

May

Newsletter & Program Guide

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.

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

<u>Monday-Friday</u>	<u>8:00am - 4:30pm</u>
<u>Saturday</u>	<u>9:00am - 1:00pm</u>

Member Spotlight

Richard Jilbert

Richard Jilbert has played many roles in his 94 years: Engineer. Mercenary. Diplomat. Husband and father. Doctor. Teacher. Research and development scientist. Historian.

But when asked what he did in his life, Richard doesn't start with any of those labels. "I was an adventurer," he says with a twinkle in his eye. It's surprisingly succinct for a man who loves the stage!

With a captive audience, Richard is happy to narrate the finer details of his story. It starts with his birth in Highland Park, Mich. in 1930. At age nine, his family moved to Eagle Harbor in the state's Upper Peninsula. Richard graduated from Calumet High School and proceeded to Michigan Technological University. School wasn't his thing just yet and he "flunked out" after two years.

In 1951, Richard's number was called for the Korean War and he enlisted in the U.S. Navy. He became an electronic technician and then a mercenary for the National Chinese Navy. After four years, he returned to Michigan Tech and earned his degree in Electrical Engineering.

"By then I knew the secret of getting through college," Richard recalls, revealing tips such as sitting in front of the classroom. "I went from a D student to an A/B student."

His career spanned from designing airplane hangars for the Air Force and tanks for the Army to creating a barcoding system for General Motors and developing the world's first readability program (then traveling the country to deliver lectures as "Dr." Jilbert). Richard says he wasn't always qualified for an assignment, but if he was told, "Do it." he responded "Yes, sir" – and figured out a way.

One of his most profound lessons came while learning human factors engineering in Buffalo, N.Y. The instructor showed the class a brick and asked what they could do with it. Build something? Throw it? Instead, the teacher ran it through a grinder again and again.

"Do you know what we ended up with?", beckons Richard. "Toothpaste! Our teacher said, 'It's not what you see, but what you can make out of it.' That stuck with me for the rest of my life."

Case in point: By the time he retired in 1985, Richard was a research and development scientist working in artificial intelligence. That's decades before most Americans even heard of AI!

There's so much more to say, but it's best you hear it from the man himself. Fortunately, Richard's friend introduced him to The Landing and now he regularly walks the two blocks from his home to stake out a seat near the fireplace or participate in a reading of Shakespeare. "I immediately fell in love with The Landing," he says. "I can meet people. I love people."

Don't miss the chance to glean the wisdom of this mischievous and animated character. Drawing on his vast experiences, his speech just may incorporate German, Mandarin, or iambic pentameter.



You will notice a few changes to the newsletter going forward.

Program descriptions will no longer be included in the Program Guide and Newsletter. Dates, times and locations will be included and we ask that you see the program flyer for all of the details.

We have grouped our programs into different categories to make finding programs easier. These categories will be noted next to the program listings throughout the program guide and newsletter.



We have launched a NEW website:

<https://thelandingwausau.com>.

Here you will be able to see all of our programs listed by category and register for programs and classes online. (Coming soon)

If you would like help with getting started with registering you for your own programs, please see Amber in The Landing.

Wednesdays from
11:30 am - 12:00 pm

May Lunch at The Landing

Registration due by 4:00pm Monday of each week. Your prompt registration allows us to purchase and prepare appropriate quantities of food and minimize waste. THANK YOU!



Wednesday, May 1st

Al Pastor Tacos & No-Bake Margarita Pretzel Bars- \$10
Slow cooked pork served on a warm flour tortilla, and your choice of various toppings.



Wednesday, May 8th

French Toast & Bacon- \$5
Homemade French Toast served with bacon & local maple syrup.



Thursday, May 16th:

Mediterranean Chicken & a Monster Cookie- \$10
Chicken Breasts served with a white wine, tomato and olive sauce. Buttery crusty bread will accompany with a monster cookie for dessert.



