

April 2024



Ashwaubenon’s Seniors

Spring is the time of plans and projects.

Leo Tolstoy

Active Adult Programming



If you haven’t received your new Spring/Summer Brochure yet, you should VERY soon!

You may notice something very different in this seasons’ issue. The Park and Recreation Department has decided to rebrand our “Senior Programming” to “Active Older Adults Programming.”

This decision to rebrand was primarily based on

the large age and generation gap between the retired population. Retirees are living longer healthy lives with the desire to stay active throughout.

Our name may have changed but our activities and events will not! We hope that with this change, every adult will feel welcome to attend any class or event that interests them!

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Special points of interest:

- Brochure will be out the last week of March
- Due to the wide age gap in retirees we decided to rename our “Senior” activities to Active Older Adult
- For the most part, we will continue to allow adults of any age to participate..

PRN Home Health & Therapy

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

Oak Park Place’s experts from PRN Home Health and

Therapy Services will discuss how you can improve your health outcomes with an individualized care program entailing a full spectrum of

therapy services.

Breakfast will be provided.

Please pre-register by Friday, April 12th

This event is FREE!



The Hill

April's Matinee, on Tuesday, April 2nd at 1pm is The Hill.

The Hill is the inspirational true story of baseball legend Ricky Hill. This drama not only highlights Ricky's struggles both physically and mentally. This story of perseverance through family

differences of faith, family and baseball is truly heart-warming.

This film stars Dennis Quaid.

This film runs 2hrs 6mins.

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



Coast to Coast: an Authors' Event

The Ashwaubenon Community Center's Book Club would like to invite you to our Authors' Event featuring Tracy and Peter Flucke, authors of Coast to Coast on a Tandem, Wednesday, April 10th at 1pm.

Tracy and Peter will be discussing not only their ad-

ventures crossing the country on a bicycle made for 2, but their journey becoming authors.

Please pre-register by Friday, April 5th at 10:30am.

This event is FREE!

Everyone thinks of changing the world, but no one thinks of changing himself.
Leo Tolstoy

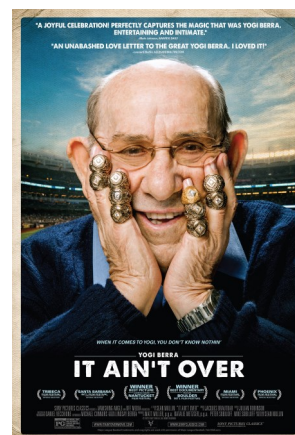
Yogi Berra: It Ain't Over

Yogi Berra is probably one of the most quoted baseball player in history; as well as one of the most understood and underrated! Join us Friday, April 19th at 9:30am for our Donuts & Documentary : Yogi Berra: It Ain't Over.

Follow Yogi through his life and career while you truly get to know the heart and soul of this baseball legend.

This film runs 1hr 39mins.

Donuts and coffee will be provided.



Care Partner's Journey

Are you dealing with a loved one's cognitive decline? Would you like to hear other inspirational journey through the eyes of someone who has walked this path?

Join us Wednesday, April 17th at 10am, the Brain Center's Care Partner's Journey with Dr Lulloff.

Dr Lulloff will share his life changing lessons, powerful insights and valuable to empower you.

This event will leave you motivated and deeply impacted by Dr. Lulloff's story.

Please pre-register by Friday, April 12th.

This event is FREE!



Wednesday Walkers

Wednesday Walkers would like to invite you to come walk the Ashwaubenon Fox River Trail every clement Wednesday in April at 9am. We will meet at the Park Entrance on Marina Lane.

We typically walk an hour or 3 miles, but you can drop off whenever you feel comfortable. We have several

different paces of walkers, so choose your group and pace!

Not only will we be walking this trail we will be the volunteer group that helps keep this trail clean and neat for the rest of Ashwaubenon!

Come on out and give it a try!

*The two most powerful warriors
are patience and time.*
Leo Tolstoy

Hand and Foot Card Club

Do you play Hand & Foot but haven't found anyone to play with? Come out to the Ashwaubenon Community Center every 1st & 3rd Tuesday at 11:30am and join this fun Hand & Foot Card Club!

This club is free to join and play, but we do need to cap our players at 24.

Interested in joining this club? Please contact Nancy with the dates you would like to join at:

nabogacz@netnet.net



Looking Ahead

Tuesday, May 7th: Matinee 1pm

The Courtship

Wednesday, May 8th: Book Club 1pm

Daisy Jones and the Six

Thursday, May 9th: Senior Advisory Committee 9am

Friday, May 10th: Marcus Movie Club (TBD)

Tuesday, May 14th: Lunch & Learn 12pm

Basic Exercise/Wellness

Friday, May 17th: Donuts and Documentaries 9:30am

The Boys of '36

Wednesday, May 22nd: Seniors 4 Seniors 1pm

Tuesday, May 28th: Card Making 6:30pm

Wednesday, May 29th: Card Making 9:30am

Thursday, May 30th: Senior Safety Update 9am



April 2024

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am sewing club	2 <i>Election Day</i> 9am line dancing 10am knitting club 11:30am hand & foot 1pm matinee 6:30pm ballroom	3 9am walking club 10am /1pm wii 1pm mahjong	4 9am art club 9:40am senior stretch 1pm conversational ukulele	5 8:45am 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 /1pm wii 1pm mahjong 1pm book club Authors' Event	11 9am art club 9:40am senior stretch 1pm conversational ukulele	12 Marcus Movie Club (TBD) 8:45am line dancing	13
14	15 9am sewing club	16 9am line dancing 9:30am breakfast with the experts 10am knitting club 11:30am hand & foot 6:30pm ballroom	17 9am walking club 10am brain center 10am/1pm wii 1pm mahjong	18 9am art club 9:40am senior stretch 1pm conversational ukulele	19 8:45am 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	24 9am walking club 10am/1pm wii 1pm mahjong 1pm seniors 4 seniors	25 9am art club 9:40am senior stretch 1pm conversational ukulele	26 8:45am line dancing	27
28	29 9am sewing club	30 9am line dancing 10am knitting club 6:30pm ballroom				