

June

Newsletter & Program Guide

Welcome to The Landing

Imagine age as a time for connection, movement and growth at The Landing in Wausau. From personal relationships to empowering programs, we're creating more than a local senior center. A place that's yours, where you can explore new passions and embrace every age.

Gather, move and grow with us! Whether you want a central place to have coffee with friends, a YMCA facility to improve your fitness, trips and travel opportunities or classes, The Landing offers a full calendar of programs and events.

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The Landing Hours

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

How to Register for Programs:

Email: memberservices@thelandingwausau.com

Call: 715-841-1855

Online: thelandingwausau.com

In-Person: Visit the Receptionist Desk at the Landing, or Member Services Desk at main entrance to our Wausau Branch or Aspirus Branch to register.

For multi-session programs, please register prior to the first meeting date and plan to attend from the beginning.

Programs already in progress and registration is closed are noted in the description of the program.

All fees are noted, where appropriate. If no fee is noted, the program is Free to Members, and \$15 for Non-Members

Financial Assistance: At the YMCA and The Landing, no one is turned away for inability to pay. Assistance is provided for qualifying participants.

Registration is required for all Programs & Events, with the exception of in-person Group Exercise.

Member Spotlight

Sue Crone



Sue Crone is a familiar face around the Woodson YMCA not just because of being an active member. She was an employee for over 20 years!

Sue's story begins more than 3,000 miles away from Wausau in Quito, Ecuador, where she was born and raised until age 15. When her father passed away, Sue's uncle invited her to live with his family in northern Illinois. She left everything behind to move to America, which she now calls, "the best country" because of the opportunities it provided.

Little by little Sue learned English by attending Orangeville High School and helping at her uncle's doctor's office. Shortly after graduation she married David Crone, who became her beloved husband of over 50 years. Sue worked for a life insurance company that brought the couple to live in Chicago and then Washington D.C.

In 1966, Sue and David were ready to put down roots somewhere closer to the family farm near the Wisconsin border. "We looked around and Wausau seemed like a nice town," she recalled. "There was hardly any crime and a good high school for our children and it seemed like everything was a little cheaper."

Sue began as a front desk associate at the Woodson YMCA and advanced to business desk supervisor and international program coordinator. Among other initiatives, Sue started the Spanish Club and helped create the YMCA in Puttur, India. Her efforts earned the YMCA's International Leader Award in 1993.

Sue fondly remembers hosting Spanish Club dance parties, organizing church fundraisers, running in races – David was an ultra marathon runner! – and representing the Y in community parades and on visits to Ecuador. She also sacrificed lunch hours and nights of sleep to serve as an on-call interpreter at the hospital, sheriff's department, and county courthouse.

In retirement, Sue remains an active community member and YMCA supporter. Many of her days are spent at her former employer now that the Y expanded to include The Landing – and even gets to visit employees she hired decades ago! She is a regular for morning coffee, Wednesday lunch, and activities including laughing and grieving classes, all of which help her through the pain of losing her husband in 2019.

"The YMCA is not just a place to exercise. It was a wonderful place to work and it's a wonderful place to be. You can talk to people and mingle and everybody's nice. It gives me hope that I have something that I want to do and it's getting better and better all the time."

You'll know you've found this grandmother of eight when she pulls up in a stick shift Jeep or breaks into a gentle run around the track. Sue inspires us to keep learning, experiencing, and making the most of every day.

Wednesdays from
11:30 am - 12:00 pm

June Lunch at The Landing



Wednesday, June 5th:

Fresh Baked Cod and Asparagus - \$10

Freshly baked cod with a garlic lemon butter sauce served with a homemade roll & asparagus. Dessert will feature a French Silk Pie treat.



Wednesday, June 12th:

French Dip Sandwich & a Snickerdoodle Blondie - \$10

Our Delicious French dip will be served with an Au jus sauce, chips & a pickle with a Snickerdoodle Blondie for dessert.



