

The Landing

JANUARY 2022
Full Calendar

The Landing is open
8:00am - 4:30pm
Monday through Friday
9:00am - 1:00pm
Saturday

Feed your mind and body under one roof with The Landing's in-person and virtual programming.

Registration is required for most programs. Sign up at memberservices@thelandingwausau.com, 715-841-1855 or in person at the Wausau Branch and Aspirus Branch.

Full descriptions of recurring programs are noted on their first occurrence in the calendar. *Programs with an asterisk are part of a series.

Monday, Jan. 3

10:00am - 10:45am

SilverSneakers Circuit

Program Gym - Wausau Branch + Virtual

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Suitable for nearly every fitness level. Chair available for support.

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor.

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

A class incorporating strength along with balance, and flexibility exercises. This class does not go to the floor; rather, it utilizes a chair.

1:00pm - 3:00pm

Bridge (Closed Group)

The Landing Game Room

On Mondays we host a closed bridge group.

1:00pm - 2:00pm

NEW Moving For Better Balance - Advanced Class*

Wausau Branch - Group Exercise Studio

Are you ready to take the next challenge for Moving for Better Balance? All the forms, variations, and Therapeutic Movements you learned from the beginners class will now be practiced through fun story-telling games and even mini obstacles. We will also learn two new forms and movements! The benefits of this class are for you to continue to enhance your skills, balance, and ability to move instinctively. You must have previously completed the Beginner Class to participate. Must register by 1/2. \$30 M | \$50 NM

2:00pm - 3:00pm

NEW Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Moving for Better Balance® is a research-based balance training program designed for older adults at risk of falling and people with balance disorders. The program protocol consists of a core eight-form routine and a subroutine of eight integrated therapeutic movements forms that have

been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions.

This program will

- Increase strength
- Improve your balance
- Challenge your limits of stability
- Help catch yourself when you begin to lose you balance.

Participants who have a history of falls, balance disorders, difficulty walking, leg muscle weakness, and occasional cane use should give this well researched program a chance. It has 55% improvement in balance which is higher than any other program. Must register by 1/2. \$60 M | \$80 NM

Tuesday, Jan. 4

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

A fun, shallow-water exercise class. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

GATHER, MOVE AND GROW AT

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Saturdays

9:00am - 9:45am
SilverSneakers Yoga
Studio B - Aspirus Branch

10:00am - 12:00pm
NEW Learn Cherry Pool
The Landing Game Room
Want to sharpen your billiards skills with a challenging new game? Sign up today to learn cherry pool! If you clear the table, you'll be named a Cherry Pool Shark! Let's get a lot of people so we can have a lot of fun!

10:15am - 11:00am
55+ Strong
Program Gym - Wausau Branch + Virtual
Join us for a fun 45-minute workout! 55+ Strong works your whole body, but can be modified for any fitness level.

12:00pm - 2:00pm
Knitting and Crafts Group
The Landing Art Room
Bring the project you're working on while visiting with fellow crafters! You'll get great feedback and tips from others.

12:30pm - 2:30pm
Mexican Train
The Landing Dining Room
Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". Beginners welcome!

1:00pm - 2:30pm
Table Tennis Lesson & Open Play
The Landing Game Room
Each week Matt will showcase a new skill to work on in a brief lesson. You will then have the opportunity to play against

others as you practice what you've learned! No experience necessary!

6:00pm - 7:00pm
Vibrational Sound Therapy
Yoga Studio - Wausau Branch
A vibrational sound therapy bath is a session designed to promote deep restorative relaxation that allows for stress relief and improved emotional well-being. The use of Himalayan singing bowls, crystal bowls, and chimes can be a pathway to a meditative state that is both therapeutic and enjoyable as it quiets your mind and releases tension. Registration required!

Wednesday, Jan. 5

8:45am - 9:30am
SilverSneakers Yoga
Group Ex. Studio - Wausau Branch + Virtual
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

9:45am - 10:30am
SilverSneakers Enerchi
Group Ex. Studio - Wausau Branch
This Class provides exercise for the body and concentration for the mind. The gentle movements of Tai Chi will help relieve your stress, improve balance, flexibility and flow through everyday life. Easy to learn!

