

The Landing

FEBRUARY 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.

Tuesday, Feb. 1

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.

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

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!

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/class M | \$10/class NM

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, Feb. 2

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 & Virtual

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

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and flow through everyday life.
Easy to learn!

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.

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.

11:00am - 11:45am

NEW Learn Basic Spanish*

The Landing Tech Room + Virtual After Mandarin Chinese, Spanish is the second most spoken language in the world. In the United States, some 41 million people speak Spanish at home. Not long ago this was mostly true of border states and larger cities but no longer. Richard Olson taught Spanish for over 34 years. He has B.A. and B.S. Degrees from UW-Eau Claire and a M.A.

from the University of Arizona (Guadalajara, Mexico). He has studied Spanish extensively in Mexico as well as minor stints in Spain, Costa Rica, Guatemala, and Ecuador. Join him in this course of eight 45-minute sessions. The goal is to learn to express yourself in basic Spanish in the present, past, and future tenses. Most materials will be supplied but participants should be prepared to take notes and will be strongly encouraged to review and practice outside of class. This is not the 'sing, dance, and eat tacos' class of your younger years. \$60 M | \$80 NM

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.

11:30am - 12:00pm

Lunch at The Landing

The Landing Dining Room

Hot beef sandwiches with homemade sweet and spicy pickles, baked beans, and chips. Cookie for dessert. Must register by 2/2. \$10

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 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, Feb. 3

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

Attorney Sarah J. Reed from Hougum Law Firm, LLC will talk about how to avoid probate by planning ahead. Gary from Restlawn will talk about Memorialization - why is it important and what are your options? Must register by 2/3.

10:00am - 10:45am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch & Virtual

11:00am - 12:00pm

Kings in the Corner

The Landing Game Room

Players try to get rid of their cards by playing them in a solitaire-like layout of 8 piles, built of alternate

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red & black cards in descending order. The Ace is low. The Kings are placed in the corner to start a run from King to Ace. Beginners welcome - basic instruction provided!

1:00pm - 3:00pm

NEW Billiards

The Landing Game Room

We will make both pool tables available in The Landing's Game Room for pool sharks of all skill levels to get together for friendly rounds of pool. If you've noticed the pool tables, but needed to find a partner to play with - this is the opportunity for you!

1:00pm - 2:00pm

NEW Play Reading - Hamlet

The Landing Art Room

Sarah Rudolph, recently retired after directing the theatre program at the local UW Campus, will guide the reading of Hamlet! We will meet together, choose parts, and read the play aloud. We will work on making the language come alive! Whether joining us in the reading and performing, or just sitting and listening, come find out what makes this play so incredible!

2:00pm - 3:00pm

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.

6:20pm - 7:15pm

Ballroom Basics*

Group Ex. Studio - Wausau Branch & Virtual

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 & Virtual

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

Friday, Feb. 4

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 - 1:30pm

Hand, Knee and Foot

The Landing Art Room

Are you finding that the card games that you play have become too easy and are looking for a fresh challenge? Then allow us to introduce Hand, Knee, and Foot, a points-based game perfect for the true experts of card games. Also known as 'Triple play', the game is a variation on the more traditionally played 'Canasta' but designed to be more complicated.

The card game requires a large group of participants and even more cards to begin playing. Hand, Knee, and Foot include more math and strategic thinking than conventional card games.

11:15am - 12:15am

SilverSneakers Classic

Studio B - Aspirus Branch

12:00pm - 1:30pm

Writing Your Memoirs*

The Landing Tech Room

Whether you want to write your life story, preserve a few precious memories, or create a way for your great, great grandchildren to get to know you, your story is worth telling. Join poet/writer Dawn Anderson for this class, where we will discuss memoir writing tips and pitfalls, engage in visioning exercises to choose memories, and work through some writing and editing lessons together. By the end of class, you will be well on your way to a well written and interesting narrative.

1:00pm - 3:00pm

American Mahjong

The Landing Dining Room

We are setting aside space for mahjong play - we hope you'll

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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: Wild Oats

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.

1:30pm - 3:30pm

Sheepshead

The Landing Dining Room

We will be playing sheepshead every Friday at 1:30pm. Players must already know how to play; we won't be teaching the rules of the game.

2:00pm - 3:00pm

NEW Making Coffee Filter Roses*

The Landing Art Room

Sign up for our three week class to learn how to make gorgeous Coffee Filter Roses! It's a little time consuming but super easy to do. They turn out very pretty, realistic, and the petals and leaves are translucent and soft like a rose. All materials are included. First bring yourself and the fun and creativity will begin. \$10 M | \$15 NM

Monday, Feb. 7

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

11:00am - 1:30pm

NEW Golf Simulator & Pizza

4 Seasons Golf of Wausau

Have you ever wanted to play a round of golf in the winter without heading to warmer climates? Now you can, at 4-Seasons Golf in Wausau! We can play any one of their 84 golf courses from around the world. After the round, enjoy pizza (4 slices) and drink of choice (water, soda, Gatorade, or domestic beer)! \$25 M | \$30 NM

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

1:00pm - 3:00pm

Bridge (Closed Group)

The Landing Game Room

On Mondays we host a closed bridge group.