Wednesday, June 19th:

Ratatouille - \$5

Ratatouille is a French dish of tomatoes, zucchini, peppers, onions and eggplant. Come and enjoy our version with us.



Wednesday, June 26th:

Ricotta & Chicken Stuffed Manicotti- \$10

Manicotti stuffed with Ricotta & chicken covered in marinara sauce with a side salad on the side. Enjoy a lemon parfait for dessert.

Lunches may be picked up at the tan/gray door on 4th St. or inside The Landing between 11:30am and 12:00pm.

Beverages available for \$1

Lunches are non-refundable after registration has closed.

Registration is Required
Visit our Member Service Desk & Sign Up!

Beyond Introduction to Spanish- Phase II



Mondays, Beginning May 13th through July 8th in The Landing Tech Room

This program is already in progress and not available for registration.

Facilitator: Celin Mejias

The Joys of Learning to Fly Remote Control Aircraft



Monday, June 3rd at 11:00am-12:00pm in The Landing Tech Room

Remember flying or watching one of your friends flying a COX Plane in a circle controlled by two long strings attached to a hand control?

Join Dan Bowen, a Landing Member and member of Wausau Radio Control Sports in this fun program.

Facilitator: Dan Bowen | Members: FREE Non-Members: Day Pass Required

Creative Cooking with Jackie- Shrimp Fest



Tuesday, June 4th at 9:00-11:30am in The YMCA Multi-Purpose Room

Jackie's June class will be featuring a variety of delicious shrimp dishes; Shrimp Cocktail, Shrimp taco's and Garlic and Guajillo Shrimp. Join in the Shrimp Fest! After watching and learning from Jackie, you will get to enjoy these entree's for lunch.

Facilitator: Jackie Romero | Members: \$25 Non-Members: \$42

Old Guys Book & BS Club



Wednesday, June 5th at 9:30-10:30am in The Landing Tech Room

Occurs on the 1st Wednesday of each month

A club designed for men who are members of The Landing to get together, discuss books, have a donut and BS.

Please read "Unbroken" by Laura Hillenbrand for the June 5th Meeting.

Facilitator: John DeLaporte | Members: FREE Non-Members: Day Pass Required

St. Vincent DePaul- More than just a Thrift Store



Thursday, June 6th at 10:00-11:00am in The Landing Tech Room

Join Keith Ende, Director of the Society of St. Vincent De Paul, along with staff members specializing in some of the other St.Vincent De Paul offerings, along with the Thrift Store.

Facilitator: Keith Ende | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

Linda Raether Presents: Techniques in Hand Hooking

Special Interest

Thursday, June 6th at 1:00-3:00pm in The Landing Art Room

Join Linda to learn the techniques of hand hooking. In June, she will show us how to make Proddy & Quillie Flowers. Please bring your own scissors. If you have taken her class before, please bring your hooking tools. If you are new, tools will be provided in the cost of the program. **Registration Deadline: May 29th**

Facilitator: Linda Raether | Members: Returning Hookists: \$20 New Hookists: \$30 Non-Members: \$45

Axe Throwing for Fun!

Offsite Adventures

Thursday, June 6th at 4:00-6:00pm at Section 715 Throwing Co. 227075 Rib Mountain Dr. Wausau

Have you ever thrown an axe? Well now's the time to come out and give it a shot or to hone your skills.

Axe throwers benefit from axe throwing by achieving better coordination, agility, strength & endurance. All these skills are necessary to throw an axe towards a target.

Facilitator: Lynn Balz | Cost: \$25

June Birthday Bash!

Special Interest

Friday, June 7th at 11:30am-12:30pm in The Landing Tech & Art Rooms
Occurs on the 1st Friday of each month

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.

Facilitator: Mary Jindrich | Cost: Free

Exploring Self-Healing Energies with Bernie

Health & Wellness

Monday, June 10th & 24th at 10:00-11:30am in The YMCA Multi-Purpose Room
Occurs on the 2nd & 4th Monday of each month

You will learn how to understand your wisdom from within, through various spiritual practices. Join us for this fascinating and informative personal wellness program.