10:00am - 11:00am
Gentle Stretch & Strength
Studio B - Aspirus Branch

10:00am - 11:00am
Genealogy
The Landing Art Room
Have you ever wanted more information about your family's history? Or, have you already begun exploring your ancestry, but have gotten stuck at some point down the line? Sign up for a 20 minute session with Jenny Gordon, who can help uncover answers and offer insight into your family tree! Must register by 1/4.

10:45am - 11:30am
Flexibility, Balance & Breath
Group Ex. Studio - Wausau Branch + Virtual
Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise.

11:15am - 12:15pm
SilverSneakers Classic
Studio B - Aspirus Branch

11:30am - 12:00pm
Lunch at The Landing
The Landing Dining Room
Sloppy joes served with raw veggies and dip and a side of chips. No dessert. Must register by 1/3. \$5

1:00pm - 3:30pm
Bridge
The Landing Game Room
Experienced, confident players are invited to join this weekly bridge group! Registration is required.

1:00pm - 2:00pm
Womens 55+ Basketball
Program Gym - Wausau Branch
Feed your mind and body in a new way - join our women's

GATHER, MOVE AND GROW AT

The Landing

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Saturdays

55-plus basketball group! No previous experience necessary. Each week we will work on skills and drills, incorporating games and competitions to keep it fun and fresh!

1:30pm - 3:30pm

Cribbage

The Landing Dining Room
Come play cribbage with new friends and old at The Landing – every Wednesday!

Thursday, Jan. 6

10:00am - 10:30am

Laughter Club

The Landing Art Room
Laughter Club members participate in 30 minutes of laughter exercises with using charades, improv/stories, and humor. The Laughter Club participants will feel the health benefits and feel the social benefits from the very first session. We encourage you to drop in to sample the class!

10:00am - 11:00am

NEW Failing to Plan is Planning to Fail

The Landing Tech Room
Kat Lepinski from Hougum Law Firm, LLC will share her expertise on how to pay for long-term care in a crisis situation. Gary from Restlawn will discuss Final Expense protection - how to ensure your plan for funeral and cemetery needs will be protected in the event you require long term care. Must register by 1/5.

10:00am - 10:45am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch + Virtual

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Friday, Jan. 7

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:15am - 11:00am

Full Body Fitness with Fred

Program Gym - Wausau Branch
Join Fred for Full Body Fitness on Friday!! A fun mix of cardio moves, kickboxing, strength conditioning, and abdominals to whip you into shape!

11:00am - 12:00pm

NEW Dryland Intro to "Classic" Cross Country Skiing

The Landing Tech Room
Cross country skiing can be a lifelong sport and a great way to enjoy long Wisconsin winters! We have opportunities to learn classic style cross country skiing! Both first time and experienced skiers will find valuable information from this instruction! Basic patterns of movement will be taught and facilitate early learning. Participants will learn equipment needed, appropriate clothing as well movement patterns for classic style skiing. You may attend the "skate" session to follow, and look for the on snow practice on Jan. 14th (separate registration required)! Must register by 1/6. \$5 M | \$10 NM

11:15am - 12:15am

SilverSneakers Classic

Studio B - Aspirus Branch

12:00pm - 1:00pm

NEW Dryland Intro to "Skate" Cross Country Skiing

The Landing Tech Room
Members will participate in a similar program to the above, but will be learning "skate" style skiing. Feel free to attend one or both, and look for the opportunity to practice on snow on Jan. 14 (separate registration required)! Must register by 1/6. \$5 M | \$10 NM

1:00pm - 3:00pm

American Mahjong

The Landing Dining Room
We are setting aside space for mahjong play – we hope you'll join us! Up to 16 players if using only The Landing's mahjong sets. Bring your own cards.

