



# Ashwaubenon's Seniors

**Be yourself, everybody else is already taken.**

Ashwaubenon Community Center  
900 Anderson Dr

## Wellness Workshops with Courtney

Have you been wanting to start a health and wellness journey but didn't know where to start or where to go?

We have a special event just for you!

Join Courtney, here at the Community Center, Thursday, May 30th at 1pm for a 4 part Wellness Workshop!

Courtney has been a registered nurse

for over 10years and after life threw her a few curve balls decided to focus her practice on health and wellness. She is a Certified Health Coach now and is committed to helping jump start your journey to better health and all around wellness.

Each workshop will focus on an educational presentation, an activity to help you begin focusing on

a new habit and Q&A time.

This is a 4 part series :

May 30th, June 13th, June 27th & July 11th at 1pm.

This 4 part series is \$20/ adult. No need to bring anything but your willingness to try something new to start you on your wellness way!

Please pre-pay/ pre-register by Thursday, May 23rd.



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### Special points of interest:

- *Join Courtney, a BSN and Certified Health Coach for a Wellness Workshop*
- *This is a 4 part series to help you jump start your wellness journey*
- *The cost is \$20/person for ALL 4 classes*
- *Please pre-register/pre-pay buy Thursday, May 23rd*

## The Courtship

Disappointed in his daughter's education, maturity, and unsure as to how she will ever find a husband, a wealthy father offers a handsome dowry for the hand of his unrestrained daughter through a want ad.

Can you find love through a want ad?

Join us Tuesday, May 7th at 1pm for The Courtship.

Popcorn will be provided.

This event is FREE!



## Basic Wellness and Exercise

Woodside's Lunch & Learn Series is BACK!

Join us Tuesday, May 14th at 12pm for a thorough discussion on Basic Wellness and Exercise. Woodside's Wellness Coordinator will join us to discuss all things wellness!

Our expert will focus on the POSITIVE! You will

learn how to implement a simple plan to start your holistic journey to complete wellness.

Please pre-register by Friday, May 10th at 10:30am. (Our max count is 50, so register early!)

This event is FREE!



## Daisy Jones and the Six

Daisy Jones is a fiery spirit living the fast life in the 1960's and totally in love with Rock and Roll.

Billy Dunn and his brother and their band The Six are finally getting some recognition, when a music producer has an epiphany that will send these two on a col-

lision course with infamy!

Join us Wednesday, May 8th at 1pm for our discussion of Daisy Jones and The Six.

Interested? Books can be found at the Ashwaubenon Branch Library.

*Keep your face towards the  
sunshine and shadows will fall  
behind you.*

*Walt Whitman*

## The Boys of '36

Nine working class young men meet a destiny they could never imagine as they were heading off to the University of Washington in the 1930's.

Join us May 17th for our Donuts & Documentaries: The Boys of '36, at 9:30am.

This 53 minute PBS documentary will take you back to the depression and the fight to beat Nazi Germany out of an Olympic Gold Medal.

Donuts & coffee will be available.

This event is FREE!



## Looking Ahead

Monday, June 3rd: Active Adults with Kate begins 10:30am

Tuesday, June 4th: Matinee 1pm

About My Father

Wednesday, June 5th: Card Camp 9am/1pm/5pm

Thursday, June 6th: Active Adults with Lissa begins 10:30am

Tuesday, June 11th: Lunch & Learn 12pm

Care in the Community

Wednesday, June 12th: Technology Use & Negative

Impacts on Our Brain 10am

Wednesday, June 12th: Book Club 1pm

Wednesday, June 12th: Geocaching 101 6pm

Tuesday, June 18th: Breakfast with the Experts 9:30am

Sleeping Through the Ages

Thursday, June 20th: Green Bay Rockers Game 12:05pm

Friday, June 21st: Donuts & Documentaries 9:30am

Easter Island Origins

Tuesday, June 25th: Card Making 6:30pm

Wednesday, June 26th: Card Making 9:30am

Wednesday, June 26th: Seniors 4 Seniors 1pm



# May 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 walking club 9am embroidery club 10am /1pm wii 1pm mahjong	2 9am art club 9:40am senior stretch 1pm conversational ukulele	3 8:45am line dancing	4
5	6 9am material girls sewing club	7 9am line dancing 10am knitting club 1pm matinee 6:30pm ballroom	8 9am walking club 10am /1pm wii 1pm mahjong 1pm book club	9 9am art club 9am senior advisory 9:40am senior stretch 1pm conversational ukulele	10 8:45am line dancing Marcus Movie Club	11
12	13 9am material girls club 1pm hand, foot & knee	14 9am line dancing 10am knitting club 12pm lunch & learn 6:30pm ballroom	15 9am walking club 1pm mahjong	16 9am art club 9:40am senior stretch 1pm conversational ukulele	17 8:45am line dancing 9:30am donuts & documentaries	18
19	20 9am material girls club	21 9am line dancing 10am knitting club 6:30pm ballroom	22 9am walking club 1pm mahjong	23 9am art club 9:40am senior stretch 1pm conversational ukulele	24 8:45am line dancing	25
26	27 <i>Memorial Day</i> Closed	28 9am line dancing 10am knitting club 6:30pm ballroom 6:30pm card making	29 9am walking club 9:30am card making 10am brain health 1pm mahjong	30 9am art club 9:40am senior stretch 1pm conversational ukulele 1pm Wellness Workshops	31 8:45am line dancing	