Wednesday, May 22nd:

Cowboy Caviar Served with Chips - \$5
A delicious and colorful blend of tomatoes, avocado, red onion, black beans, black eyed peas, corn and bell peppers. Served with a side of chips for scooping.



Wednesday, May 29th:

Grilled Hamburgers & an Ice Cream Treat- \$10
Lets welcome summer (hopefully)! We will be grilling burgers and serving with lettuce, tomato, onion, special sauce. Served with french fries and an ice cream treat.

Beverages available for \$1

Lunches are non-refundable after registration has closed.

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

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

Old Guys Book & BS Club



Wednesday, May 1st at 9:30-10:30am in The Landing Tech Room
Occurs on the 1st Wednesday of every month

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

Please read "Paths of Glory" by Jeffery Archer for this meeting.

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

Bridge Lessons: Beginning & Advanced Bridge Classes



Wednesdays through June 5th at 12:30-2:30pm in The Landing Tech & Art Rooms

These lessons have already begun and are unavailable for registration.
NO CLASS MAY 8th.

Golf Lessons with a PGA Professional



Wednesday, May 1st & 15th: Meet at Rib Mountain Golf Course Driving Range
at 4:30pm 3607 N Mountain Rd, Wausau, WI 54401

Paul Bjerke, PGA Golf Professional will be providing a group lesson for The Landing. No need to be a proficient golfer.

May 1st Registration Deadline is April 26th

May 15th Registration Deadline is May 7th

Facilitator: Paul Bjerke | Cost: \$25

Rick Lohr Presents: Cuba



Thursday, May 2nd at 10:00-11:00am in The Landing Tech & Art Rooms

Join Rick for a tour of Cuba and its recent history.

**Facilitator: Rick Lohr | Members: Free Non-Members: Day Pass
required**

Stepping on by ADRC- 7 Weeks Series



Thursdays through May 30th at 1:00-3:00pm in The Landing Tech & Art Rooms

This series has already begun and is unavailable for registration.

Facilitator: Jennifer Clark | Cost: Free

May Birthday Bash



Friday, May 3rd at 11:30-12:30pm in The Landing Tech & Art Rooms
Occurs on the 1st Friday of every month

We are celebrating all MAY Birthdays!! If it is your Birthday Month, sign-up to enjoy cake, music and the chance to win fun prizes.

Facilitator: Mary Jindrich | Cost: Free

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

Tai Chi II- 8-Week Series



**Mondays, May 6th through July 1st. at 11:15-12:00pm in
The Wausau Group Exercise Studio.**

This series is limited to those who have already completed Tai Chi Series I & Tai Chi Series II with Colleen.

Facilitator: Colleen Peters | Members: \$20 Non-Members: \$35

Tai Chi I- 10-Week Series



**Tuesdays, May 7th through July 9th at 10:00-10:45am in
The Wausau Group Exercise Studio.**

This series is for anyone who is interested in our Tai Chi Series with Colleen. Beginners are welcome!

Facilitator: Colleen Peters | Members: \$25 Non-Members: \$40

Introduction to Watercolors



Tuesday, May 7th at 12:30-3:30pm in The Landing Art Room

Back by popular demand- Join Diane Shabino in learning the art of watercolors. Space is limited, so register early.

Facilitator: Diane Shabino | Members: \$25 Non-Members: \$40

Wings Grief: Live First, Grieve Second- 5 week Series



Tuesdays through May 14th at 3:30 OR 5:30pm in The Landing Tech Room

This program is no longer open for registration.

Facilitator: Nan Zastrow | Cost: Free

The Great Pinery of the North- Four-Part Series



**Wednesday, May 8th at 10:00-11:30am in The Landing Tech & Art Rooms
Part IV- "Reviving Wausau"**

As the logging industry moved toward collapse, sharp-minded business owners in the town pooled their resources and ideas in an effort to redefine the area's economy.

**Facilitator: Dick Beier & Bill Bertram | Members: Free Non-Members: Day
Pass required**

Lunch & Spa Day at NTC



**Wednesday, May 8th at 11:15am-1:15pm at Northcentral Technical College
1000 W. Campus Dr. Wausau**

Join us for Lunch at Spoons Restaurant and a Spa Treatment at Studio Max, both located at NTC. See flyer for food and spa treatment options.

