

The Landing

Social & Activities Center
for Members 55+

At The Woodson YMCA
707 3rd St. | Wausau, WI

August

Program Guide & Newsletter

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: Community Supported Memberships (CSM) provides partial assistance to members that qualify. To apply schedule an appointment at the Member Services Desk

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

Member Spotlight

Thia Heil

Interview
completed &
spotlight written
by Carrie Gerner-
Landing Volunteer

Thia Heil has spent most of her adult life in Wausau – a contrast to her childhood, where her family was often on the move. Her father was in the Navy and her mother was from South Africa, helping Thia develop a broader sense of the world from a young age.

Thia became a licensed social worker and worked in vocational rehabilitation with the Wisconsin Department of Workforce Development (DWD). Always one to stay active, she held multiple jobs at once including an adjunct instructor at Northcentral Technical College (NTC) and farming with her husband at the time.



In retirement, Thia immersed herself in her passion for horses. She loved nothing more than spending long days caring for animals at the barn where her horse, Bonanza, was boarded. Riding “Bo” and other horses brought a sense of freedom she’s valued since she was a child.

Everything changed on July 1, 2022, when Thia’s skull was fractured as a result of a devastating horse accident. She received an emergency craniotomy brain surgery that saved her life.

In the past two years, Thia has regained much of her memory and has re-learned to walk, drive, and live on her own despite lingering effects to her hearing and vision. The intense trauma combined with a mutated gene caused her body to develop blood cancer. She continues to fight for her life – and for her independence.

Once she could drive again, Thia began coming to the Woodson YMCA and The Landing.

“My first goal every day is to work on my strength,” said Thia. “The more active I am, the better I feel. The staff, class instructors, and friends I’ve made are always looking out for me.”

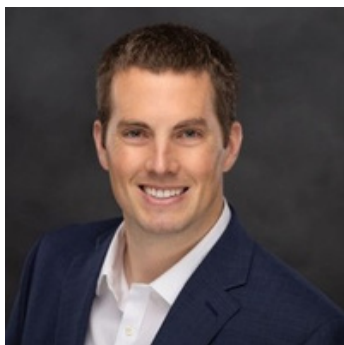
The gratitude that radiates from Thia after all she’s been through is extraordinary. No moment goes unappreciated, from each morning’s sunrise to spending time with her two grown sons and their families. She’s determined to someday get off of her chemotherapy medication and to do more of the activities she used to enjoy including kayaking and snowshoeing.

Thia says her late father’s words, “Set your course and stay it,” has helped carry her through the challenges and to remain positive despite there not being a cure for her cancer – yet. She added, “I could never be mad about what happened. I don’t know why I survived. And if one miracle happened, why can’t another?”

We believe in you, Thia, and hope many more members of The Landing can witness your gentle, fighting spirit and incredible grit. Look for Thia’s colorful tattoos, twinkling eyes, and beaming smile that lights up the room. Behind them is a story of resilience and hope – a story still being written.

**To nominate a member for our Member Spotlight contact
Amber at amberp@thelandingwausau.com**

Skin Cancer 101: Understanding the Basics, Risks & Prevention



By: Dr. Andrew Duncanson, DO, FAAD

Did you know that skin cancer is the most common form of cancer in the United States? It is estimated that 1 in 5 people will develop skin cancer in their lifetime. The good news is that most forms of skin cancer are preventable and highly curable when detected early. Risk factors include fair skin, abnormal moles, tanning bed use, and a history of sunburns or sun exposure. For most people, this occurs through spending time outdoors, in

occupations such as farming or construction or hobbies such as fishing, hiking, biking, and gardening.

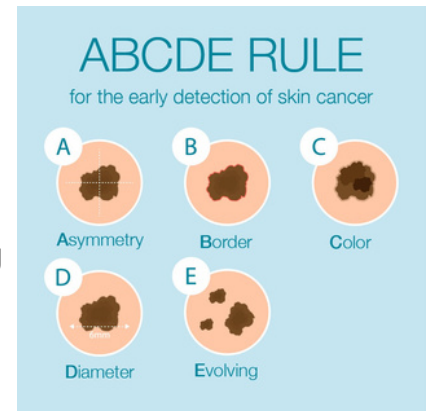
What is skin cancer? Skin cancer is the uncontrolled overgrowth of abnormal skin cells. This abnormal growth of cells is caused by unrepaired DNA damage, which triggers a mutation that causes skin cells to multiply quickly, forming cancer cells. Anyone can get this type of cancer, and it can occur anywhere on the body, but it's more likely to develop when your skin is regularly exposed to sunlight.

