



Ashwaubenon's Seniors

**Benevolence is the characteristic element of humanity.
Confucius**

Thank you!

As many of you may have heard, I will be officially retiring my position, on Thursday, February 27th.

I wanted to take this opportunity to thank all our active adults in Ashwaubenon that have been so supportive in our mission to improve the quality of life of Ashwaubenon's active adults and those in the surrounding communities.

Whether you have volunteered your time to lead a class or club, gave your voice to new ideas for programming, or just added one of our events to your weekly schedule, you have made our

senior programming one of the best, if not the best, in Brown County!

I would be remiss, not to give proper credit to all our staff in the Park and Recreation Department, from our secretary, Kelly, to all our maintenance staff keeping our parks and trails the best around. A special thank you to David, who always picked up the slack when I was out on vacation, and who will be taking over until my replacement is found.

I plan on frequenting some of our great programming, so hopefully, I will see you around!

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Feeding Your Mind with Prevea

We have an exciting new partnership to offer with great speakers and lunch quarterly. Feeding Your Mind with Prevea complimentary educational series presented by Prevea Health. Each topic features expert speakers providing health tips and answering your questions about maintaining an active lifestyle followed by lunch. Our first topic: **Unlock the**

Power of Sleep: Improve Your Health One Night at a Time

Join Kaitlin Auten, a Prevea Health & Wellness Specialist, as she reveals the secrets to optimal sleep, Thursday, March 20th at 12pm.

Please pre-register by Friday, March 14th at 10am.

Lunch will be limited to 50 adults.

Special points of interest:

- Thursday, March 20th at 12pm
- Prevea will provide lunch
- This event is Free
- MUST pre-register by Friday, March 14th at 10am

Brooklyn

Join us Tuesday, March 4th at 1pm for Brooklyn, March's Matinee.

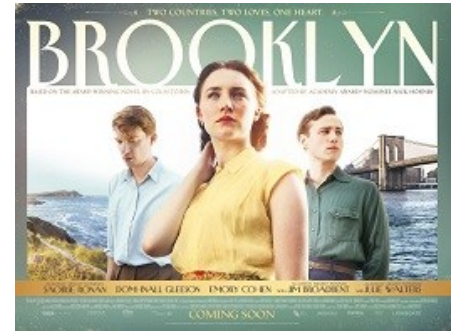
Ellis' sister has saved and saved to send her younger sister to America for a better life. When Ellis arrives in America she struggles to adjust, but with the help of a young Italian finally finds her footing in this new

world. After a tragedy compels her to return to Ireland, Ellis finds herself torn between her old life and new American life. Based on the novel of the same name.

This film runs 1hr 51mins.

Popcorn will be available.

Please feel free to bring your own snacks.



Older Than Ireland

Ireland, as an independent nation, is actually quite new.

Older Than Ireland tells the tales of 30 centenarian men and women that were born just before the birth of their country, Ireland. This documentary follows the many changes that have

occurred in Ireland since its inception.

Join us Friday, March 21st at 9:30am for our Donuts & Documentary: Older Than Ireland.

This film runs 1hr 21mins
Donuts & Coffee sponsored by Humana.

*Health and cheerfulness
mutually beget each other.
Joseph Addison*

Anxious People

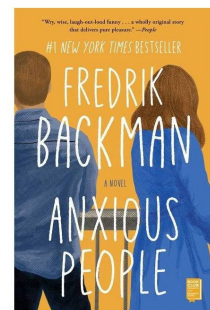
What happens when something as benign as attending an open house, becomes a hostage situation?

Anxious People by Frederik Backman is March's Book Club novel. Join us, Wednesday, March 12th at

1pm, for a lively discussion.

Interested and do not have the book?

Stop by the Ashwaubenon Branch Library and ask for your copy!



Some Tea About Tea

We have all heard that drinking tea is good for you. But why is Tea more than just your average beverage? What health benefits does it provide?

Come learn some history on different teas and the benefits they have for everything from your blood sugars to your mental focus, Tuesday,

March 11th at 12pm at Woodside's Lunch & Learn.

Please pre-register by Friday, March 7th at 10am. There is a maximum of 50, so register NOW!

Lunch is provided by Woodside.

This event is FREE.



Bucks Game

Would you just love to see the Bucks, but have no desire for the hassle of the drive to Milwaukee, the parking and the traffic?

Join us Sunday, April 13th for the last regular season home game against the Detroit Pistons.

We will meet at 9am at Sam's Club and ride down together to cheer on the Bucks!

Please pre-register and pre-pay by Thursday, March 13th.

The cost is \$85/resident
\$100/non residents

*If you would be loved, love and
be lovable.
Benjamin Franklin*

Senior Advisory Committee

Are you looking for an easy way to give back to your community and influence active adult offerings?

Consider joining our Senior Advisory Committee. The Committee meets every oth-

er month on the second Thursday at 9am. Breakfast and coffee is included!

Interested but have some questions? Just contact us here at the Park and Recreation Department:

seniors@ashwaubenon.gov or
droehrig@ashwaubenon.gov

Or just give us a call:

(920) 492-2331.

Looking Ahead

Tuesday, April 1st: Spring Elections

Matinee CANCELED

Wednesday, April 2nd: Embroidery Club 9am

Wednesday, April 9th: Book Club 1pm

Tuesday, April 15th: Breakfast with the Experts 9:30am

Cornerstone Caregivers

Wednesday, April 16th: Card Camp 1:30/5:30pm

Friday, April 18th: Good Friday

Donuts & Documentaries CANCELED

Wednesday, April 23rd: Seniors 4 Seniors 1pm

Thursday & Friday April 24th & 25th

Closed due to NFL Draft



March 2025

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9am material girls club 10:30am active adults	4 <i>Mardi Gras</i> 9am line dancing 10am knitting club 11:30am hand & foot 1pm matinee	5 <i>Ash Wednesday</i> 9am walking club 10am/1pm mahjong 10am/1pm wii bowling	6 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	7 8:45am line dancing	8
9 <i>Daylight Savings</i>	10 9am material girls club 10:30am active adults 1pm hand, knee & foot	11 9am line dancing 10am knitting club 12pm lunch & learn	12 9am walking club 10am/1pm mahjong 10am/1pm wii bowling 1pm book club	13 9am art club 9am senior advisory committee 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	14 8:45am line dancing	15
16	17 <i>St Patrick's Day</i> 9am material girls club 10:30am active adults	18 9am line dancing 10am knitting club 11:30am hand & foot 6pm ballroom dance	19 9am walking club 10am/1pm mahjong 10am/1pm wii bowling	20 9am art club 9:40am senior stretch 10:30am active adults 12pm Feeding Your Mind with Prevea 1pm conversational ukulele	21 8:45am line dancing 9:30am donuts & documentaries	22
23	24 9am material girls club 10:30am active adults 1pm hand, knee & foot	25 9am line dancing 10am knitting club 6:30pm card making	26 9am walking club 9:30am card making 10am/1pm mahjong 10am/1pm wii bowling 1pm seniors4seniors	27 9am art club 9:40am senior stretch 10:30am active adults 1pm conversational ukulele	28 8:45am line dancing	29
30	31 9am material girls club 10:30am active adults					