Facilitator: John Reinke | Cost: \$40

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

May
Programs

Getting to Know Classic Films- “The Lineup”

Special
Interest

Wednesday, May 8th at 12:30-2:30pm in The Landing Tech Room

Scott Schutte, a classic films buff, will be sharing his knowledge both by showing classic films and/or discussing the history of classic films.

Facilitator: Scott Schutte | Members: Free

Non-Members: Day pass required

Wausau West Planetarium- A Voyage to the Stars

Offsite
Adventures

Thursday, May 9th at 10:00-11:00am at Wausau West Planetarium

Join us for a visit to the Wausau West Planetarium. Full dome content is displayed on a large hemispherical ceiling all around you, so you feel like you're in space as you're comfortably seated in the planetarium auditorium style seats.

Registration Deadline- May 2nd

Facilitator: Chris Janssen | Members: \$10 Non-Members: \$25

Leigh Yawkey Museum- Guided tour of “Women Reframe American Landscape”

Offsite
Adventures

Friday, May 10th at 12:30-1:30pm at The Leigh Yawkey Woodson Art Museum

Let's meet at Leigh Yawkey Museum to explore “Women Reframe American Landscape” an exhibition that explores the ways in which women have shaped American landscape art.

Facilitator: Rachel Hausmann-Schall | Cost: Free

Exploring Self-Healing Energies

Health &
Wellness

Monday, May 13th at 10:00-11:30am in The YMCA Multi-Purpose Room

Occurs on the 2nd & 4th Mondays every month

You will learn how to understand your wisdom from within, through various spiritual practices. These are informational classes, anyone is welcome to come to one or as many classes as you would like.

Facilitator: Bernie Corsten | Members: Free Non-Members: Day Pass required

Beyond Introduction to Spanish- Phase II

Educational

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

These 8-weeks will build on Session I with basic conversation relating to family & home life, sports & exercise, travel, shopping, clothing & the internet. Basic vocabulary will be covered as well as pronunciation. NOTE: It is NOT necessary to have taken Session I to enroll in Session II.

Facilitator: Celin Mejias | Cost: \$160

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

Rick Lohr Presents: Easter Island



**Tuesday, May 14th & Thursday, May 23rd at 10:00-11:00am in
The Landing Tech & Art Rooms**

Join Rick Lohr for a tour of Easter Island- the most isolated, human inhabited place on earth. We will see the Moai, giant stone heads created by the Rapa Nui people and discuss the history of the island.

**Facilitator: Rick Lohr | Members: Free Non-Members: Day Pass
required**

Social Singles



Tuesday, May 14th at 2:30-4:00pm at Biggy Coffee

Meet other singles at Biggy Coffee- 3140 Rib Mountain Drive.

Facilitator: Cheryl Domino Johnson | Cost: Free



The Landing will be closed on Wednesday, May 15th due to a YMCA event.

The Great Pinery will move to May 8th at 10:00am. and Horticulture with Janelle will move to 10:00am on May 15th. Bridge Lessons will be held in the After School Room & the Multi-Purpose Rooms & Cribbage will be cancelled. All off-site programs will still occur as scheduled.

Horticulture with Janell- Grow Red Robin Tomatoes Anywhere



Wednesday, May 15th at 10:00 to 11:00am in The YMCA Multi-Purpose

Room tomatoes are created equal. Red Robin tomatoes are a dwarf tomato variety that can be grown in a six-inch pot.

Come join us and learn how to be successful with container gardening. Everyone goes home with a planted Red Robin tomato to grow over summer.

Facilitator: Janell Wehr | Members: \$10 Non-Members: \$25

Dinner Club



**Wednesday, May 15th at 5:30pm at Carmellos Italian Restaurant
149841 County Rd Nn, Wausau, Wi**

May's Dinner Club will be held at Carmello's Italian Restaurant on Wednesday for their Famous Fish Fry.

