

April 2025

# Ashwaubenon's Seniors

Spring is the time of plans and projects.

Leo Tolstoy

## NFL DRAFT



Welcome to Ashwaubenon — ***Your #1 Pick*** for the 2025 Draft and ***in the heart of it all***. The Village of Ashwaubenon, Discover Green Bay, the Green Bay Packers, and our local event partners are proud to welcome the 2025 NFL Draft to Ashwaubenon's Tiletown area and our Sports and Entertainment District.

The 2025 NFL Draft is free to register and participate. Beginning on March 4, 2025, fans can register for free entry by downloading the [NFL OnePass app](#) or on the web at [NFL.com/DraftAccess](https://NFL.com/DraftAccess). All adults are required to register but can also register up to five children to get into the event. For fans without a smartphone, registration on site via the NFL's Fan Services staff is also permitted.

The NFL Draft Experience will take place in Ashwaubenon, featuring interactive exhibits, autograph sessions, photo opportunities with the Vince Lombardi Trophy, and more. Attend live, in-person to see the next NFL stars and experience the ultimate NFL fan festival featuring live concerts, interactive games, player autographs, and more. Player appearance schedules will be announced beginning on April 14, 2025, and available exclusively in the NFL OnePass app.

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### Special points of interest:

- *Brochure will be out the last week of March*
- *NFL DRAFT April 24-26*
- *Lighter than normal schedule due to the NFL Draft*



# NAVIGATING SENIOR CARE TRANSITIONS WITH CAREPATROL

Our Local Experts are Here to Help. Throughout life we all face transitions of care when we need the support of others to live a vibrant, healthy and Happy life. Care Patrol exists to serve seniors when they face a change in care needs.

Experienced and professional Local Senior Care Advisors offer safe, appropriate, and affordable solutions including home care, assisted living, memory care and respite care.



**PRE-REGISTER BY FRIDAY, APRIL 11**

**DATE: TUESDAY, APRIL 15**

**Presenter:** Jessie Marceau, Owner, GM, & CSA

**Time:** 9:30-10:30 a.m.

**Location:** Ashwaubenon Community Center

**Fee:** Free

## SPRING/SUMMER PROGRAM GUIDE

We have finished up our 2025 Spring/Summer Brochure. We have a lot of new and exciting programs/events to look forward to this year. There is an online version available and hard copies at the Ashwaubenon Community Center. Residents will be mailed a copy the last week of March.

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

## NO APRIL DOCUMENTARY OR MATINEE

There will not be a Movie Matinee in April due to the election. The Ashwaubenon Community Center has added extra wards for voting where the entire facility will be needed.

We will also not be having our Donuts & Documentaries due to the NFL Draft. The Ashwaubenon Community Center will be closed for all programming on Thursday, April 24 & Friday, April 25.

We will return to our normal schedule starting again in May!



## Wednesday Walkers

Wednesday Walkers would like to invite you to join our weekly walking club! Now that the weather is turning nice and spring is in the air it's the perfect time to join. This group helps you get your steps in and is also a great social time!

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!

We rotate locations monthly beginning in April. Come on out and give it a try!

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

## Stressing About Stress-Wiring Your Brain For Happiness

Let's boost our moods by understanding what stress is and how it impacts our thinking and relationships. When we encounter a stressor, our brain and body respond by triggering a series of chemical reactions that prepare us to engage in a "fight or flight response" from the stressor. This activates the amygdala, or "fear center" of the brain, and causes a series of events. The good news is we can change our feeling of being overwhelmed, anxious, and



### TUESDAY, MAY 6th

**Presenter:** Brain Center of Green Bay

**Time:** 10:00 a.m.-11:15 a.m.

**Location:** Ashwaubenon Community Center

**Cost:** Free



**Pre-Register by Friday, May 2nd**

## Looking Ahead

Tuesday, May 6th: Brain Health 10am

*Stressing About Stress-Wire Your Brain For Happiness*

Tuesday, May 6th: Matinee 1pm

*The Straight Story*

Wednesday, May 7th: Fun With Smoothies! 1pm

Tuesday, May 13th: Lunch & Learn 12pm

*What Is My Lymphatic System*

Wednesday, May 14th: Senior Safety Update 10am

Wednesday, May 14th: Book Club 1pm

Thursday, May 15th-17th: Village Wide Rummage Sale

Thursday, May 15th: Food Truck Rally 4:30pm

Friday, May 16th: Donuts and Documentaries 9:30am

*The Lake At The Bottom Of The World*

Tuesday, May 27th: Card Making 6:30pm

Wednesday, May 28th: Card Making 9:30am



# APRIL 2025

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 <i>ELECTION</i>	2 <i>9am walking club 10am/1pm mahjong 10am/1pm wii bowling</i>	3 <i>9am art club 9:35am senior stretch 10:30am active adults 12:30 meet the ukulele 1pm conversational ukulele</i>	4 <i>8:45am line dancing</i>	5
6	7 <i>9am material girls club 10:30am active adults 11:15am chair stretch</i>	8 <i>9am line dancing 10am knitting club</i>	9 <i>9am walking club 10am/1pm mahjong 10am/1pm wii bowling</i>	10 <i>9am art club 9:35am senior stretch 10:30am active adults 12:30 meet the ukulele 1pm conversational ukulele</i>	11 <i>8:45am line dancing</i>	12
13	14 <i>9am material girls club 10:30am active adults 11:15am chair stretch 1pm hand, knee &amp; foot</i>	15 <i>9am line dancing 10am knitting club 10:30am Breakfast w/Expert 11:30am hand &amp; foot</i>	16 <i>9am walking club 10am/1pm mahjong 10am/1pm wii bowling 1pm book club</i>	17 <i>9am art club 9:35am senior stretch 10:30am active adults 12:30 meet the ukulele 1pm conversational ukulele</i>	18 <i>8:45am line dancing</i>	19
20	21 <i>9am material girls club 10:30am active adults 11:15am chair stretch</i>	22 <i>9am line dancing 10am knitting club</i>	23 <i>9am walking club 10am/1pm mahjong 10am/1pm wii bowling</i>	24 NFL DRAFT <i>Community Center Closed</i>	25 NFL DRAFT <i>Community Center Closed</i>	26
27	28 <i>9am material girls club 10:30am active adults 11:15am chair stretch 1pm hand, knee &amp; foot</i>	29 <i>9am line dancing 10am knitting club</i>	30 <i>9am walking club 10am/1pm mahjong 10am/1pm wii bowling</i>			