Facilitator: Bernie Corsten | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

Golfing Social at Rib Mountain Golf Course



**Monday, June 10th at 12:30-2:30pm at Rib Mountain Golf Course
3607 N Mountain Rd, Wausau**

Attention Golfers, let's get together and golf 9-holes at Rib Mountain Golf Course. See Flyer for full details.

Registration Deadline: June 5th.

Facilitator: Bill Olson | Cost: Golfers pay golfing fees at Course

Honoring Choices- Quarterly Presentation



Tuesday, June 11th at 9:00-10:00am in The Landing Tech Room

Join Heidi from Aspirus to learn about Advance Care Planning (ACP), the process which helps you think about, talk about & write down your choices for future health care decisions. 1:1 sessions will be held a week later. Registration is required.

Facilitator: Heidi Kraege | Members: FREE Non-Members: Pay Pass Required

Ironbull- Ice Age Trail Hike at The Dells of Eau Claire Segment



**Tuesday, June 11th at 10:00am-12:00pm- Meet in Parking lot of Trail Head-
175284 Co. Rd Z, Aniwa, WI 54408**

This segment shows off one of the most dramatic sites on the entire Age Trail. A highlight is crossing 30 feet above the Eau Claire River on the Dells High Bridge. This segment includes hardwood and cedar forests and lowlands.

Facilitator: Bill Bertram | Cost: FREE

Rick Lohr Presents: England & Wales



**Tuesday, June 11th & Thursday, June 20th at 10:00-11:00am in The Landing
Tech & Art Rooms**

England & Wales are two of the three legal jurisdictions of the United Kingdom. Take a tour of the sights & discuss the history of England & Wales as they were voting on Brexit.

Facilitator: Rick Lohr | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

Social Singles- Clean Slate

**Tuesday, June 11th at 2:30-4:00pm at Clean Slate Coffee House-
1027 E. Grand Ave. Rothschild, WI**

Offsite
Adventures

Meet other Singles at our Monthly Social Singles event at Clean Slate. Enjoy good coffee and good conversation.

Facilitator: Mary Jindrich | Cost: FREE

Wings Grief: Speaking of Grief- Let's Talk (3 week series)

**Tuesday, June 11th-June 25th at 3:00-4:00pm OR 4:30-5:30pm
in The Landing Tech Room**

Health &
Wellness

Join us for a guided sharing session to talk about your grief experiences with others also dealing with loss. Discuss your thoughts, ask questions, share your challenges, and know that you are not alone. Participants will be asked to honor confidentiality, be non-judgmental, and respect each other's feelings. This is not a counseling session—and I won't be giving advice. It's a time to authentically share your feelings in a safe space.

Facilitator: Nan Zastrow | Cost: FREE

Getting to Know Classic Films

Wednesday, June 12th & 26th at 12:30-2:30pm in The Landing Tech Room

Social
Clubs &
Groups

Join Scott Schutte, classic movie buff for two films in June.

June 12th: "Love Me Tonight" (1932)

June 26th: "Singin' in The Rain" (1952)

Facilitator: Scott Schutte | Members: FREE Non-Members: Day Pass Required

Cranes, Cats & Mansion Tours

Thursday, June 13th- The Landing Shuttle Departs at 6:50am

Offsite
Adventures

Hop aboard the Landing Shuttle nice & early for a full day of fun in Baraboo, WI. Attractions in Baraboo include:

- **The International Crane Foundation**
- **Al Ringing Mansion & Museum**
- **Lunch at Al Ringling Brewery Co.**
- **Wisconsin Big Cat Rescue & Educational Center**

Ticket cost includes admission to all attractions, light breakfast snacks & water on shuttle and lunch at the brewery. **Registration deadline: June 4th**

Facilitator: Barb Tesch | Cost: \$105

Registration is Required
Visit our Member Service Desk & Sign Up!