What does skin cancer look like? Skin cancer comes in many different varieties. Often, it will be a spot that stands out or looks different from your other moles. The most common types are Basal Cell, Squamous Cell, and Melanoma. According to the American Cancer Society, about 3.3 million basal and squamous cell skin cancers are diagnosed in America each year, with an estimated 97,610 new melanomas diagnosed in 2024. Basal Cell Carcinoma, the most common type, often starts as a pink pearly bump. Squamous Cell Carcinoma is classically a red rough spot that often flakes or peels. Melanoma typically appears as new or quickly growing moles with multiple colors and an irregular border or shape. Skin cancer may also itch, bleed, or not heal. If you have a spot you are concerned about, it is best to have it evaluated by a board-certified dermatologist.



**Special Thank
you to our
August
Popcorn
Sponsor!**

How can I tell if I have skin cancer? The best way to check for skin cancer is to see a board-certified dermatologist for a skin exam. A board-certified dermatologist is a physician who has a minimum of 8 years of medical training after college, including completing a dermatology residency and passing the dermatology board exam. Often, skin screening starts at home. A skin self-exam will help you become familiar with the moles and spots on your body, making it easier to spot any irregularities that could indicate the early signs of cancer. To perform a skin self-exam, you must carefully examine your entire body from head to toe. Use a full-length mirror to examine your arms and the front and back of your body. You should use a hand-held mirror to check your scalp, the back of your neck, and buttocks. Don't forget to look at your hands, between your toes, and the soles of your feet.



How is skin cancer treated? Most skin cancers can be treated easily with surgical excision. This produces very high cure rates when detected early. Sometimes, topical chemotherapy creams or destructive measures are used for superficial cancers. More advanced or aggressive cancers may require additional therapies such as radiation or immunotherapy.

What can I do to reduce my risk? About 90 percent of non-melanoma cancers are associated with exposure to UV radiation from the sun or tanning beds. Dr. Duncanson recommends properly applying sunscreen, wearing UV protective clothing, and seeking shade during the middle of the day when UV rays are their strongest. He also recommends using physical (mineral) sunscreens, typically with zinc oxide or titanium dioxide as the active ingredient, and an SPF of 30+. Ultimately, the best sunscreen is the one you use, and remember to reapply often!

Be proactive! Early detection saves lives, and a simple, yearly in-office skin screening with your local board-certified Forefront Dermatologist can make the difference between life and death.

Forefront Dermatology—Wausau
510 North 17th Ave, Suite C
Wausau, WI 54401

Schedule an appointment by calling
715-848-5711, 715-849-5333, or by visiting
www.ForefrontDermatology.com.
No referral necessary.



Wednesdays from
11:30am-12:00pm

*Lunch at
The Landing*



Wednesday, August 7th:

Cooked Salmon Poke Bowl & Hawaiian Poke Cake - \$10

This cooked salmon poke bowl has teriyaki glazed salmon, rice, carrots, avocado, mango, pickled onions & a drizzle of spicy mayo.



Wednesday, August 14th:

Best Tuscan Tortellini Salad- \$5

Chewy Cheese Tortellini will be paired with sun-dried tomatoes, baby spinach and shaved parmesan with a delicious balsamic vinegar dressing.



Wednesday, August 21st:

Italian Cold Cut Sub Sandwich with a Chocolate Chip Cookie - \$10 Our Italian Cold Cut sub is hearty, filling & so delicious. Served with a fruit medley and cookie for dessert.



Wednesday, August 28th:

Vegetarian Drunken Noodles with Rice Pudding- \$10

Drunken noodle is an Asian dish featuring rice noodles, Thai Basil, Thai Chilies, vegetarian fish sauce, green onions and peppers. Rice pudding will be the perfect sweet treat.

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.

