

The Landing

AUGUST 2022

Full Calendar



The Landing is open Mon. - Fri. 8:00am - 4:30pm &
Sat. 9:00am - 1:00pm

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

For multi-session programs, please register prior to the first meeting date and plan to attend from the beginning. (Some programs may already be in progress and registration is closed. These are noted in **yellow**, where appropriate.) All fees are noted, where appropriate. If no fee is noted, the program is free to members, and \$15 for non-members.

New & Unique Programs & Events

Motorcycle Club

Wednesday, August 3 and 17, 10:00am-2:00pm

Location: Depart First Pres. Church, ride to Gopher's, Big Falls (8/3), and La Fetta (8/17)

Join The Landing Motorcycle Club! We'll depart from The Landing's parking lot at First Presbyterian Church!

Lunch at The Landing

Wednesdays, 11:30am-12:00pm

Location: The Landing Dining Room

Enjoy a freshly prepared lunch with us each Wednesday! Eat inside in The Landing, in the adjacent Yawkey park, or take your lunch home with you. Please register by 4pm on Monday of each week; if you register late, we will do our best to accommodate you, but you will incur a \$2 fee.

August 3: Enjoy a summer Panzanella salad with zucchini/yellow squash, corn, onions, tomato, fresh herbs, a delectable balsamic vinaigrette, feta cheese, and chunks of bread. A yummy chocolate brownie with peanut butter cream cheese frosting rounds out the lunch! Vegetarian! \$10

August 10: A generous chicken salad sandwich made with grapes, raisins, and pecans! Served on a croissant with chips and a pickle. \$5

August 17: Opa! Fresh made Greek burger made with ground turkey, sun dried tomatoes, spinach, onion, herbs, and feta cheese topped with a lemon dill yogurt sauce. Served with potato salad and raw veggies with dip. Ice Cream for dessert. \$10

August 24: A creamy veggie alfredo pasta bake with roasted veggies, cream sauce, and Italian cheeses. A refreshing berry parfait for dessert. Vegetarian! \$5

August 31: A comforting favorite. Ham, sweet potatoes, broccoli and a dinner roll. Apple pie for dessert. \$10

Piano Concert with Aaron Scharmer

Thursday, August 4, 11:00am-12:00pm

Location: The Landing Tech Room

We will provide a variety of snacks (fruits and veggies) for you to enjoy while you listen to Aaron play the piano! His set list will include classics/standards/Broadway, Dave Brubeck Take Five; Chopin Nocturns; and improvisations! Aaron takes requests, too! Aaron has toured throughout the Midwest with many performing groups of various genres ranging from Jazz to Celtic Rock. As solo artist Aaron finds his home in the more meditative side of improvisation. Often using synthesizer and auxiliary instruments he creates new landscapes of sound soothing to the soul.

Fee: \$5 members, \$20 non-members

Dinner Club

Thursday, August 4 and Wednesday, August 10, 5:30pm

Location: El Mezcal

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Wednesday, August 17 and Thursday, August 25, 5:30pm

Location: Patron

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!

Potluck!

Monday, August 8, 11:30am-1:00pm

Location: The Landing Dining Room

Sign up to bring a dish to share with the group!

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Pontoon Boat Rides: Ironbull

Tuesdays, August 9 and 23, various times

Location: Depart from Wausau Country Club

Join Bill Bertram for a comfortable ride on his pontoon (weather permitting) and get a taste of the history of Wausau along the way! We will meet at the Wausau Country Club's parking lot in front of the boat docks (lower level). Each trip will be a bit different in the telling the history of the lake and the rivers that flow into Lake Wausau. Each ride will be approximately 1-1/2 hours with water and snacks included (though feel free to bring your own beverages and snacks, too!) PFDs provided.

9:00am – History of the Lake – Wausau Country Club to Fern Island

11:00am – Big Rib River Tour – Wausau Country Club to Highway 51 Bridge

1:00pm – Eau Claire River Tour – Wausau Country Club to Grand Avenue Bridge

3:00pm – Wausau Dam Tour – Wausau Country Club to Domtar

5:00pm – History of the Lake Parks – Wausau and Marathon County Parks located on the lake

Your Personal Hero's Journey

Wednesday, August 10 and 24, 10:30-11:30am

Location: The Landing Tech Room

A 2-part series to discover your own personal hero's journey! **Part 1:** Explore the history of "the hero's journey" reflected in cross-cultural narratives through the ages, and examine the common features: the fears, the challenges, the assistants, the failures, the transformations, the learnings, and the return. **Part 2:** This will be an opportunity to explore and recast the experiences of your own life. Open to those who desire a fun, thought provoking, positive, inspiring, learning experience.