Facilitator: Mary Jindrich | Cost: Free

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

Oshkosh Shopping Outlet



Friday, May 17th- Meet in The Landing Atrium at 8:15am

It's warming up- Let's go Shopping at Oshkosh Outlet stores. We will board The Landing Shuttle at 8:20am and leave for Oshkosh at 8:30am.

A 2024 Trip Waiver must be filled out if you haven't traveled on The Landing Shuttle yet this year.

Facilitator: Barb Tesch | Cost: \$20

Book Club



Monday, May 20th at 11:30-12:30pm in The Landing Art Room

Normally Occurs on the 4th Monday of every Month

Our book club meets monthly and is led by Connie Heidemann with the Marathon County Literacy. **Please read "Code Name Helene" by Ariel Lawhon**

Facilitator: Connie Heidemann | Members: Free Non-Members: \$15

New Member Meet & Greet



Monday, May 20th at 11:30-12:30pm in The Landing Tech Room

Normally Occurs on the 4th Monday of every Month

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

Facilitator: Mary Jindrich | Cost: Free

Ironbull- Paff Woods Nature Preserve



Tuesday, May 21st- Meet at Paff Woods Nature Preserve at 10:00am

1601 Kickbush Street, Wausau

Ironbull is back with the first hike of the season. This is a short, easy walk of 1-mile through a mature forest & along board walks - We will do the loop a 2nd time for those interested.

Facilitator: Bill Bertram | Members: Free Non-Members: \$15

Willow Springs- Planting the Memorial Garden Flower Bed & Lunch



Tuesday, May 21st- Meet at Willow Springs at 11:00am

Let's meet at Willow Springs and plant the flower planters near the town hall. Enjoy a delicious lunch afterwards.

Facilitator: Peggy Griffin | Cost: \$20

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

The Aging Body- Common Spine & Joint Issues

Tuesday, May 21st at 12:30-1:30pm in The Landing Tech & Art Rooms



Join Chiropractor Robert Devine, DC of Wausau Spine and Rehab Clinic in this presentation on common spinal and joint problems that occur as we age, and what can be done to help.

Facilitator: Robert Devine, DC | Members: Free Non-Members: Day Pass required

Poverty Compassion with the United Way

Wednesday, May 22nd at 10:30-11:30am in The Landing Tech Room



Ben Lee, Director of Community Impact for the United Way of Marathon County, who have vision statements and goals to improve the quality of life for people that have low or no income needs. This program will focus on specific low-income statistics for the Wausau area, along with ways we can approach, greet and engage individuals receiving services with compassion.

Facilitator: Ben Lee | Cost: Free

Birdwatching at Monk Gardens

Thursday, May 23rd- Meet at Monk Gardens at 9:50am.



May is a great time of year to look all around and see birds as they're migrating through our area. Bring your binoculars if you have them to take a birdwatching walk.

Facilitator: Elise Schuler | Cost: \$10

Delores Kessel Presents: Forgiveness

Friday, May 24th at 8:30-10:00am in The Landing Tech & Art Rooms



Delores will talk about the definition of forgiveness and several questions that are associated with forgiveness. Join this program with informative perspectives on a topic and questions that touch many of us throughout our lives.

Facilitator: Delores Kessel | Members: Free Non-Members: Day Pass required

Bingo at The Landing

Friday, May 24th at 1:00-2:30pm in The Landing Tech & Art Rooms



Let's Play Bingo! Come out and play Bingo with your friends at The Landing.

Facilitator: Mary Jindrich | Members: \$3 Non-Members: \$18

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

May
Programs



Memorial Day Hours

Monday, May 27th

The Landing will be open 8:00am-12:00pm
Normally scheduled programming will be cancelled

Edward Jones Presents: What happens after the Paychecks Stop

Tuesday, May 28th at 11:00-12:00pm in The Landing Tech Room

We'll explore how to budget for retirement expenses, examine potential sources of retirement income, discuss strategies to provide for your goals and address potential risks.