Delores Kessel Presents: Anxiety



Friday, June 14th at 8:30-10:00am in The Landing Tech & Art Rooms

Anxiety is an emotion characterized by feelings of tension, worried thoughts, & physical changes like increased blood pressure. Anxiety is not the same as fear, but they are often used interchangeably.

Join Delores for insight into anxiety disorders.

Facilitator: Delores Kessel | Members: FREE Non-Member: Day Pass Required

Quarterly Blood Pressure Clinic with Rennes Group



Friday, June 14th at 10:00-11:00am in The Landing Tech Rooms

The Rennes Group will be conducting their Quarterly Blood Pressure Clinic at The Landing. Please arrive by 10:00am. Blood Pressures will be taken on a first come first serve basis. When the last person in the room has completed their blood pressure check, the staff will depart.

Facilitator: The Rennes Group | Members: FREE Non-Member: Day Pass Required

Cycling Without Age- with Bob Buedding



Friday, June 14th at 11:00am-12:00pm in The Landing Tech Room

A conversation about the background & history of the program and the fun it provides in Marathon County, allowing Seniors to "Bike Again"

Facilitator: Bob Buedding | Members: FREE Non-Member: Day Pass Required

Wausau Police- Safety Cadet Program



Monday, June 17th at 8:30-9:30am in The Landing Tech & Art Room

The Wausau Police Public Safety Cadets Units #1274 is a program created to mentor young adults between the ages of 14-20 to serve their community by providing knowledge, skills & practical experiences through education & training that builds knowledge & understanding & civil rights.

Join us to find out more information about this community program.

Facilitator: Wausau Police | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

New Member Meet & Greet



Monday, June 17th at 11:30-12:30pm in The Landing Tech Room

Join us for a fun and informational sessions to welcome you to The Landing.

Facilitator: Mary Jindrich | Cost: FREE

Honoring Choices: Quarterly 1:1 Sessions



Tuesday, June 18th at 10:00am-12:00pm in The Landing Tech Room

Book your 1:1 appointment with Heidi from Aspirus to begin work on your Advance Care Plan. **Times available: 10:00am, 10:30am, 11:00am & 11:30am.**

Facilitator: Heidi Kraege | Members: FREE Non-Members: Day Pass Required

Lunch Outing- Pizza on the Roof at Willow Springs



Tuesday, June 18th- Meet at Willow Springs at 11:30am

Let's meet at Willow Springs to enjoy an assortment of homemade pizza's, a beverage and dessert, while enjoying the scenery from this elevation on the rooftop patio. **Registration deadline: June 11th.**

Facilitator: Peggy Griffin | Cost: \$18

How to Preserve, Organize & Enjoy your Digital Photos



Wednesday, June 19th at 9:30-11:00am in The Landing Tech & Art Rooms

Join Melissa Sullivan, a professional digital photo organizer and owner of Pix & Pieces Organizing in Wausau for this informative program to organize all the pictures on your phone or other digital devices.

Facilitator: Melissa Sullivan | Members: FREE Non-Members: Day Pass Required

Horticulture with Janell- Gardening for Pollinators



Wednesday, June 19th at 1:00-2:00pm in The YMCA Multi-Purpose Room

Did you know that pollinators are responsible for 1 in 3 bites of food that we eat? Pollinator decline is a serious problem and habitat loss is one of the major causes. The good news is each of us has a role mitigating pollinator decline.

Facilitator: Janell Wehr | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

Unlock the Art of Coffee: A Guided Cupping Experience

Thursday, June 20th at 1:30-3:30pm at The Pinery Coffee Co.
300 N. 3rd St #103



Dive into the world of coffee with this exclusive cupping class at The Pinery Coffee Co. Whether you're a coffee connoisseur or just beginning your coffee journey, this event promises a delightful exploration of flavors, education & community. Cost of the program includes espresso tasting, education, coffee journal & a bag of premium coffee beans. **Registration deadline: June 13th.**

Facilitator: Nolan Baker | Cost: \$27

Dinner Club!

