

Ashwaubenon's Seniors

Spring is far more than a changing of seasons; it's a rebirth of the spirit.
Toni Sorenson

EARLY VOTING DAYS AND TIMES FOR SPRING'S PRIMARY

SPECIAL POINTS OF INTEREST:

- The Spring Party Primary is Tuesday, April 2nd.
- If you would like to early vote in person please see the schedule to the side
- Early voting ends Friday, March 29th at 5pm.

The Village of Ashwaubenon's Clerk, Kris Teske, has asked me to share the following early voting days and times with you. The Spring Primary is Tuesday, April 2nd. Please contact Village Hall with any questions regarding the elections.

Presidential Preference Primary And Spring Election

March 19 - Tuesday 7:30 am to 4:30 pm

March 20 - Wednesday 7:30 am to 4:30 pm

March 21 - Thursday 7:30 am to 4:30 pm

March 22 - Friday 7:30 am to 4:30 pm

March 25 - Monday 7:30 am to 4:30 pm

March 26 - Tuesday 7:30 am to 4:30 pm

March 27 - Wednesday 7:30 am to 4:30 pm

March 28 - Thursday 7:30 am to 5:00 pm

March 29 - Friday 7:30 am to 5:00 pm

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GOOD AND BAD FATS

In the past, fats have gotten a bad rap! We have been told to stay away! Lest we become overweight cholesterol filled heart attack bombs waiting to go off!

Recent studies, howev-

er, have shown the body and brain need fat to flourish and maintain healthy function. But are all fats created equal?

Join us, Tuesday, March 12th at 12pm, for Lunch & Learn.

Woodside's Expert will teach us everything we need to know about fats!

Please pre-register by Friday, March 8th 10:30am.

This event is FREE!

ELVIS

Elvis' meteoric rise to fame was not without cost. Elvis' relationship with over controlling manager, Colonel Tom Parker, was filled with contention and controversy.

Join us Tuesday, March 5th at 1pm for Elvis and follow The King of Rock and Roll's complicated partnership

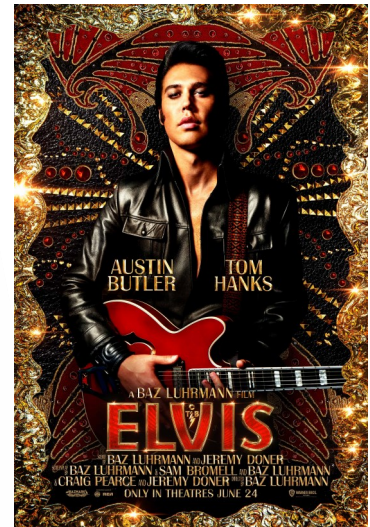
with Parker and how an influential woman in Elvis' life helped him break free.

Elvis stars Tom Hanks.

This movie runs 2hrs 39mins.

Popcorn will be available.

Please feel free to bring your own snacks and drink.



Spring is the time for plans and projects.

Leo Tolstoy

FLY GIRLS

Fly Girls by Keith O'Brien is March's Book Club Novel.

Author and NPR contributor, Keith O'Brien, dives into the lives of 4 women that dared to blast through the glass ceiling of aviation in the 1920s &

30s. These women not only took to the skies, but soared to new heights, even beating some of the men at their own games!

Join us for a lively discussion, Wednesday, March 13th at 1pm.

Interested, but can't find the book?

Copies are available at the front desk of the Ashwaubenon Branch Library.

UNKNOWN: COSMIC TIME MACHINE



Unknown: Cosmic Time Machine follows the engineers and scientists that built the James Webb Space Telescope. Follow them on their ambitious mission to launch this Space Telescope that could hold many answers to the universe.

Join us Friday, March 15th at 9:30am for March's Donuts & Documentaries.

This film runs 1hr 4mins.

Donuts and coffee will be available.

This event is FREE!

FLOWER ARRANGING

Spring is here! Celebrate the thaw by creating a beautiful flower arrangement perfect for the season.