Fee: \$10 members, \$25 non-members

Trivia with George Houghton

Wednesday, August 10, 12:30-1:30pm

Location: The Landing Tech Room

George Houghton has created the music trivia extravaganza you won't want to miss! George will put your music knowledge to the test as he asks questions about artists, songs, and culture of the 50's to the 80's – some you'll know for sure and some that will surely stump you! If you've come to our team trivia in the past, this format will look a bit different, but don't be shy!

Baking with Paula

Thursday, August 11, 1:00-2:30pm

Location: Wausau Branch Multi-purpose Room

The dessert diva is back with another delicious recipe – mini-cheesecakes! These are little, individual-sized cheesecake desserts made in a mini-muffin pan, perfect for parties and large groups. Top them with your favorite topping, such as cherry, apple or blueberry pie filling.

Fee: \$10 members, \$25 non-members

Ekphrastic Poetry with Dawn Anderson

Friday, August 12, 11:00am-12:00pm

Location: The Landing Art Room

An ekphrastic poem is a vivid description of a scene or, more commonly, a work of art. Through the imaginative act of narrating and reflecting on the "action" of a painting or sculpture, the poet may amplify and expand its meaning. In this class you will hear some of Dawn's poetry in this style and then spend some time meditating on the artwork hanging in The Landing (or bring in a piece of art or photo from home as inspiration) to see what it brings to mind and serve as the foundation of your poem. Then, you will spend some time in class writing before finally having the opportunity to share your work with the group!

Line Dance Party

Fridays, August 12 and 26, 2:00-4:00pm

Location: Wausau Branch Group Exercise Studio

Come review some previous line dances, learn new moves, and dance with friends for fun! You are welcome to join whether you have come to previous line dancing classes or not! All are welcome!

Fee: \$5/class member, \$20/class non-member

Honoring Choices

Tuesday, August 9, 9:00-10:00am - Presentation

Tuesday, August 23, 10:00am - 12:00pm - 1:1

Appointments

Location: 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. Then, 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

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crisis. These are your decisions to make based on your personal values, preferences, and discussions with your loved ones.

Paul Bunyan Fest - Day Trip

Wednesday, August 17, 8:30am-4:30pm

Location: Eagle River

Enjoy this fun filled day in downtown Eagle River as we celebrate our logging heritage. This event features chain saw carving demonstrations by Kenny Schells, over 75 arts-n-crafts vendors, Food, beverages and live musical entertainment by the Pinery Boys singing logging camp era songs. Downtown businesses will also have sidewalk sales taking place.

Fee: \$40 members, \$55 non-members

Ray and Louie!

Thursday, August 18, 2:00-3:30pm

Location: The Landing Dining Room

Come listen to Ray and Louis play several popular big band songs! Dancing is encouraged, but not required. We hope you'll join us!

Social Singles Meetup

Wednesday, August 17, 4:00-5:00pm

Location: Timekeeper Distillery

This month we will meet at Timekeeper Distiller (720 Grant St.). We will meet at 4:00pm for drinks (beer, cocktails and food options available - pay on your own)! There will be a volunteer from The Landing who is part of the group and will greet an introduce you to other participants. Get to know fellow singles and make new friends in a similar life stage over lively conversation while you enjoy experiencing fun places around the community! Your suggestions for future activities for this group are welcomed!

Stoney Acres Pizza Farm - Bus Outing

Friday, August 26, 4:30-8:00pm

Location: depart The Landing

Join us for a rustic pizza dinner, beer or beverage of choice, and live music, all enjoyed on the grounds of Stoney Acres Farms! Seating can be limited, so you may wish to bring a chair that can easily fold. Pizzas vary by week, but the group will decide on the menu on the way over. Staff will order the pizzas upon arrival along with beverages. 1 beverage is included, but feel free to bring cash to enjoy more! Music is Jesse and the Medicine Men - classic country!

Fee: \$40 members, \$55 non-members

Crochet 'Plarn' Mats for Unhoused Individuals

Tuesday, August 30, 10:30am-12:00pm

Location: The Landing Art Room

Put your crochet skills to use creating sleeping mats made from 'plarn,' or plastic yarn! Elementary students who are part of the Growing Great Minds programs at Hawthorn, Riverview, GD Jones and Lincoln schools have taken recycled plastic bags and turned it into 'plarn'; now, we need your help to turn it into a useful sleeping mat that will be distributed to unhoused folks here in our community. Our goal is to create 3 mats during this program, which means recycling over 1500 plastic bags! Please bring your crochet hooks size 10 or above to complete this project.

Edward Jones: A Fulfilling Retirement

Tuesday, August 30, 11:00am-12:00pm

Location: The Landing Tech Room

Living a fulfilling retirement is about more than money. There are four essential pillars that, collectively, impact your quality of life in retirement, one of which is a sense of purpose. Purpose is about bringing meaning to your life, joy to your days and satisfaction in your choices. And it contributes to a long, healthy and fulfilling retirement. Please join us for "A Fulfilling Retirement: Living Your Purpose" to explore the value of purpose, how better defining it can lead to a more complete picture of what matters most to you and how that can impact the financial strategy that helps you reach your goals.



