart that everyday is the best day of the year.
Ralph Waldo Emerson

BORROW DON'T BUY

Have you ever heard of Options for Living? Maybe you've driven passed their office and wondered what the heck do they do? Well among the many services provided by Options for Healthy Living, one service that is little known but in need is their

LEND Program.

LEND is available to those who have a temporary or long term need for durable medical equipment like wheelchairs or walkers. Options accepts donated items, cleans them up and provides them to those

that need them in this community.

Are you in need or would you like to donate? Please contact Options directly Monday-Friday:

Roxanne: 1-888-465-1515

DUMPLIN

Start your New Year off right! Join us, Tuesday, January 2nd, at 1pm for the showing of Dumplin'.

This musical comedy stars Jennifer Anniston as a former beauty queen, Rosie. Rosie's plus sized daughter decides to enter, the Miss

Teen Blue Bonnet Pageant, sponsored by her mother, in protest. What follows is sheer comedy!

This film runs 1hr 50mins.

Popcorn will be available.

This event is FREE!



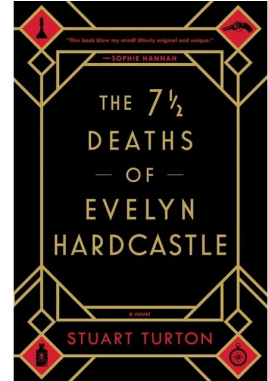
7 1/2 DEATHS OF EVELYN HARDCASTLE

An injustice must be rectified! Aiden Bishop has only 8 days to solve the murder and correct this injury. If he fails, they loop will begin again!

Join us Wednesday, January 10th at 1pm to discuss the mystery of *The 7 1/2 Deaths of Evelyn Hardcastle* by Stuart Turton.

Interested but don't have a copy? Stop in the Ashwaubenon Branch Library and your copy will be waiting behind the front desk!

This event is FREE!



CHASING CORAL

The world under the sea is still a deep mystery. Join divers as they try to unlock the mysteries of the coral reefs throughout the oceans, as they try to find the reason these reefs are slowly disappearing.

Chasing Coral will show, Friday, January 19th at 9:30am. This documentary is 1 hr 33mins long.

Coffee and donuts will be available.

This event is FREE!



You are never too old to set another goal or dream a new dream.

C.S. Lewis

CARD MAKING

Card Making returns. Join Janice either Tuesday, January 23rd at 6:30pm or Wednesday, January 24th at 9:30am for card making.

Janice will supply everything you need, if you could bring your own scissors, that'd be helpful ;)

Refill your supply of homemade cards for every occasion throughout the year.

Please pre-pay/ pre register by Friday, January 19th, 10:30am.

The cost is \$5/person.



LOOKING AHEAD

Tuesday, February 6th: Matinee 1pm

The Lost Husband

Friday, February 9th: Marcus Movie Club (TBD)

Tuesday, February 13th: Lunch & Learn 12pm

Holistic Wellness

Wednesday, February 14th: Book Club 1pm

Mancel's Letters

Friday, February 16th: Donuts & Documentaries 9:30am

Take Your Pills: Xanax

Tuesday, February 27th: Basic Self Defense 6pm

Tuesday, February 27th: Card Making 6:30pm

Wednesday, February 28th: Card Making 9:30am

Wednesday, February 28th: Seniors 4 Seniors



January 2024

Senior Events Calendar
 Ashwaubenon Community Center
 900 Anderson Dr.
 (920) 492-2331
seniors@ashwaubenon.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Happy New Year</i> <i>Closed</i>	2 9am line dancing 10am knitting club 1pm matinee 6:30pm ballroom	3 9am walking club 10am wii 1pm mahjong 1pm wii	4 9am art club 9:40am senior stretch 1pm conversational ukulele	5 9am line dancing	6
7	8 9am sewing club 1pm hand, foot & knee	9 9am line dancing 10am knitting club 6:30pm ballroom	10 9am walking club 10am wii 1pm mahjong 1pm wii 1pm book club	11 9am art club 9am senior advisory 9:40am senior stretch 1pm conversational ukulele	12 9am line dancing Marcus Movie Club (TBD)	13 Wisconsin Badger Game 7am
14	15 9am sewing club	16 9am line dancing 9:30am breakfast with the experts 10am knitting club 6:30pm ballroom	17 9am walking club 10am wii 10am brain center 1pm mahjong 1pm wii	18 9am art club 9:40am senior stretch 1pm conversational ukulele	19 9am line dancing 9:30am donuts & documentaries	20
21	22 9am sewing club 1pm hand, foot & knee	23 9am line dancing 10am knitting club 6:30pm ballroom 6:30pm card making	24 9am walking club 9:30am card making 10am wii 1pm mahjong 1pm wii	25 9am art club 9:40am senior stretch 1pm conversational ukulele	26 9am line dancing	27
28	29 9am sewing club	30 9am line dancing 10am knitting club 6:30pm ballroom	31 9am walking club 10am wii 1pm mahjong 1pm wii			