1:00pm - 2:00pm

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. M \$30 | NM 50

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Tuesday, Feb. 8

9:00am - 10:00am

NEW Honoring Choices Presentation

The Landing Tech Room

Join Heidi from Aspirus to learn about Advance Care Planning (ACP), the process which helps you think about, talk about, and write down your choices for future health care decisions. While it's not an easy topic to consider, it is important for every adult to have a Health Care Directive - a written plan for loved ones and health care providers to follow - so that your wishes are known if a time comes when you cannot speak for yourself.

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

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Saturdays

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 & Virtual

4:00pm - 5:00pm

NEW Pak Choi and Basil and Pea Shoots, Oh My!

The Landing Tech Room

These three crops can be easily grown year round, indoors and without soil. In this class, you will learn what is needed to grow these delicious and versatile plants from seed germination to harvest, along with tips and tricks to maximize your success.

6:00pm - 7:00pm

Vibrational Sound Therapy

Yoga Studio - Wausau Branch

Wednesday, Feb. 9

8:45am - 9:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch & Virtual

9:45am - 10:30am

SilverSneakers Enerchi

Group Ex. Studio - Wausau

Branch & Virtual

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 - 11:45am

Learn Basic Spanish*

The Landing Tech Room + Virtual

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

11:30am - 12:00pm

Lunch at The Landing

The Landing Dining Room
Layered Enchilada Casserole, side of lettuce and tomato with sour cream and salsa. \$5

12:30pm - 1:30pm

Team Trivia

The Landing Tech Room
Pick up lunch to go* and stick around for Team Trivia! Test your knowledge against friends and see who comes out on top. This month's theme is Winter Related. You don't need to come with a team already - we will fit teams together based on who signs up. *Optional

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

Back When Cafe

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, Feb. 10

10:00am - 10:30am

Laughter Club

The Landing Art Room

10:00am - 10:45am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch & Virtual

11:00am - 12:00pm

Kings in the Corner

The Landing Game Room

1:00pm - 3:00pm

Billiards

The Landing Game Room

1:00pm - 2:30pm

NEW Leigh Yawkey Woodson Art Museum Tours

The Landing Tech Room
Take a guided, PRIVATE tour of two exhibits at the Leigh Yawkey Woodson Art Museum: *What Might You Do? The Art of Christian Robinson* and *American Woodblock Prints*

1:00pm - 2:00pm

Play Reading - Hamlet

The Landing Art Room

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

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The Landing

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Saturdays

6:20pm - 7:15pm

Ballroom Basics*

Wausau Branch - Group Exercise Studio

6:30pm - 9:00pm

NEW IRONBULL - Cross-Country Skiing at 9-Mile

9-Mile County Forest Chalet
Everything you need for a winter wonderland cross-country skiing experience - free lesson, trail pass and all the equipment (boots, skis and poles). We will meet at 6:30pm at the chalet at 9-Mile Forest for a fun night of skiing provided by the Nordic Ski Club of Wausau. IRONBULL will be providing the equipment and the hot chocolate to enjoy after you return! (Weather dependent - backup date is 2/24)

7:20pm - 8:15pm

Latin & Club Style Dance*

Wausau Branch - Group Exercise Studio

Friday, Feb. 11

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!

Pickup at The Landing

1 quart of soup and 4 servings of bread for \$10 – Members only, first come first served – limited to 30 quarts! This week: Chicken and Wild Rice with Olive bread

11:00am - 1:30pm

Hand, Knee and Foot

The Landing Art Room

11:15am - 12:15am

SilverSneakers Classic

Studio B - Aspirus Branch

12:00pm - 1:30pm

Writing Your Memoirs*

The Landing Tech Room

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: About Time

1:00pm - 2:00pm

Hand and Foot

The Landing Game Room

1:30pm - 3:30pm

Sheepshead

The Landing Dining Room

2:00pm - 3:00pm

Making Coffee Filter Roses*

The Landing Art Room

Monday, Feb. 14

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

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise Studio

Tuesday, Feb. 15

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

10:00am - 12:00pm

NEW Honoring Choices 1:1 Appointments

The Landing Tech Room
Book your 1:1 appointment with Heidi to begin work on your Advance Care Plan! Advance care planning is making decisions about the healthcare you would want to receive if you're facing a medical crisis. These are your decisions to make based on your personal values, preferences, and discussions with your loved ones.