Ongoing Programs & Events

Bridge (Closed Group)

Mondays, 1:00-3:00pm

Location: The Landing Game Room

Leader: Bonnie Mealy

Interested members should contact Bonnie Mealy for more information on joining this group.

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Movie Mondays **new time**

Mondays, 1:00-3:00pm

Location: The Landing Tech Room

Instructor: N/A

Mondays are movie days at The Landing! We will be serving up free popcorn and a movie every Monday, so unwind with us and enjoy a different film each week.

August 1 – Big Eyes: A shy artist struggles to step out of the shadow of her bombastic husband who passes off her exceptional work as his own. (PG-13)

August 8 – Big Fish: A reporter attempts to learn more about his dying father by finding the truth behind a lifetime of his tall tales and legends of epic proportions. (PG-13)

August 15 – Just Like Heaven: When a heartbroken architect moves into a new apartment, he clashes with the previous tenant's spirit, which lingers behind. (PG-13)

August 22 – The Boy Who Harnessed the Wind: Inspired by a science book, 13-year-old William Kamkwamba builds a wind turbine to save his Malawian village from famine. Based on a true story. (PG)

August 29 – Won't You Be My Neighbor?: When Fred Rogers found his calling in television, his unassuming children's show was beloved by generations for his kindness, empathy and understanding. (PG-13)

New Member Meet and Greet

Fourth Monday of each month, 11:00am-12:00pm

Location: The Landing Tech Room

Facilitator: The Landing Staff

Join us for a fun and informational session to welcome you to The Landing! You'll meet new members, hear about our popular programs, learn how to register for programming, and get the lay of the land(ing)! Snacks provided. Registration is required. We hope you'll join us!

Euchre

Tuesdays, 10:00am-12:00pm

Location: The Landing Game Room

Come with a partner or on your own and join us for a rousing round or two of euchre! You must already know the rules of play; no one will be instructing.

Knitting & Crafts Group

Tuesdays, 12:00-2:00pm

Location: The Landing Art Room

Work on your craft project among friends! Bring your unfinished project and get the motivation you need to complete it by enjoying the company of

fellow crafters. You might even get a few tips and tricks to take your work to the next level!

Mexican Train

Tuesdays, 12:30-3:30pm

Location: The Landing Dining Room

Leader: Terri Wysocki

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". The game's most popular name comes from a special optional train that belongs to all players. However, the game can be played without the Mexican train; such variants are generally called "private trains" or "domino trains". It is related to the game Chicken Foot.

Trishaw Rides

Tuesdays, 3:00-4:00pm or 4:15-5:15pm

Thursdays, 1:00-2:00pm or 2:15-3:15pm

Saturdays, 9:15-10:15am or 10:30-11:30am

Location: The Landing

Nothing can replace the freedom and joy of the leisurely bike rides so many of us remember from our youth. Cycling Without Age removes many of the barriers that might make it difficult to hit the road as you get older. With CWA's trishaws, you will take in the sights and sounds of Downtown Wausau while the breeze blows through your hair and the sun shines on your face. Trained pilots will provide the pedal force and the companionship for hour-long rides around town, including on the scenic Riverlife Trail and a stop at Briq's for a free ice cream cone! The Chat trishaws are uniquely outfitted with a footrest that lowers completely to the ground, making the ride comfortable and accessible for most passengers.

Open Bridge

Wednesdays, 9:30-11:30am

Location: The Landing Art Room

Facilitator: Jean Burgener

Experienced bridge players are invited to play bridge each Wednesday. Players will talk with Jean prior to joining the group.

Genealogy

1st Wednesday each month, 10:00-11:00am

Location: The Landing Art Room

Facilitator: Jenny Gordon

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 one on one 20 minute session with Jenny Gordon, who can help uncover answers and offer insight into your

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family tree! Bring a notebook to record what you learn!

Cribbage

Wednesdays, 1:30-3:30pm

Location: The Landing Dining Room

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

Beginner Bridge

Wednesdays, 2:30-4:30pm

Location: The Landing Tech Room

If you've recently learned how to play bridge but need to put in the hours of practice before graduating to the "big leagues," join this beginner group! Each Wednesday you'll have the chance to play with other beginners and improve your bridge game!

1:1 Tech Support

Wednesdays, 3:30-4:30pm

Saturdays, 10:00am-11:00am

Location: The Landing Art Room

Facilitator: Nick and Alex

Get 1 on 1 tech help for 30 minute sessions so you can gain confidence in using your laptop, tablet or smartphone. You can even receive help to get comfortable using Zoom, so you can join The Landing's virtual classes and connect your way!