The Landing ANNUAL GALA

Saturday, September 28th, 2024

THE ELKS CLUB, 414 SCOTT STREET, WAUSAU

Let's Celebrate The Landing's 5 Year Anniversary
ENJOY DANCING, RAFFLES & MINGLING

Save the Date for The Landing Annual Fundraiser

Delicious Hors d'oeuvres Provided
Wine, Beer and Drinks Available for Purchase
Ages 21+

6:00pm Doors Open
6:00-7:00pm: Piano Playing by Ray Kraemer
7:00-10:00pm DJ & Dancing with Bob Holl
Entertainment

Presenting Sponsor



Supporting Sponsor



Move Sponsors



Ticket Price

\$50 Per Ticket

Purchased at Event

\$75

Purchase Tickets

In person: Visit The YMCA or
Landing Front Desk
Call us: 715-841-1855
Online: the.landingwausau.com

Early bird Special

Purchase on or before
August 16, 2024, and save!

\$5 off One Ticket

\$15 off Two Tickets



The Landing Annual Fundraiser Supporting the Y For All Campaign.

Proceeds from this event will benefit the Y For All Campaign, ensuring that no one is ever turned away from the Woodson YMCA due to an inability to afford fees.

August Programs

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

Cycling without Age- Trishaw Rides

Tuesdays at 3:00pm OR 4:00pm | Thursdays 1:00pm OR 2:00pm

Rides Depart from The YMCA Front Entrance

Special Interest

Cycling without Age removes any 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 & sounds of Downtown Wausau.

Please arrive on time- you will need to fill out a waiver with the CWA Pilot.

Facilitator: Halle Veenstra | Cost: FREE

August Birthday Bash!

Friday, August 2nd at 11:30am-12:30pm in The Landing Tech & Art Rooms

Occurs on the 1st Friday of each month

Special Interest

We are celebrating birthdays every Month! If it is your Birthday Month, sign up to enjoy cake, music & the chance to win fun prizes.

Facilitator: Mary Jindrich | Cost: Free

Special Thank You to our Birthday Bash Sponsors



Creative Cooking with Jackie- Everyday Mexican Meal

Tuesday, August 6th at 9:00-11:30am in The YMCA Multi-Purpose Room

Learn to cook and enjoy these three dishes for lunch: **Pork in Salsa Verde, White Rice and Fried Pantains.**

Special Interest

Jackie Romero, a skilled cook and baker will provide monthly programs featuring a variety of cooking or baking programs; from Mexican cooking to Baking Desserts to Cake Decorating for The Landing. She teaches cooking and baking on a regular basis for various organizations.

Facilitator: Jackie Romero | Members: \$25 Non-Members: \$40

Ironbull Pontoon Rides

Tuesday, August 6th & Thursday, August 8th- Meet at Wausau Country Club Parking Lot- 208 Country Club Rd, Schofield

Offsite Adventures

Join Bill Bertram or Jeff Stubbe on one of our annual pontoon rides!

Please select one of the times available. See Flyer for full details.

Registration Deadline: August 1st

Facilitator: Bill Bertram | Members: \$5

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

Old Guys Book & BS Club



Wednesday, August 7th 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 "The Lost City of Z" by David Grann for our August Meeting

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

Willow Springs: "It's Fair Time"



Tuesday, August 7th- Meet at Willow Spring at 11:30am
5480 Hillcrest Dr. | Wausau, WI

This is an inter-active program. The 3 categories for you to bring an exhibit item for are: a) Photography b) Flowers or c) Baking. We will have a show, judging, and ribbon awards. And guess what, you are the Judges!

Lunch will follow with FAIR FOOD! Corn dogs, Cheese curds, Gyro's, Hamburgers, Baked Potato, cream puffs, Ice cream, lemonade, Root beer and a bag of popcorn to take home! **Registration Deadline: July 31st**

Facilitator: Peggy Griffin | Cost: \$20

Railroad Museum & Botanical Gardens- Trip to Green Bay!