1:00pm - 3:00pm

Movies at The Landing

The Landing Tech Room
Enjoy movies and popcorn with us every Friday.
This week: A River Runs Through It

1:00pm - 2:00pm

Hand and Foot

The Landing Game Room
Similar to Canasta, Hand and Foot is a game in which each player is dealt two sets of cards – the hand, which is played first, and the foot, which is played when the hand is used up. Players will agree upon rules and variations at the start of play.

Sunday, Jan. 9

12:00pm - 4:00pm

Packer Tailgate Party

The Landing
Watch the Packer Game with friends at The Landing! Bring

GATHER, MOVE AND GROW AT

The Landing

The Landing is open
8:00am - 4:30pm
Monday through Friday
9:00am - 1:00pm
Saturdays

a snack to share! Registration required by 1/7, so we know how many to plan for!

Monday, Jan. 10

10:00am - 10:45am

SilverSneakers Circuit

Program Gym - Wausau Branch + Virtual

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

Bridge (Closed Group)

The Landing Game Room

1:00pm - 2:00pm

Moving For Better Balance - Advanced Class*

Wausau Branch - Group Exercise Studio

1:00pm - 3:00pm

NEW Learn to Knit a Coaster & Hat*

The Landing Tech Room

Have you ever wanted to learn how to knit a hat?? We'll start by learning to cast on a circular needle and make a coaster. Then we'll learn the steps to successfully knit a coaster! You will take home a completed hat and two size 7 circular needles! We have some yarn at The Landing, but bring your own if you want a particular color. Number 4 weight is best! See you at our knitting circle! Register by 1/7. Class runs Mondays from 1/10 to 1/31. \$20 M | \$30 NM

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Tuesday, Jan. 11

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

10:15am - 11:00am

55+ Strong

Program Gym - Wausau Branch + Virtual

12:00pm - 2:00pm

Knitting and Crafts Group

The Landing Art Room

12:30pm - 2:30pm

Mexican Train

The Landing Dining Room

1:00pm - 2:30pm

Table Tennis Lesson & Open Play

The Landing Game Room

1:00pm - 2:00pm

NEW Urban Line Dance

Group Ex. Studio - Wausau Branch

Come and enjoy the fun of learning urban line dances to popular songs from the past and today. We will be teaching line dance amalgamations to dance styles such as Merengue, Macarena, Samba, Bachata, Charleston and more! No partner or dance experience needed!

\$5 M | \$10 NM

6:00pm - 7:00pm

Vibrational Sound Therapy

Yoga Studio - Wausau Branch

Wednesday, Jan. 12

8:45am - 9:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch + Virtual

9:45am - 10:30am

SilverSneakers Enerchi

Group Ex. Studio - Wausau Branch

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:45am - 11:30am

Flexibility, Balance & Breath

Group Ex. Studio - Wausau Branch + Virtual

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

11:30am - 12:00pm

Lunch at The Landing

The Landing Dining Room

Cabbage salad with chicken.

Asian-style dressing, mandarin oranges, cilantro and almonds.

Served with whole grain bread

and a 7-layer bar for dessert. Must

Register by 1/10. \$10

1:00pm - 3:30pm

Bridge

The Landing Game Room

1:00pm - 2:00pm

Womens 55+ Basketball

Program Gym - Wausau Branch

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Saturdays

1:00pm - 3:00pm

NEW Snowman Vase Craft

The Landing Art Room
Create your own adorable snowman vase that can brighten up your home all winter long! All materials are included - just bring your creativity and excitement to learn! \$15 M | \$20 NM

1:30pm - 3:30pm

Cribbage

The Landing Dining Room

Thursday, Jan. 13

10:00am - 10:30am

Laughter Club

The Landing Art Room

10:00am - 10:45am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

6:20pm - 7:15pm

Ballroom Basics*

Group Ex. Studio - Wausau Branch

A class for beginners and those in need of a brush up course. Become a confident dancer in no time! Learn the steps and techniques to social dances in a relaxed atmosphere. If you love Big Band music or the romantic Latin rhythms, then this is the class for YOU! No partner needed! This is a seven week series! \$40 M | \$50 NM