Facilitator: Paul Dau | Members: Free Non-Members: Day Pass required



Alzheimer's Association Presentation

Tuesday, May 28th at 2:00-3:00pm in The Landing Tech Room

Alzheimer's Disease and other dementias gradually diminish a person's ability to communicate. Communication with a person with Alzheimers required patience, understanding and good listening skills.

Facilitator: Julie St. Pierre | Cost: Free



Rennes Group Presents: Lymphedema Management

Wednesday, May 29th at 10:00-11:00am in The Landing Tech Room

Lymphedema is a condition where lymphatic fluid builds up causing swelling and pain in your arms or legs. Therapy will help reduce the swelling, improve your flexibility & range of motion, ease your pain and help prevent infections.

Join the Rennes Group to learn the causes of lymphedema and how physical therapy can help.

Facilitator: Michaela Block | Members: Free Non-Members: Day Pass required



Green Bay Packer Stadium & Hall of Fame Tour & Lunch

Thursday, May 30th- Meet in the Landing Atrium at 8:05am

Join us on The Landing Shuttle as we take a trip to Lambeau Field for a Stadium and Hall of Fame Tour and Lunch at 1919 Restaurant.

Cost of the trip includes tour tickets, lunch and the shuttle ride.

Facilitator: David Landretti | Cost: \$68



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

Baking Bread with Jim- No need to Knead Bread

Thursday, May 30th at 10:00-11:00am in The YMCA Multi-Purpose Room



Learn how to make our favorite No Knead Artesian bread from the Master himself.

Facilitator: Jim Burgener | Members: \$5 Non-Members: \$20

Team Trivia Smackdown



Friday, May 31st at 11:30-12:30pm in The Landing Tech & Art Rooms

Bring all your facts, knowledge, wisdom or lucky guesses to this event!

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

Ho-Chunk Gaming Casino Trip

Friday, May 31st - Bus departs at 1:15pm



Join in the fun on these monthly shuttle trip's to Ho-Chunk Gaming in Wittenberg on the last Friday of each month.

Facilitator: Kathryn Boettcher | Cost: Free

Looking
Ahead

Woodchucks vs. The Fon du lac Dock Spiders

Friday, July 5th | Game Starts at 6:35pm

Join us for our Annual Woodchucks game. This year, we have reserved the 1st Base Patio Hospitality area (section 201).

Registration Deadline: Thursday, June 27th

See flyer for full details

SAVE THE DATE

SAVE THE DATE

Brewers Vs. The Dodgers

Thursday, August 15th

Join us for our Annual Lamers Bus Trip to the Brewers Vs. The Dodgers.

Registration Deadline: Wednesday, July 17th

More information to be released soon!



Fireside Theatre Presents

"Miracle on 24th Street"

Friday, December 5th

SAVE THE DATE

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

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.

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

Tuesday Crafters

Social Clubs & Groups

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

Games

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

Games

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

Games

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

Chinese Mahjong

Games

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

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

Registration is Required

Visit our Member Service Desk & Sign Up!

Programs are FREE unless noted

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

Wausau 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
.....

NEW!! Tai Chi
10:15-11:00am
Scott |
Yoga Studio

.....
★ **Urban Line Dance**
1:15-2:15pm
Randy & Marilyn
Group Ex. Studio
.....

★ **Ballroom Dance Lessons**
6:45-8:15pm
Randy & Marilyn
Group Ex. Studio

Wednesday

Gentle Cycle
9:00-9:30am
Pam & Lee
Cycling Studio
.....

SilverSneakers Yoga
9:45-10:30am
Pam | V
Group Ex. Studio
.....

Flexibility, Balance & Breath
10:45-11:30am
Pam | V
Group Ex. Studio

★ **Urban Line Dance & Dance**
Lessons end May 21st until the Fall

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

Aspirus 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

Gentle Stretch & Balance
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. & Madeline L.**

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.**

Gentle Stretch & Balance- 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**