

Ashwaubenon's Seniors

The superior man is modest in his speech, but exceeds in his actions.
Confucius

NEW YEAR NEW CLASSES

It's a new year with new offerings!

Beginning January 7th, we have Tai Chi & Qigong on Tuesday and Thursday mornings at 8am respectively. Not sure if you would be interested, the descriptions for class are below:

Tai Chi Foundations Tuesdays

This class format incorporates tai chi and qigong principles to im-

prove physical and mental well-being. TaiChi Foundations introduces modified tai chi forms. Linking forms together in a guided flow increases strength and vitality using coordination of upper and lower body. Participants will learn the foundations of weight transfer and rhythmic movement along with awareness and focused breathing.

Qigong F.I.T. (Fifteen

Important Transitions) Thursdays

At Calvary Lutheran Church -MPR

This class transitions through breathing, stretch, balance, coordination, spinal mobility and strength. As with all Qigong principles, we perform all slow, smooth & continuous movements with the focus on mindfulness and the breath. Resistance band is optional. Consistency is the key to change.

SPECIAL POINTS OF INTEREST:

- Tai Chi Tuesdays at 8am
- Qigong Thursdays at 8am
- The cost is
- Introduction to Mandala Wednesday, January 22nd at 9am. Free!
- Pre-register for Introduction to Mandalas by Friday, January, 17th.

MANDALAS

Galina Medvedeva, originally from Ukraine, brings her passion for art and teaching to the Ashwaubenon Community Center with a special Mandala painting session for seniors. Having arrived in Green Bay 2.5 years ago following the war and occupation in her home country, Galina finds joy in sharing the meditative art of mandalas—a Sanskrit word

meaning "circle" or "center." This session invites seniors to experience the soothing and creative process of mandala painting, a tradition rooted in balance and harmony. With a love for florals and intricate designs, Galina guides participants through crafting their own unique mandalas, offering a chance to explore both creativity and mindfulness.

Wednesday, January 22nd at 9am, we'll create our own winter-themed mandalas using paper, pencils, and markers. I hope this session not only introduces you to the unique art of mandalas but also inspires you to explore other media and patterns in this form of art with me in the future.

Please pre-register by Friday, January 17th. This class is FREE!

INSIDE THIS ISSUE:

STREU'S PHARMACY	2
LINOLEUM	2
HAPPY	2
FLOWER ARRANGING RESCHEDULED	3
THE PERSONAL LIBRARIAN	3
CARD CAMP	3
LOOKING AHEAD	4

STREU'S PHARMACY: FALL PREVENTION

Breakfast is back! Tuesday, January 21st at 9:30am.

January's Breakfast with the Experts will discuss strategies to prevent falls, such as exercise, medication reviews, calcium supplementation, assistance devices, and environmental assessments. He will discuss the types of medica-

tions that may increase fall risk, how comprehensive medication reviews can help, and the pharmacist's role. Important parts of this include deprescribing (removing or replacing Falls Risk Increasing Meds or FRIDS), finding other, safer medication options, and if there are any OTC medications increasing risk. He will

also discuss the results of a study done by Streu's Pharmacy in collaboration with the Aging and Disability Resource Center and UW-Pharmacy school.

Please pre-register by Friday, January 17th .

This event is FREE!

Travel makes one modest: one sees what a tiny place one occupies in the world.
Gustave Flaubert

LINOLEUM

When Cameron loses his job, as the local scientist on a popular children's TV show, he decides to fulfill his childhood dream of rocketing into space.

As he builds his rocket, weird and strange things start to occur in his neighborhood.

Join us, Tuesday, January 7th at

1pm for Linoleum, starring Jim Gaffigan.

This movie is 1hr 41mins.

Popcorn will be provided.

Please feel free to bring your own drinks and snacks!

This event is FREE!



HAPPY

Rich or poor we all know people that are truly happy. Have you wondered why these people are happy? How did they become happy? What is their secret?

Join us Friday, Janu-

ary 17th for Happy, 9:30am.

This month's documentary will explore the secret to happiness, why some achieve it no matter their financial circumstances and others

can't buy it!

Donuts and coffee will be available thanks to Humana.

This film runs 1hr 16mins.

This event is FREE!



FLOWER ARRANGING: RESCHEDULED

Due to the not so stormy storm, Thursday, December 19th, our Flower Arranging Class has been RESCHEDULED to Thursday, January 9th at 1pm.

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.

Please pre-pay/pre-register by Friday, January 3rd at 10am. The cost is \$40/adult.

Already registered for December's class, you're in! No need to re-register.



THE PERSONAL LIBRARIAN

Bella da Costa Green has achieved her life long goal of head librarian and curator of fine artifacts for one of the richest men in the US, JP Morgan. Bella only fears one thing, a childhood secret that

could ruin everything she has worked for.

Join our Book Club, Wednesday, January 8th at 1pm for a lively discussion of The Personal Librarian by Marie Bene-

dict and Victoria Christopher Murphy.

Interested, but don't have the book? Copies can be found at the Ashwaubenon Branch Public Library.

Life is really simple, but we insist on making it complicated.

Confucius

CARD CAMP



Join Michelle, Wednesday, January 15th, in making beautiful, handmade greeting cards. You will make 6 cards using mixed media techniques (General, Holi-

day, and Seasonal). Please bring your own scissors. All other supplies provided. Classes are held at 1:30 & 5:30pm. Sign up for one or both!

Please pre-register/pre-pay by Friday, January 10th at 10am.

The cost is \$10/adult.

There is a 12 person limit, so sign up NOW!

LOOKING AHEAD

Tuesday, February 4th: Brain Center 10am

Technology Use & Brain Wellness

Tuesday, February 4th: Matinee 1pm

Breakfast at Tiffany's

Tuesday, February 11th: Lunch & Learn 12pm

Wills & Estate Planning

Wednesday, February 12th: Book Club 1pm

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

Meet the Patels

Tuesday, February 25th: Card Making Class 6:30pm

Wednesday, February 26th: Card Making Class 9:30am



Happy
New Year

January 2025

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Happy New Year!</i> Closed	2 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	3 8:45am line dancing	4
5	6 9am material girls club 10:30am active adults	7 8am tai chi 9am line dancing 10am knitting club 10am brain center 11:30am hand & foot 1pm matinee 6pm ballroom	8 9am walking club 10am/1pm mahjong 10am/1pm wii bowling 1pm book club	9 8am qigong 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	10 8:45am line dancing	11
12	13 9am material girls club 10:30am active adults 1pm hand, knee & foot	14 8am tai chi 9am line dancing 10am knitting club 6pm ballroom	15 9am walking club 10am/1pm mahjong 10am/1pm wii bowling 1:30/5:30pm card camp	16 8am qigong 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	17 8:45am line dancing 9:30am donuts & documentaries	18
19	20 9am material girls club 10:30am active adults	21 8am taichi 9am line dancing 9:30ambreakfast with the experts 10am knitting club 6pm ballroom	22 9am walking club 9am mandala class 10am/1pm mahjong 10am/1pm wii bowling	23 8am qigong 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	24 8:45am line dancing	25
26	27 9am material girls club 10:30am active adults 1pm hand, knee & foot	28 8amtaichi 9am line dancing 10am knitting club 6pm ballroom 6:30pm card making	29 9am walking club 9:30am card making 10am/1pm mahjong 10am/1pm wii bowling 1pm seniors4seniors	30 8am qigong 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	31 8:45am line dancing	