10:15am - 11:00am

55+ Strong

Program Gym - Wausau Branch + Virtual

12:00pm - 2:00pm

Knitting and Crafts Group

Wausau Branch Multipurpose Room

GATHER, MOVE AND GROW AT

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9:00am - 1:00pm
Saturdays

12:30pm - 2:30pm

Mexican Train

The Landing Dining Room

1:00pm - 2:30pm

NEW Learn American Mahjong*

The Landing Tech Room

American Mah Jongg is a fun and fascinating game of skill and strategy, popular around the world. Using beautiful tiles and varying levels of complexity, Mahj has been shown to have a positive effect on cognitive function and brain health in aging. Central Wisconsin is home to several thriving playing groups who enjoy the game's challenge and social time together! This class will teach you all you need to start playing with any group, or start one of your own: history, rules, game pieces, strategies and practice play. Playing sets and score cards will be provided. Registration fee includes a Mahjong card!
\$15 M | \$20 NM

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 & Virtual

1:00pm - 2:00pm

NEW Make a Gnome!

The Landing Tech Room

Come create your very own gnome! You will create a unique outfit, beard, and its very own personality! You will learn how to make unique and different types of gnomes to later continue making them as decorations. They start to become decorations that have their own unique personalities rather than just a decoration! \$10 M | \$15 NM

3:00pm - 4:00pm

NEW Social Singles Group

The Landing Tech Room

Get to know fellow singles and make new friends in a similar life stage over coffee, snacks and conversation. We will provide some ice-breakers to get the conversation flowing the first time; then, we will get together monthly, so look for new opportunities and outings in the future! Your suggestions for future activities for this group are welcomed! Registration required so we can plan accordingly!

6:00pm - 7:00pm

Vibrational Sound Therapy

Yoga Studio - Wausau Branch

Wednesday, Feb. 16

8:45am - 9:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch & Virtual

9:45am - 10:30am

SilverSneakers Enerchi

Group Ex. Studio - Wausau Branch & Virtual

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 - 11:45am

Learn Basic Spanish*

The Landing Tech Room + Virtual

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

11:30am - 12:00pm

Lunch at The Landing

The Landing Dining Room

Breakfast for lunch! Breakfast sandwich with ham, eggs, cheese, and peppers served in wedges. Side of breakfast sausage, fresh fruit, and blueberry muffin. \$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

Thursday, Feb. 17

9:00am - 10:00am

NEW Exploring Spirituality

The Landing Tech Room

More About Angels: Angels are all around you and are just waiting for you to ask for their help. Learn more about archangels and how they can assist you in so many areas of your life. Learning to connect with them can be life-changing! Bring in your Angel Prayers oracle card set from the December class and learn to do more readings for yourself. Newcomers are welcome and can purchase the set of cards (Deck of cards) from The Landing to use during the class and then take home with you. Also, anyone is welcome to bring any angel cards set that they already own instead. This will be a fun class. Bring a friend! \$10 (\$20 if needing angel cards) M | \$15 (\$25 if needing angel cards) NM

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10:00am - 10:30am

Laughter Club

The Landing Art Room

10:00am - 11:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau
Branch & Virtual

11:00am - 12:00pm

Kings in the Corner

The Landing Game Room

1:00pm - 3:00pm

Billiards

The Landing Game Room

1:00pm - 2:00pm

Play Reading - Hamlet

The Landing Art Room

1:00pm - 2:30pm

Learn American Mahjong*

The Landing Tech Room

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise
Studio

3:00pm - 11:30pm

NEW Fox Cities Performing Arts Center presents HAIRSPRAY!

Depart from Wausau Branch
Live theater is BACK, and
Broadway's Tony Award-winning
musical comedy phenomenon
that inspired the blockbuster film
and live television event, is back
on tour! Join 16-year-old Tracy
Turnblad in 1960's Baltimore as
she sets out to dance her way
onto TV's most popular show. Can
a girl with big dreams (and even
bigger hair) change the world?
Enjoy an all-you-can-eat buffet
at Pizza Ranch prior to the show.
Tickets to the show are middle

balcony level, with great views of
the stage to catch those exciting
dance numbers! M \$140 | NM \$160

