



## ASHWAUBENON'S SENIORS

**There is no remedy to love but to love more.**

February 2024

Henry David Thoreau

### Holistic Wellness

Lunch & Learn is back, Tuesday, February 13th at 12pm, her at the Community Center. Join the women of Woodside Senior Living and their expert and learn all about holistic wellness.

In the past few years, holistic medicine has been embraced not just by more and more people, but medical practices as well. Learn all about the effects of essential oils, meditation and Reiki. We will be joined by a Reiki practitioner for a taste of how Reiki can affect your life.

This Lunch & Learn is sure to open your mind to some new ways to treating ailments.

Please RSVP by Friday, February 9th.

Lunch is provided by Woodside Senior Living Communities.

This event is FREE!



#### Special points of interest:

- *Learn about holistic ways to take care of your body.*
- *Join Woodside's experts Tuesday, February 13th at 12pm*
- *Please pre-register by Friday, February 9th.*
- *This event is FREE!*

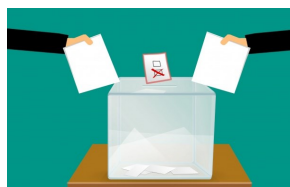


### No February Primary

Due to lack of necessity, the February primary has been canceled. The Village Clerk, Kris Teske, has informed the Village that there will not be

a need for a non partisan primary, February 20th.

Please contact Village Hall with any further questions.



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## The Lost Husband

A recent young widow moves her family to her estranged aunt's farm in rural Texas. The family finds more than just a love for rural life.

The Lost Husband is February's Matinee, Tuesday, February 6th at 1pm.

Starring Josh Duhamel, this film runs 1hr 49mins.

Popcorn will be provided. Please feel free to bring your own snacks and drinks

This event is FREE!



## Marcel's Letters

Carolyn stumbles across some old letters with beautiful handwriting. Intrigued by the beauty of the penmanship, she purchases the letters hoping to one day create her own font, not realizing that these mysterious French letters will become an obsessive mystery to solve.

Marcel's Letters by Carolyn Porter is February's Book Club novel. Join us, Wednesday, February 14th for a lively discussion. Interested? The novel is available at the front desk of the Ashwaubenon Branch Library.

This event is FREE!

You, yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

## Take Your Pills: Xanax

With the reporting of people experiencing anxiety more and more, the amount of anti anxiety prescriptions is skyrocketing.

Take Your Pills: Xanax, February's Donuts & Documentaries, Friday, February 15th at 9:30am

examines the consequences of the most widely prescribed anti anxiety medication, Xanax.

This film runs 1hr 19mins.

Donuts & coffee will be available.

This event is FREE!





## Basic Self Defense

With increased crime rates in today's world, learning some basic self defense methods is a MUST!

Join Jim Counter and Marcela Charles, Monday, February 26th at 6pm and learn the basics of self defense.

This night course will teach you basic self defense skills along with promoting awareness of a potential unsafe situation.

After this 2 night course you build the confidence you need to protect yourself.

This course is perfect for anyone over the age of 13.

This class is \$10/person. Please wear loose fitting comfortable clothes.

Love is shown more in deeds  
then words.

St Ignatius

## Looking Ahead



Tuesday, March 5th: Matinee 1pm

Elvis

Friday, March 8th: Marcus Movie Club (TBD)

Tuesday, March 12th: Lunch & Learn 12pm

Good And Bad Fats

Wednesday, March 13th: Book Club 1pm

Fly Girls

Friday, March 15th: Donuts & Documentaries 9:30am

Unknown: Cosmic Time Machine

Wednesday, March 20th: Card Camp 9am, 1pm or 5pm

Wednesday, March 20th: Cognitive Stimulation 10am

Tuesday, March 26th: Card Making 6:30pm

Wednesday, March 27th: Card Making 9:30am

Wednesday, March 27th: Seniors 4 Seniors 1pm



# February 2024

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9am art club 9:40am senior stretch 1pm conversational ukulele	2 9am line dancing	3
4	5 9am sewing club	6 9am line dancing 10am knitting club 1pm matinee 6:30pm ballroom	7 9am walking club 10am wii 1pm mahjong 1pm wii	8 9am art club 9:40am senior stretch 1pm conversational ukulele	9 9am line dancing Marcus Movie Club (TBD)	10
11	12 9am sewing club 1pm hand, foot & knee	13 9am line dancing 10am knitting club 12pm lunch&learn 6:30pm ballroom	14 9am walking club 10am wii 1pm mahjong 1pm wii 1pm book club	15 9am art club 9:40am senior stretch 1pm conversational ukulele	16 9am line dancing 9:30am donuts& documentaries	17
18	19 9am sewing club	20 9am line dancing 10am knitting club 6:30pm ballroom	21 9am walking club 10am wii 1pm mahjong 1pm wii	22 9am art club 9:40am senior stretch 1pm conversational ukulele	23 9am line dancing	24
25	26 9am sewing club 1pm hand, foot & knee	27 9am line dancing 10am knitting club 6:30pm ballroom 6:30pm card making	28 9am walking club 9:30am card making 10am wii 1pm mahjong 1pm wii 1pm seniors4seniors	29 9am art club 9:40am senior stretch 1pm conversational ukulele		