Thursday, June 20th at 5:30-7:30pm at Palms Supper Club



Join us for June's Dinner club at The Palms Supper Club in Weston.
5912 US-51 BUS, Weston

Facilitator: Mary Jindrich | Members: FREE Non-Members: Day Pass Required

Day of Scenic Serenity: Cruise, Lunch, Garden Splendor & Shopping

Friday, June 21st- Landing Shuttle departs at 9:30am



Let's load The Landing Shuttle for a trip to Clearwater WI. Attractions include:

- **90-minute Narrated Boat Tour on the Chain O' Lakes in Waupaca**
- **Lunch at the Clearwater Restaurant**
- **Shopping at Cottage Garden Farm Gift Shop**

Cost includes everything listed above except what you purchase at the Garden Farm and drinks on cruise. **Registration deadline: June 11th.**

Facilitator: Dave Landretti | Cost: \$65

Book Club

Monday, June 24th at 11:30am-12:30pm in The Landing Art Room
Occurs on the 4th Monday of each month



Our book club is led by Connie Heidemann with Marathon County Literacy. All group members will read the book and join in a lively discussion led by Connie about the themes, characters and takaways from each book. Please read **"Strong Men" by Ruth Ben Ghat** for June's meeting.

Facilitator: Connie Heidemann | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

June Shopping Trip to Fox River Mall



Tuesday, June 25th- The Landing Shuttle Departs at 9:30am

Board The Landing Shuttle for a shopping trip to Appleton. Bus departs The Landing at 9:30am and will depart the Mall at 2:30pm.

Facilitator: Halle Veenstra | Cost: \$20

Edward Jones: Fulfilling Retirement- Living your Purpose



Tuesday, June 25th at 11:00am-12:00pm in The Landing Tech Room

Living a fulfilling retirement is about more than money. Research with experts, focus groups and surveys of retirees and adults spanning five generations reveals the four key ingredients for living well in the new retirement.

Facilitator: Paul Dau | Members: FREE Non-Members: Day Pass Required

Alzheimer's Association Presents: Managing Money- A Dementia Caregiver's Guide to Finances



Tuesday, June 25th at 2:00-3:00pm in The Landing Tech Room

In this program, you will hear tips and ways to help prepare for the costs of caregiving. The program includes video clips of real-life caregivers sharing their experiences in managing finances for the person they are caring for. Participants will receive activities to help them develop a legal and financial caregiving plan.

Facilitator: Alzheimer's Association | Members: FREE Non-Members: Day Pass Required

Rennes Group Presents: Assisted Living vs. Skilled Nursing Facility vs Memory Care



Wednesday, June 26th at 10:00-11:00am in The Landing Tech Room

Understanding what each of these senior care terms means can be confusing. More importantly, understanding what type of care is offered at each is an integral part of finding the best senior care solution for you or your loved one.

Facilitator: Rennes Group | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!

Bingo at The Landing!



Thursday, June 27th at 1:00-2:30pm in The Landing Tech & Art Rooms

Let's play Bingo! Come out and play Bingo with your old and new friends each month. No daubers or number covers needed as we will be using the sliding window bingo cards. There will be friends, prizes & laughter.

Facilitator: Mary Jindrich | Members: \$3 Non-Members: \$15

Team Trivia Smackdown



Friday, June 28th at 11:30am-12:30pm in The Landing Tech & Art Rooms

Bring all your facts, knowledge, wisdom, or lucky guesses to this event. It's a great way to meet new people along with old friends, with much fun to be had by all, so Register Today.