7:20pm - 8:15pm

Latin & Club Style Dance*

Group Ex. Studio - Wausau Branch

A class for those who want to learn dances like Salsa, Swing and the ever famous "Hustle." No matter what skill level, learn useful tips and techniques that will make you look fabulous on the dance floor. Turn those two left feet into those of a confident social dancer! No partner needed. \$40 M | \$50 NM

5:30pm - 7:30pm

Dinner Club

Peking

Join us for dinner at a different restaurant each month! We'll pick favorites in the Wausau community as well as new and up and coming spots! Space is limited so sign up early!

Friday, Jan. 14

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:15am - 11:00am

Full Body Fitness with Fred

Program Gym - Wausau Branch

10:30am - 11:00am

Soup to Go

The Landing - To Go

Every other Friday, beginning January 14th, sign up for 1 quart of soup and 4 servings of bread to go for just \$10! Soup is served cold, perfect for taking home to reheat all weekend long! This week: chicken and dumpling soup with garlic herb bread.

11:00am - 12:00pm

NEW Cross Country Ski Demonstration and Practice

Yawkey Park - Outside The Landing

Bring your warm clothes, cross country skis, poles and boots; as long as there is snow, we will be outside demonstrating and practicing the different ski styles (classic and skate). You don't have to have taken either session on Jan. 7, but you might find it helpful! Join us inside The Landing afterward for hot coffee, tea or cocoa! Register by 1/13. \$5 M | \$10 NM

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

American Mahjong

The Landing Dining Room

1:00pm - 3:00pm

Movies at The Landing

The Landing Tech Room
Enjoy movies and popcorn with us every Friday.
This week: Hairspray

1:00pm - 2:00pm

Hand and Foot

The Landing Game Room

Monday, Jan. 17

10:00am - 10:45am

SilverSneakers Circuit

Program Gym - Wausau Branch + Virtual

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

GATHER, MOVE AND GROW AT

The Landing

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8:00am - 4:30pm
Monday through Friday
9:00am - 1:00pm
Saturdays

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

Bridge (Closed Group)

The Landing Game Room

1:00pm - 3:00pm

Learn to Knit a Coaster & Hat*

The Landing Tech Room

1:00pm - 2:00pm

Moving For Better Balance - Advanced Class*

Wausau Branch - Group Exercise Studio

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Tuesday, Jan. 18

9:00am - 11:00am

NEW Intro to Pickleball Clinic

Wausau Branch - Fieldhouse
Learn to play the fastest growing sport around! You'll have the chance to learn the rules of the game and basic techniques, all while getting great exercise! Everything you need to play is provided, just come dressed to move and eager to learn. \$10 M | \$15 NM

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

10:15am - 11:00am

55+ Strong

Program Gym - Wausau Branch + Virtual

12:00pm - 2:00pm

Knitting and Crafts Group

The Landing Art Room

12:30pm - 2:30pm

Mexican Train

The Landing Dining Room

1:00pm - 2:30pm

Table Tennis Lesson & Open Play

The Landing Game Room

1:00pm - 2:00pm

Urban Line Dance

Group Ex. Studio - Wausau Branch

6:00pm - 7:00pm

Vibrational Sound Therapy

Yoga Studio - Wausau Branch

6:30pm - 8:00pm

NEW IRONBULL - Moonlight Snowshoe at Gaska Park

1418 Military Road, Rothschild
Sign up to snowshoe under the moonlight at Gaska Park, one of Marathon County's hidden treasures! Enjoy a nighttime snowshoe through 48 acres of mostly wooded parkland, crisscrossed by numerous pedestrian and hiking trails winding within the park's boundaries. IRONBULL will provide Northern Lites Snowshoes, and a few headlamps (though you should bring your own if you have them)! At the end of the walk, we will share hot chocolate together. Space is limited, so don't wait to sign up!