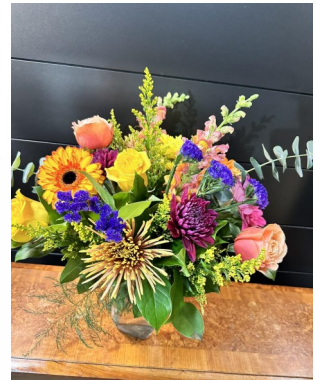
Join Josh, from Nature's Best, Thursday, March 21st at 1pm, here at the Community Center. With his guidance, you will fashion a beautiful fresh flower center piece perfect for

celebrating the end of winter and the Easter Season.

This class is \$40/adult.

Please pre-register more-pay by Friday, March 15th at 10:30am.

(there will be NO refunds after March 15th)



CARD CAMP

Card Camp is BACK! Join Michelle and Connie, Wednesday, March 20th for Card Camp.

We are offering 3 different times, so everyone's schedule can be accommodated.

Sign up for our 9am, 1pm or 5pm class. Love stamping? Sign up for the whole day!

Camp is \$5/adult.

Please pre-register/prepay by Friday, March 15th.



A kind word is like a spring day.

Russian Proverb

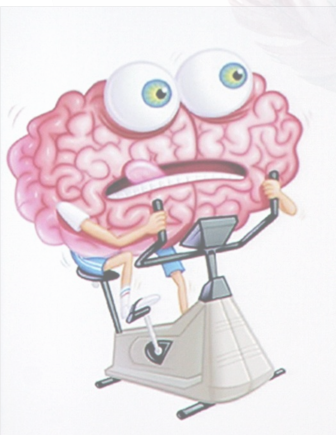
COGNITIVE STIMULATION

Did you know you can "rewire" your brain? It is possible to improve your cognitive function with little changes to how you challenge your brain everyday?

Join the Brain Center, Wednesday, March 20th at 10am and learn simple ways to seek out experiences that make it possible for your brain to re-wire.

Please pre-register by Friday. March 15th at 10:30am.

This event is FREE!



LOOKING AHEAD

Tuesday, April 2nd: Matinee 1pm

The Hill

Wednesday, April 3rd: Embroidery Club 9am

Wednesday, April 10th: Book Club Author Event 1pm

Coast to Coast on a Tandem with Peter and Tracy Flucke

Friday, April 12th: Marcus Movie Club (TBD)

Tuesday, April 16th: Breakfast with the Experts 9:30am

Discharge Planning

Friday, April 19th: Donuts & Documentaries 9:30am

Yogi Berra: It Ain't Over

Wednesday, April 24th: Seniors 4 Seniors 1pm

No Card Making Class in April



March 2024

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:45am line dancing	2
3	4 9am sewing club	5 9am line dancing 10am knitting club 1pm matinee 6:30pm ballroom	6 9am walking club 10am wii 1pm mahjong 1pm wii	7 9am art club 9:40am senior stretch 1pm conversational ukulele	8 8:45am line dancing Marcus Movie Club (TBD)	9
10 Daylight Savings	11 9am sewing club 1pm hand, foot & knee	12 9am line dancing 10am knitting club 12pm lunch&learn 6:30pm ballroom	13 9am walking club 10am wii 1pm mahjong 1pm wii 1pm book club	14 9am art club 9am senior advisory 9:40am senior stretch 1pm conversational ukulele	15 8:45am line dancing 9:30am donuts& documentaries	16
17 St Patrick's Day	18 9am sewing club	19 9am line dancing 10am knitting club 6:30pm ballroom	20 9am walking club 9amcard camp 10am wii 10am brain center 1pm mahjong 1pm wii 1pm card camp 5pm card camp	21 9am art club 9:40am senior stretch 1pm conversational ukulele 1pm flower arranging	22 8:45am line dancing	23
24	25 9am sewing club 1pm hand, foot & knee	26 9am line dancing 10am knitting club 6:30pm ballroom 6:30pm card making	27 9am walking club 9:30am card making 10am wii 1pm mahjong 1pm wii 1pm seniors4seniors	28 9am art club 9:40am senior stretch 1pm conversational ukulele	29 Good Friday 8:45am line dancing	30
31 Happy Easter						