Laughter Club

Thursdays, 10:00-11:00am

Location: The Landing Art Room

Facilitator: Bernie Corsten

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!

Kings in the Corner

Thursdays, 11:00-12:00pm

Location: The Landing Game Room

Only 1 deck of cards is used in this game with a maximum of 4-5 players per table. Players try to get rid of their cards by playing them in a solitaire-like layout of 8 piles, built of alternate 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.

Poetry Reading

Every third Thursday, 11:00-12:00pm

Location: The Landing Game Room

Join Orval for a fun and enlightening poetry reading and discussion.

Birthday Bash

First Fridays, 1:00-3:00pm

Location: The Landing Dining Room

We are celebrating birthdays every first Friday of the month! If it is your birthday month, sign up to enjoy cake, music, and the chance to win fun prizes!

American Mahjong

Fridays, 1:00-3:00pm

Location: 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.

Hand and Foot

Fridays, 1:00-3:00pm

Location: 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.

Sheepshead

Fridays, 1:00-3:00pm

Location: The Landing Dining Room

Facilitator: Howard Opal

Players must already know how to play; we won't be teaching the rules of the game.



55+ Exercise Classes

Zumba Gold (Wausau Branch)

Mondays, 9:00-9:45am

Fridays, 11:15am-12:00pm

Instructor: Pam Murphy

Location: Wausau Branch Program Gym + Virtual

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. How It Works: the design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

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SilverSneakers Circuit (Wausau Branch)

Mondays, 10:00-10:45am

Instructor: Robin Nelson

Location: Wausau Branch Program Gym + 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.

Gentle Stretch & Strength (Aspirus Branch)

Mondays - 10:00-11:00am

Wednesdays - 10:00-11:00am

Fridays - 10:00-11:00am

Instructor: Cindy Marquis

Location: Aspirus Branch Studio B

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

Wise Y (Aspirus Branch)

Tuesdays - 9:00-9:45am (8/2 only)

Thursdays - 9:00-9:45am (8/4 only)

Instructor: Kay Pickar

Location: Aspirus Branch Studio B

Low impact strength and conditioning - and fun!

SilverSneakers Classic (Aspirus Branch)

Mondays - 11:15am-12:15pm

Tuesdays - 10:00 - 10:45am (8/2)

Wednesdays - 11:15am-12:15pm

Thursdays - 10:00 - 10:45am (8/4)

Fridays - 11:15am-12:15pm

Instructor: Cindy Marquis (MWF) and Kay Pickar (T-Th)

Location: Aspirus Branch Studio B

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers Splash (Wausau Branch)

Tuesdays, 9:00-9:45am

Instructor: Karen Singsheim

Location: Wausau Branch North Pool

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. 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.

55+ Strong (Wausau Branch)

Tuesdays, 10:15-11:00am

Instructor: Lori Haight

Location: Wausau Branch Program Gym + Virtual

The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance.

Vibrational Sound Therapy (Wausau Branch)

Tuesdays, 6:00-7:00pm

Instructor: Barb Klinner

Location: Wausau Branch Yoga Studio

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.

SilverSneakers Yoga (Wausau Branch)

Wednesdays - 9:45-10:30am

Instructor: Varies

Location: Wausau Branch Group Exercise Studio + Virtual

SilverSneakers Yoga will 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 final relaxation will promote stress reduction and mental clarity.

Flexibility, Balance, and Breath (Wausau Branch)

Wednesdays, 10:45-11:30am

Instructor: Varies

Location: Wausau Branch Group Exercise Studio + Virtual

Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise.

Full Body Fitness (Wausau Branch)

Fridays, 10:15-11:00am

Instructor: Fred Tealey

Location: Wausau Branch Program Gym + Virtual

Join Fred for Full Body Fitness each Friday! A fun mix of cardio moves, kickboxing, strength conditioning, and abdominals to whip you into shape!

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Cancellation Policy – The Landing

Please note that once you have registered for a program or a trip with us it means that we have reserved a spot exclusively for you.

Our cancellation policy is as follows:

- For programs without a fee: Please call us as soon as you know you are unable to attend so we can open that spot for another member. Many of our programs have a waitlist - we want to be sure that as many people as possible can attend our fantastic programming.
- For programs with a fee: If you cancel your reservation less than 48 hours before it is scheduled to take place, you will be charged half of the cost of the program. Certain programs may have a different cancellation policy and will be prominently noted with promotional materials.
- For trips: Deposit amounts, timelines for refunds, and other details will be noted on the itinerary for all trips, including information for trip protection.

You can cancel or reschedule by emailing us at memberservices@thelandingwausau.com or calling by our office at 715-841-1855.

We reserve the right to modify this policy at any time and as needed.