Wednesday, Jan. 19

8:45am - 9:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch + Virtual

9:45am - 10:30am

SilverSneakers Enerchi

Group Ex. Studio - Wausau Branch

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:45am - 11:30am

Flexibility, Balance & Breath

Group Ex. Studio - Wausau Branch + Virtual

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

11:30am - 12:00pm

Lunch at The Landing

The Landing Dining Room
Vegetarian cheesy pasta ravioli bake. Served with a side salad with olives, tomato and red onion. Pudding parfait for dessert. Must register by 1/17. \$10

1:00pm - 3:30pm

Bridge

The Landing Game Room

1:00pm - 2:00pm

Womens 55+ Basketball

Program Gym - Wausau Branch

1:30pm - 3:30pm

Cribbage

The Landing Dining Room

GATHER, MOVE AND GROW AT

The Landing

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9:00am - 1:00pm
Saturdays

2:30pm - 7:00pm

NEW Starwood Farm Sleigh Ride & Dinner at Freddy's

Meet at The Landing

Oh, what fun! Join us for a tour of Starwood Farm, before hopping on a horse drawn sleigh to a cozy campfire social complete with snacks and warm drinks. Afterward, the bus will take you to Freddy's Mexican Restaurant, where you will be served your choice of Freddy's famous chimichanga, burrito, or 6 oz. tenderloin! Registration required by 1/12. \$50 M | \$65 NM

Thursday, Jan. 20

9:00am - 10:00am

NEW Exploring Spirituality

The Landing Tech Room

Self-Help Book Viewing: Be an active participant in this class as we come prepared to share our favorite spiritual self-help books that have been personally helpful to us. We can learn a lot from each other as we share what's worked for us and what we enjoy reading.

10:00am - 10:30am

Laughter Club

The Landing Art Room

10:45am - 11:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

6:20pm - 7:15pm

Ballroom Basics*

Group Ex. Studio - Wausau Branch

7:20pm - 8:15pm

Latin & Club Style Dance*

Group Ex. Studio - Wausau Branch

Friday, Jan. 21

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:15am - 11:00am

Full Body Fitness with Fred

Program Gym - Wausau Branch

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

American Mahjong

The Landing Dining Room

1:00pm - 3:00pm

Movies at The Landing

The Landing Tech Room

Enjoy movies and popcorn with us every Friday.

This week: Betty White - The Lady of Television

1:00pm - 2:00pm

Hand and Foot

The Landing Game Room

Monday, Jan. 24

10:00am - 10:45am

SilverSneakers Circuit

Program Gym - Wausau Branch + Virtual

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

Bridge (Closed Group)

The Landing Game Room

1:00pm - 3:00pm

Learn to Knit a Coaster & Hat*

The Landing Tech Room

1:00pm - 2:00pm

Moving For Better Balance - Advanced Class*

Wausau Branch - Group Exercise Studio

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Tuesday, Jan. 25

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

10:00am - 12:00pm

Learn Cherry Pool

The Landing Game Room

10:15am - 11:00am

55+ Strong

Program Gym - Wausau Branch + Virtual

11:00am - 12:00pm

NEW Edward Jones - Tax Free Investing

The Landing Tech Room

It's not what you make; it's what you keep. Learn strategies to help reduce your tax burden. We'll discuss the different types of tax-advantaged investments and how

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Saturdays

they may help you keep more of what you earn. Must register by 1/24.

12:00pm - 2:00pm
Knitting and Crafts Group
The Landing Art Room

12:30pm - 2:30pm
Mexican Train
The Landing Dining Room

1:00pm - 2:30pm
Table Tennis Lesson & Open Play
The Landing Game Room

1:00pm - 2:00pm
Urban Line Dance
Group Ex. Studio - Wausau Branch

6:00pm - 7:00pm
Vibrational Sound Therapy
Yoga Studio - Wausau Branch

Wednesday, Jan. 26

8:45am - 9:30am
SilverSneakers Yoga
Group Ex. Studio - Wausau Branch + Virtual

9:45am - 10:30am
SilverSneakers Enerchi
Group Ex. Studio - Wausau Branch

10:00am - 11:00am
Gentle Stretch & Strength
Studio B - Aspirus Branch

10:45am - 11:30am
Flexibility, Balance & Breath
Group Ex. Studio - Wausau Branch + Virtual