Friday, August 9th- Meet in The YMCA Coffee Area at 7:25am

All Aboard! The National Railroad Museum offers train rides, museum and other engaging exhibits. Enjoy a Train ride and tour of the facility. Lunch will be served at the museum. Next, you will travel to the Green Bay Botanical Gardens for the "Botanical Wonders Tour". This tour travels on paved and mulched paths and is .75-1.5 miles long. Please plan accordingly. **Registration Deadline: July 25th**

Facilitator: Halle Veenstra | Cost: \$75

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

Delores Kessel Presents: Forgive Ourselves

Friday, August 9th at 8:30-10:00am in The Landing Tech & Art Rooms

Health & Wellness

What is forgiving ourselves? Forgiving ourselves doesn't let us off the hook for things we have done. How can we forgive ourselves? Making peace and moving forward is often easier said than done.

Join Delores in discovering more about what changes happen within us when we forgive ourselves. How does it affect our emotional well-being? These and other questions will be addressed in this program. Register now, you won't want to miss it.

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

Exploring Self-Healing Energies with Bernie

Monday, August 12th at 10:00-11:30am in The YMCA Multi-Purpose Room
Occurs on the 2nd Monday of each month

Health & Wellness

You will learn how to understand your wisdom from within, through various spiritual practices. Join us for this fascinating and informative personal wellness program. Bernie will resume to two programs of month in the fall.

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

BrainSavers Informational Meeting

Monday, August 12th at 11:00am in The Landing Tech & Art Rooms

Health & Wellness

BrainSavers is an evidence based Brain + Body Total Fitness Program for healthy aging.

Our program will maintain your enjoyment of independent living, while improving your overall physical and mental well-being. Our program features all of the six pillars of a healthy lifestyle.

Join Amber, Assistant Director and Certified BrainSavers Instructor to learn more about this program and how you can get started.

Facilitator: Amber Pender | Members: FREE Non-Members: Day Pass Required

August Programs

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

August Shopping Trip to Fox River Mall



Tuesday, August 13th- 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. **Cancellations after August 9th will not receive a refund.**

Facilitator: Halle Veenstra | Cost: \$22

Rick Lohr Presents: Alaska



Tuesday, August 13th & Wednesday, August 21st at 10:00-11:00am in The Landing Tech & Art Room

Alaskan Wilderness 2018. Visits to Denali and Katmai National Parks with brown bear and moose encounters. Visits to the Kenai Fjords, Holgate Glacier, and the alley of Ten Thousand Smokes. We also met Jeff King, a four-time Iditarod winner and one-time Yukon Quest winner.

Enjoy this tour of Alaska with Rick Lohr.

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

Social Singles- Hoehn's Huddle



**Tuesday, August 13th at 3:00-4:30pm at Hoehn's Huddle
840 Grand Ave. Schofield**

Meet other Singles at our Monthly Social Singles event at Hoehn's Huddle. Enjoy good coffee and good conversation.

Facilitator: Mary Jindrich | Cost: FREE

Wings Grief: "Give Sorrow Words. Silence is not Golden"



Tuesdays, Beginning August 13th-September 10th at 5:30-7:00pm in The Landing Tech Room (5-Week Series)

Grief is something you may consider private and personal, as though only you can own it. We live in a culture that avoids talking about loss and one that wants us to move quickly through mourning, to become our former selves.

This is a perfect group for those new to grief or for those who feel grief still is hanging on. Giving sorrow words after loss helps you find peace.

Facilitator: Nan Zastrow | Cost: FREE Non-Members need to be registered with the YMCA Front Desk

Registration is Required

Visit our Member Service Desk & Sign Up!

Out & About with Jon



Wednesday, August 14th- Meet at 9:00am at Coates Lane Blacktop Parking Lot

Join us for the Smiley Walk, where we will be providing two walks in one. First hour will be a little easier with the second hour bringing a bit more of a challenge with small roots and rocks. This hike is on a 12-foot wide trail that consists of grass and some gravel. Walking shoes suggested and walking poles are welcome.

Hour #1: will be flat-ER on a 12-foot wide grass/gravel trail behind Wausau East High School practice fields next to woods. Will loop around small ponds and conclude at Coates Lane Parking Lot.

Hour #2: continue onward from Coates Lane on the same trail through a wooded area at Horace Mann Middle School that leads to Sylvan Park cross-country/snowshoe trails. Walk along Jim Moore Creek before an upward trail ascent back to Coates Lane Parking Lot. Afterwards, enjoy coffee at The Pickle Jar- (Pay your own).

Registration closes August 13th at noon.

