

November 2024



BE PRESENT IN ALL THINGS AND THANKFUL OR ALL THINGS.
MAYA ANGELOU

Ashwaubenon's Seniors

Flower Arranging with Josh

Our Flower Arranging class returns, Thursday, November 7th at 1pm. Just in time for the perfect autumn arrangement!

Join Josh, head designer and owner of Nature's Best Floral and Boutique, in this hands on class as we work to create a unique floral arrangement. Each participant will have a beautiful arrangement to bring home.

The cost of this class is \$40/ adult.

Please pre-register/prepay by Friday, November 1st at 10am.



Health Habits for the Holidays

Does the holiday season sabotage all your good efforts to maintain a healthy lifestyle throughout the year?

Join us, Tuesday, November 12th for our Lunch & Learn, Health Habits for the Holidays at 12pm.

The experts at Woodside will

teach you some healthy habits and options you can use to prevent your downfall this holiday season!

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

Lunch will be provided by Woodside.

This event is FREE!

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Special points of interest:

- Join Josh, Thursday, November 7th at 1pm
- Just bring yourself! Josh brings everything you need!
- \$40/adult. Includes the awesome arrangement you will bring home!
- Please pre-register by Friday, November 1st at 10:30am.

Bicycling Historic Route 66

The ABC Book Club and The Ashwaubenon Community Center's Book Club would love to extend an invitation to the public to join them in this special Authors' Event, Tuesday, November 19th at 11am: Bicycling Historic Route 66.

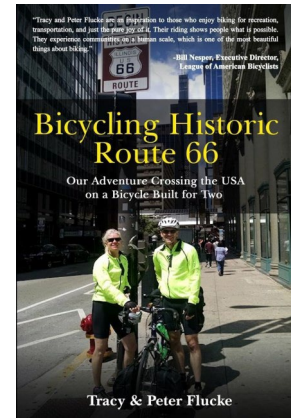
Authors Tracy and Peter Flucke will speak about not only their experience bicycling this historic route on a tandem, but also share their lives as authors. What does it take to right 2 books.

Are you interested in the Flucke's journey? Not sure where to find the books to join the discussion?

There are several copies at the Ashwaubenon Branch Library, but if you are out of luck there, you can find them on Amazon, Bosse's, and Badger State Brewery. If you strike out here too, or would just prefer to purchase directly from Tracy and Peter on the site below:

www.webike.org/product/bicycling-historic-route-66/

Please pre-register for this FREE event by Friday, November 15th.



The thankful receiver bears a plentiful harvest..
William Blake

Exercise & Benefits to Your Brain

Did you know exercise and any movement has amazing benefits for our overall health?

Exercise increases energy, supports better sleep habits, boosts motivation, your immune system, and helps youth handle physical and emotional challenges. Specific chemicals, such as BDNF (Brain-Derived Neurotrophic Factor) are released to

promote neuroplasticity. Exercise can be as simple as playing, dancing, and being physically active.

Come learn all about the benefits that exercise has on your brain with the Brain Center's Exercise & the Benefits to Your Brain, Tuesday, November 5th at 10am.

Please pre-register by Friday, November 1st.



Behind the Holiday: Thanksgiving

Behind the Holiday: Thanksgiving, reflects on the origins of our celebration of Thanksgiving on it's 400 hundred anniversary in 2021.

Did you know that even though we have had 400 years between the first Thanks giving and 2021, we have not had 400 celebra-

tions of Thanksgiving?

Learn this and so many more Thanksgiving Day fun facts, Friday, November 15th at 9:30am.

This Donuts & Documentary film runs 44 minutes. This event is FREE thanks to Humana!



Looking Ahead

Tuesday, December 3rd: Brain Center 10am

Tuesday, December 3rd: Matinee 1pm

I Heard the Bells

Wednesday, December 11th: Book Club 1pm

Thursday, December 12th: Christmas Party 11am

Thursday, December 19th: Flower Arranging 1pm

Friday, December 20th: Donuts & Documentaries 9:30am

12 Days of Tudor Christmas



November 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 material girls club 10:30am active adults	5 <i>Election Day</i> 10am brain center 11am knitting	6 9am walking club 10am/1pm mahjong 10am/1pm wii bowling	7 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele 1pm flower arranging	8 8:45am line dancing	9
10	11 9am material girls club 10:30am active adults 1pm hand, knee & foot	12 9am line dancing 10am knitting club 12pm lunch & learn 6pm ballroom	13 9am walking club 10am/1pm mahjong 10am/1pm wii bowling	14 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	15 8:45am line dancing 9:30am donuts & documentaries	16
17	18 9am material girls club 10:30am active adults	19 9am line dancing 10am knitting club 11am route 66 11:30am hand & knee 6pm ballroom	20 9am walking club 10am/1pm mahjong 10am/1pm wii bowling 1:30/5:30pm card camp	21 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	22 8:45am line dancing	23
24	25 9am material girls club 10:30am active adults 1pm hand, knee & foot	26 9am line dancing 10am knitting club 6pm ballroom 6:30pm card making	27 9am walking club 9:30am card making 10am/1pm mahjong 10am/1pm wii bowling	28 <i>Happy Thanksgiving</i> Closed	29 Closed	30