Facilitator: Mary Ellen Marnholtz | Members: FREE Non-Members: Day Pass Required

Ho-Chunk Gaming Casino Trip



Friday, June 28th- Ho-Chunk Shuttle departs at 1:15pm

Join in on the fun of these monthly shuttle trips to Ho-Chunk Gaming in Wittenberg. The casino offers many different slot options and electronic table games, including Texas Hold Em, Craps, Black Jack and Roulette

Facilitator: Kathryn Boettcheer | Cost: FREE

Registration is Required
Visit our Member Service Desk & Sign Up!

Baseball, Brats & Fireworks- Wausau Woodchucks Outing



Friday, July 5th- Gates open at 5:35pm | Game starts at 6:35pm
Athletic Field; 325 E. Wausau Ave.

Come & Cheer on the Wausau Woodchucks as they take on the Fon du lac Dock Spiders. We have reserved the 1st Base Patio Hospitality area which has a large covered & uncovered viewing area.

A 90-minute buffet starts when gates open and is included in the cost of the ticket. Also includes are 3 drink tokens to be used at the concession stand.

The game will be followed by a Fireworks display. Be sure to join us at the Ball Field.

Facilitator: Mary Jinrich | Cost: \$42

Brewers Trip 2024! Brewers vs. Dodgers



Thursday, August 15th- Lamer's Bus departs at 7:15am

Let's hop aboard a comfortable Lamer's Motor Coach Bus & head to the Brewer's American Family Field to watch the Brewer's play the Los Angeles Dodgers.

We will stop at Alma's Cofe in Allentown for a breakfast buffet around 10am then its off to the Ball Field.

Cost of the trip includes Lamer's bus, game ticket and breakfast at Almas.

Concession purchases, along with dinner at a fast food stop will be on your own. We will return to the YMCA around 9:00pm.

Registration Deadline: July 18th

Facilitator: Barb Tesch | Cost: \$125



Fireside Theatre Presents
"Miracle on 24th Street"

Friday, December 5th

Join us for our Annual Lamers Bus Trip to the
Fireside Theatre

Registration Deadline: Tuesday, November 5th

More information to be
released soon!

Registration is Required
Visit our Member Service Desk & Sign Up!

Movie Mondays



Every Monday in The Landing Tech Room at 12:45-3:30pm

We will be showing a movie every Monday afternoon starting at 12:45 pm in The Landing Tech Room.

We update the Movie Monday flyers each month after the Monday movie from the previous month, so grab a flyer for more details.

We will see you at the movie!

Kings in The Corner



Mondays & Thursdays from 11:00-12:30pm in 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.

Beginners Welcome!

American Mahjong



Mondays & Fridays at 1:00-3:00pm in 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 Mahjong card.

Monday Bridge (Closed Group)



Mondays at 1:00-3:00pm in The Landing Game Room

No openings for new players

Registration is Required
Visit our Member Service Desk & Sign Up!

Euchre

Tuesdays at 10:00am-12:00pm in in The Landing Game Room



Come with a partner or on your own and join us for a rousing round or two of Euchre! Want to learn? We will help you. Come join us.

Tuesday Crafters

Tuesdays at 12:00-2:00pm in in 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 at 12:30-3:30pm in in 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 for 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.

Hand and Foot

Tuesdays at 12:30-3:00pm & Fridays 11:00-1:00pm in 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.

Advanced Chicago Style Bridge

Wednesdays at 9:00-11:30am in The YMCA School Age Room



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

Leader: Jean Burgener

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Chinese Mahjong



Wednesdays at 1:00-3:30pm in The Landing Dining Room

Come play Chinese Mahjong, using Shanghai Rules. Must know how to play.

Cribbage



Wednesdays at 1:00-3:00pm in The Landing Game Room

Come play Cribbage with new friends and old at The Landing- every Wednesday!

Laughter Club



Thursdays at 10:00-11:00am in 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 and social benefits from the very first session. We encourage you to drop in to sample a class!

Leader: Bernie Corsten

Ping Pong at The Landing



Thursdays at 1:00-2:00pm in The Landing Game Room

Join us for a weekly gathering to play ping pong

Fun Bridge



Fridays at 9:00-11:00am in The Landing Game Room

Beginner Bridge players are invited to play Bridge every Friday.