Facilitator: Jon Oestrich | Cost: Free

Getting to Know Classic Films



Wednesday, August 14th & 28th at 1:00-3:00pm in The Landing Tech Room

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

August 14th: "The Black Book" (1949)

August 28th: "Adam's Rib" (1949)

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

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 Rolling Meadows Resturant in Fon Du Lac 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 Rolling Meadows. NOTE: Concession purchases and dinner at a fast food stop will be on your own. We will return to the YMCA around 9:00pm.

Registration has closed. Check back next year!

Facilitator: Mary Jindrich | Cost: \$125

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

Golf Social at Tribute Golf Course



Thursday, August 15th- Meet at Tribute Golf Course at 1:00pm
1001 Golf Club Rd, Wausau, WI

Attention Golfers! Let's get together and golf 9 holes at Tribute Golf Course, 1001 Golf Club Road, Wausau.

It will take approximately 1 hr 45 min to about 2 hours to complete the 9 holes, depending on pace of group, and level of expertise of golfer. No golf lessons will be given.

All fees to golf will be paid at the golf course. **Registration Deadline: Wednesday, August 7th**

Facilitator: Bill Olson | Cost: Fees to be paid at the Golf Course

Out & About with Jon O.



Tuesday, August 20th- Meet at 9:00am at Doepke Recreation Area
151414 County Road N | Wausau, WI

Join us for a walk with Jon at Doepke Park in the Village of Rib Mountain.

1.5 hour walk on a 6-foot wide gravel path with a wooden bridge. We will complete 2 laps.

Enjoy a Briq's Ice Cream afterwards (Pay your own) **Registration closes August 19th.**

Facilitator: Jon Oestrich | Cost: FREE

Willow Springs: "A Day at the Beach Tea Party"



Tuesday, August 20th- Meet at Willow Spring at 11:30am
5480 Hillcrest Dr. | Wausau, WI

Let's enjoy a beach themed Tea Party! Take it a fun step further, and dress for a beach party!

To kick off the event we will start with a Beach themed craft that you will make (with Willow Spring's staff help) followed by lunch. We will enjoy beach themed sandwiches, mini salads, desserts and of course "something special" to drink besides tea (both cold & hot), perhaps a Pina colada, both with or without alcohol; along with lemonade, water or milk. Bright beach themed tea tables will be set for you.

Registration Deadline: August 14th

Facilitator: Peggy Griffin | Cost: \$20

August Programs

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

Horticulture with Janell- Resilient Gardening for Extreme Weather

Wednesday, August 21st at 1:00-2:00pm in The YMCA Multi-Purpose Room



In this program we will talk about general predictions for Wisconsin climate, including wetter winters and more periods of drought through the growing season. Learn how gardening strategies like “right plant, right place” and composting help adapt and mitigate the effects of extreme weather.

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

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

Thursday, August 22nd- Landing Shuttle departs at 9:15am



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: August 14th

Facilitator: Jon O. | Cost: \$65

Bingo at The Landing!

Thursday, August 22nd 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: FREE Non-Members: \$15

Special Thanks to
our Bingo Sponsor



Dinner Club!

**Thursday, August 22nd at 5:30-7:30pm at Velvetten Plum
1520 Elm St, 5th Floor, Wausau WI**



Join us for August's Dinner club at Velvetten Plum. Experience Wausau 5 floors up on our huge rooftop patio. Enjoy full-service dining, cocktails, an extensive wine list and the best views in the City

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

August Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Edgar Steam Show with The Landing!



Friday, August 23rd- Meet in the YMCA lobby at 9:15. Shuttle departs at 9:30am

Started in 1974, the Edgar Steam Show has continued to provide history & education for the surrounding communities. Known for one of the largest flea markets, with rows and rows of flea market stands to browse through and large array of historic & newer tractors. We will spend about 4 hours at the show. There will be an ample amount of walking and lunch and anything purchased is paid by the participant.

Registration Deadline: August 12th

Facilitator: Dave Landretti | Cost: \$30

Book Club



Monday, August 26th 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 takeaways from each book. Please read **"Tug Lake Tales" by Barbara King & "Eternal" by Lisa Scottline** for August's meeting.