11:00am - 12:00pm
NEW Literacy at The Landing

The Landing Game Room
Each month Connie from Marathon County Literacy Council (McLit) will lead a lively discussion of a different book. Members will help decide which books to select in future months, so join in and make your voice heard! We've got a great selection of books for the coming months with plenty of time to visit your favorite bookstore or library! January 26: The Beekeeper of Aleppo by Christy Lefteri

11:00am - 2:00pm
NEW Mini Spiritual Retreat

The Landing Art & Tech Room
Join Bernie Corsten and Debby Krenz on a healing mini spirituality retreat to relax, reflect and renew. This promises to be a wonderful break from the winter doldrums. You deserve this time for yourself! Learn about space (property) clearing, meditation, journaling, and the power of setting positive intentions. Enjoy some chanting, ceremony and time for discussion and camaraderie, as well as a delicious lunch together. Be prepared for some fun as Bernie gets us laughing and Debby will give a live performance of some of her piano compositions while you "free dance"! The Landing's weekly lunch will be included as part of the retreat at no additional cost. Don't forget to bring your yoga mat to use during a guided meditation! Register by January 24! M\$30 | NM \$35

11:15am - 12:15pm
SilverSneakers Classic
Studio B - Aspirus Branch

11:30am - 12:00pm
Lunch at The Landing
The Landing Dining Room
Southwest turkey burger with Mexican street corn and a salted caramel cookie for dessert. Must register by 1/24. \$10

1:00pm - 3:30pm
Bridge
The Landing Game Room

1:00pm - 2:00pm
Womens 55+ Basketball
Program Gym - Wausau Branch

1:30pm - 3:30pm
Cribbage
The Landing Dining Room

5:30pm - 7:30pm
Dinner Club
Lemongrass
Join us for dinner at a different restaurant each month! We'll pick favorites in the Wausau community as well as new and up and coming spots! Space is limited so sign up early!

Thursday, Jan. 27

10:00am - 10:30am
Laughter Club
The Landing Art Room

10:45am - 11:30am
SilverSneakers Yoga
Group Ex. Studio - Wausau Branch

1:00pm - 4:00pm
NEW Multimedia Art with David Hummer
The Landing Art Room
David Hummer will be teaching a one-time workshop on balancing compositions, using magazine clippings and miscellaneous

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Saturdays

found objects to create unique works of art. This class is beginner friendly - you don't need to know how to draw or paint! Must register by 1/26. M \$35 | NM \$45

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

6:20pm - 7:15pm

Ballroom Basics*

Group Ex. Studio - Wausau Branch

7:20pm - 8:15pm

Latin & Club Style Dance*

Group Ex. Studio - Wausau Branch

Friday, Jan. 28

9:00am - 3:00pm

American Red Cross Blood Drive

The Landing

We will be open for coffee and limited seating and programming.

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:15am - 11:00am

Full Body Fitness with Fred

Program Gym - Wausau Branch

10:30am - 11:00am

NEW Soup to Go

The Landing - To Go

Every other Friday, beginning January 14th, sign up for 1 quart of soup and 4 servings of bread to go for just \$10! Soup is served cold, perfect for taking home to

reheat all weekend long! This week: ham, leek and potato soup with cheese bread.

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 2:00pm

Hand and Foot

The Landing Game Room

1:00pm - 3:00pm

American Mahjong

Wausau Branch Multipurpose Room

Monday, Jan. 31

10:00am - 10:45am

SilverSneakers Circuit

Program Gym - Wausau Branch + Virtual

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

Bridge (Closed Group)

The Landing Game Room

1:00pm - 3:00pm

Learn to Knit a Coaster & Hat*

The Landing Tech Room

1:00pm - 2:00pm

Moving For Better Balance - Advanced Class*

Wausau Branch - Group Exercise Studio