Sheepshead



Fridays at 1:00-3:00pm in The Landing Dining Room

All levels of players are welcome, even beginners

Warsaw Branch

Monday

Zumba Gold

9:00-9:45am

Pam | V

Program Gym

SilverSneakers Circuit

10:00-10:45am

Robin | V

Program Gym

Tuesday

SilverSneakers

Splash

9:00-9:45am

Karen

North Pool

55+ Strong

10:15-11:00am

Lori | V

Program Gym

Tai Chi

10:15-11:00am

Scott |

Yoga Studio

Wednesday

SilverSneakers

Yoga

9:45-10:30am

Pam | V

Group Ex.Studio

Flexibility, Balance & Breath

10:45-11:30am

Pam | V

Group Ex.

Studio

Thursday

Butts & Guts

9:00-9:45am

Fred | V

Group Ex. Studio

SilverSneakers

Enerchi

10:00-10:45am

Lee | V

Group Ex. Studio

SilverSneakers

Yoga

11:00-11:45am

Lee | V

Group Ex. Studio

Body Mind Strength

1:15-2:00pm

Trish

Group Ex. Studio

Friday

Full Body

Fitness

10:15-11:00am

Fred | V

Program Gym

Zumba Gold

11:15-12:00pm

Pam | V

Program Gym

Aspinus Branch

Monday

Low Impact Stretch & Strength

10:00-11:00am

Cindy | Studio B

SilverSneakers Classic

11:15-12:00pm

Cindy | Studio B

Wednesday

Low Impact Stretch & Strength

10:00-11:00am

Cindy | Studio B

SilverSneakers Classic

11:15-12:00pm

Cindy | Studio B

Thursday

SilverSneakers Stability

10:30-11:15am

Kerry | Studio B

Friday

Low Impact Strength & Conditioning

10:00-11:00am

Amber | Studio B

Registration is only required for virtual classes. Virtual Classes have a V listed next to the instructors name.

Zumba Gold - 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. **Instructor: Pam M.**

SilverSneakers Circuit - The Silver Sneakers 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. **Instructor: Robin N.**

Low Impact Strength & Stretch - A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor.

Instructor: Cindy M.

SilverSneakers Classic - 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.

Instructor: Cindy M.

SilverSneakers Splash - SilverSneakers Splash is a water aerobics and strength class designed for all skill levels—even non-swimmers. This aqua exercise class offers a high-energy workout that reduces impact on your knees and back. **Instructor: Karen S.**

55+ Strong - The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance. **Instructor: Lori H.**

Gentle Cycle - This class is a great way to get introduced to cycling as a fun form of lifelong exercise. You will use the resistance settings on the bike as well as speed to modify the ride to suit your specific comfort level.

Instructor: Pam H. & Lee K.

SilverSneakers Yoga - Move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity. **Instructor: Pam H. & Lee K.**

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

Instructor: Pam H.

Butts and Guts- 55+ - This 45-minute workout utilizes a stability ball, mat, weights and a small resistance band. It is low impact, but works your glutes with bridges and squats, and your abs with the stability ball. This class is a good companion to the Full Body Fitness class just before!

-Instructor: Fred T.

SilverSneakers Enerchi - 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!

-Instructor: Lee K.

Body Mind Strength- This class is composed of two parts. Part one- Breathing, warm-up & proper form, posture & feeling the muscles you are working. Part two- Low Impact Strength using dumbbells, resistance Bands, chairs and mats.

- Instructor: Trish C.

SilverSneakers Stability- This class will focus on balance exercises and gentle stretching.

Instructor: Kerry M.

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

Instructor: Fred T.

Low Impact Strength & Conditioning- This class will give you the perfect mix of strength and low-impact cardio moves for a good full-body workout.

Instructor: Amber P