6:20pm - 7:15pm

Ballroom Basics*

Wausau Branch - Group Exercise
Studio

7:20pm - 8:15pm

Latin & Club Style Dance*

Wausau Branch - Group Exercise
Studio

Friday, Feb. 18

10:00am - 11:00am

Gentle Stretch & Strength

Studio B - Aspirus Branch

10:15am - 11:00am

Full Body Fitness with Fred

Program Gym - Wausau Branch

11:00am - 1:30pm

Hand, Knee and Foot

The Landing Art Room

11:15am - 12:15am

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: The Mask of Zorro

1:00pm - 2:00pm

Hand and Foot

The Landing Game Room

1:30pm - 3:30pm

Sheepshead

The Landing Dining Room

2:00pm - 3:00pm

Making Coffee Filter Roses*

The Landing Art Room

Monday, Feb. 21

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

2:00pm - 3:00pm

Moving For Better Balance - Beginner Class*

Wausau Branch - Group Exercise
Studio

Tuesday, Feb. 22

9:00am - 10:00am

SilverSneakers Splash

North Pool - Wausau Branch

9:00am - 9:45am

SilverSneakers Yoga

Studio B - Aspirus Branch

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10:15am - 11:00am

55+ Strong

Program Gym - Wausau Branch + Virtual

11:00am - 12:00pm

NEW Health Care and Your Retirement

The Landing Tech Room

Health care expenses in retirement can be a major concern. This presentation will cover topics such as Medicare coverage, long-term medical care and strategies to address uncovered expenses.

12:00pm - 2:00pm

Knitting and Crafts Group

Wausau Branch Multipurpose Room

12:30pm - 2:30pm

Mexican Train

The Landing Dining Room

1:00pm - 2:30pm

Learn American Mahjong*

The Landing Art 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 & Virtual

2:00pm - 3:00pm

NEW Volunteer Ambassador Information Session

The Landing Tech Room

We are now seeking volunteers to be The Landing Ambassadors for new 55-plus members! The Landing Ambassador serves as a point of contact for new members who are interested in

becoming more engaged with The Landing. Ambassadors help new members find the value in membership to The Landing, and offer a personal welcome to our community. As an Ambassador, you will make phone calls to new members on a monthly basis to help them become familiar with the details of their membership. If this sounds like a way you'd like to volunteer your time, sign up for our informational session; no commitment necessary, just an opportunity to find out more!

6:00pm - 7:00pm

Vibrational Sound Therapy

Yoga Studio - Wausau Branch

Wednesday, Feb. 23

8:45am - 9:30am

SilverSneakers Yoga

Group Ex. Studio - Wausau Branch & Virtual

9:45am - 10:30am

SilverSneakers Enerchi

Group Ex. Studio - Wausau Branch & Virtual

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 - 11:45am

Learn Basic Spanish*

The Landing Tech Room + Virtual

11:00am - 12:00pm

NEW Literacy at The Landing

The Landing Art 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! February 23: This Tender Land by William Kent Krueger

11:15am - 12:15pm

SilverSneakers Classic

Studio B - Aspirus Branch

11:30am - 12:00pm

Lunch at The Landing

The Landing Dining Room

A Yummy Late Winter Salad – A tasty homemade salad with chicken, cucumber, celery, grapes and pecans with homemade better-for-you dressing. Served with a crusty bread and lemon-pistachio loaf cake for dessert! \$10

1:00pm - 3:30pm

Bridge

The Landing Game Room

1:00pm - 2:00pm

Womens 55+ Basketball

Program Gym - Wausau Branch

1:00pm - 3:00pm

NEW Continuum of Care

The Landing Tech Room

As the people we care about approach the end of life, we are faced with numerous decisions about their care, many of which can feel mysterious or overwhelming. This presentation will feature local experts from Heartland Hospice, Primrose Assisted Living, and Peterson/Kraemer Funeral Home who will discuss the myths of hospice, the differences between palliative

GATHER, MOVE AND GROW AT

The Landing

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

care and hospice care, the importance of establishing a Power of Attorney, options for assisted living facilities, and pre-planning funeral arrangements. You will walk away from this program armed with the information you need to make the best decisions for you and your loved ones.

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

Thursday, Feb. 24

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

10:00am - 11:30am
SilverSneakers Yoga
Group Ex. Studio - Wausau Branch & Virtual

11:00am - 12:00pm
Kings in the Corner
The Landing Game Room

1:00pm - 3:00pm
Billiards
The Landing Game Room

1:00pm - 2:30pm
Learn American Mahjong*
The Landing Tech Room

1:00pm - 2:00pm
Play Reading - Hamlet
The Landing Art Room

2:00pm - 3:00pm
Moving For Better Balance - Beginner Class*
Wausau Branch - Group Exercise Studio

5:30pm - 7:30pm
Dinner Club
Ciao
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!

6:20pm - 7:15pm
Ballroom Basics*
Wausau Branch - Group Exercise Studio

7:20pm - 8:15pm
Latin & Club Style Dance*
Wausau Branch - Group Exercise Studio

Friday, Feb. 25

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
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: pumpkin soup with cranberry walnut bread.

11:00am - 1:30pm
Hand, Knee and Foot
The Landing Art Room

11:15am - 12:15am
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: Thunder Force

1:00pm - 2:00pm
Hand and Foot
The Landing Game Room

1:30pm - 3:30pm
Sheepshead
The Landing Game Room

Monday, Feb. 28

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

2:00pm - 3:00pm
Moving For Better Balance - Beginner Class*
Wausau Branch - Group Exercise Studio