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

New Member Meet & Greet



Monday, August 26th at 11:30-12:30pm in The Landing Tech Room

Occurs on the 4th Monday of each

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

Facilitator: Mary Jindrich | Cost: FREE

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

Edward Jones and Attorney Miranda Lamb Present: Creating Your Estate Plan



Tuesday, August 27th at 11:00am-12:00pm in The Landing Tech Room

Joining Edward Jones for this program is Estate Planning Lawyer, Attorney Miranda Lamb. This program will help you familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts.

Estate planning covers any decisions regarding money, property, medical care, dependent care, and other matters that can arise down the road. The biggest benefit of estate planning is peace of mind—you'll know your wishes will be fulfilled for the benefit of those you designate.

You worked hard to build your assets, you will want to make sure your wishes for your estate are in place.

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

Alzheimer's Association Presents: Building Foundations of Caregiving



Tuesday, August 27th at 2:00-3:00pm in The Landing Tech Room

This program is part one of the five part "Empowered Caregiver" education series that teaches caregivers how to navigate responsibilities of caring for someone living with dementia. Each month we will be offering the next part in the series. Participants can register for individual courses to meet their needs/interests or complete the entire series.

Facilitator: Alzheimer's Association | Members: FREE Non-Members must Register at the YMCA Front Desk

Out & About with Jon O.



**Wednesday, August 28th - Meet at 9:00am at Bluegill Bay County Park
3800 Bluegill Ave | Wausau, WI**

Join us for a walk with Jon at Bluegill Bay Park in Wausau.

2 hour hike on a 6-foot wide gravel & grass path where we will take 2 laps around.

Enjoy a Briqs Ice Cream afterwards (Pay your own) **Registration closes August 27th.**

Facilitator: Jon Oestrich | Cost: FREE

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

Rennes Group Presents: Healthy Eating Habits



Wednesday, August 28th at 10:00-11:00am in The Landing Tech Room

Fueling your body with nutritious food shouldn't be a chore. Learn how to get started with a plan that works for your life. Good nutrition is important at every stage of life; to stay active and independent as you grow older, it's essential.

Not only does a healthy diet give you the energy you need to tackle your daily to-do list, it can also lower your risk for chronic health problems. Think of food as your secret healthy-aging superpower. Join Rennes group to explore healthy eating habits to better develop your secret healthy-aging superpower.

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

Axe Throwing for Fun!



**Thursday, August 29th at 4:00-5:15pm 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. Note: There will be 15 minutes of instructions (4-4:15) followed by an hour of you testing your skills in a fun for all environment. Gather for Dinner (Pay on your own) at El Mezcal following axe throwing!

Facilitator: Lynn Balz | Cost: \$27

Team Trivia Smackdown



Friday, August 30th 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.

Special Thanks
Trivia Sponsor



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

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

Ho-Chunk Gaming Casino Trip

Friday, August 30th- 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

Looking Ahead

Fireside Theatre Presents: Miracle on 34th Street

Thursday, December 5th- Lamers Bus Departs at 7:15am



Join us for our Annual Trip to the Fireside Theatre for the musical "Miracle on 34th Street." Jump aboard the comfortable Lamers Motor coach and enjoy snacks on the bus. Upon arriving to Fireside you will have time to visit some of their spectacular gift shops before having lunch as a group at 11:15am. Show starts at 1:30pm. From there we will load the bus for home with a quick stop in Westfield for dinner.

T8icket costs includes ride on Lamer's bus, light snacks and water on bus, musical and lunch tickets. **Registration Deadline: November 4th**

Facilitator: Amber Pender | Cost: \$175

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 10:30-1:00pm 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!

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

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

Body Mind Strength

9:00-9:45am

Trish

Group Ex. Studio

55+ Strong

10:15-11:00am

Lori | V

Program Gym

Wednesday

SilverSneakers

Yoga

9:45-10:30am

SUB: Karen

Group Ex Studio

No Class Aug. 7th

Thursday

Butts & Guts

9:00-9:45am

Fred | V

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

SilverSneakers

Stability

10:30-11:15am

Kerry | Studio B

Friday

Low Impact

Strength & Conditioning

10:00-11:00am

Amber | Studio B

SilverSneakers Circuit

11:15-12:00pm

Kerry | 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. & Kerry M.**

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- Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

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