

The Landing

Social & Activities Center
for Members 55+

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

July

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: 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.

Interview
completed &
spotlight written
by Carrie Gerner-
Landing Volunteer

Member Spotlight Richard Olson

Richard Olson – a.k.a. “the guy with the hat, feathers, and socks” – grew up in the countryside near Eau Claire, Wisconsin. With an older sister and younger brother, he was the classic “mid kid.” His mother always kept the kitchen clock five minutes fast, instilling a punctuality that would benefit him in his future career.

Richard wasn’t particularly fond of school until finding his rhythm during his sophomore year at the University of Wisconsin – Eau Claire. That year he took Spanish 101 and, thanks to a dynamic teacher, he stuck with it and even studied abroad for a summer in Valencia, Spain. He graduated with a double major in journalism and Spanish and also earned a teaching degree.



His first job after college was a part-time Spanish teacher at Stevens Point Area Senior High (SPASH). It led to a full-time position that continued for 30 years! Richard was also director of SPASH’s foreign exchange program and spent summers traveling throughout Mexico, Europe, and Latin America. He earned a master’s degree during a summer program in Guadalajara, Mexico.

Given Richard’s distinct style, it isn’t surprising that he became known as the teacher with extensive tie and sock collections – and sometimes changed into slippers by the end of the school day! Much like his own Spanish teacher, Richard incorporated culture and fun stories into his lessons. Perhaps it was his approachable nature that made for such a rewarding career as he helped students develop skills and confidence throughout their formative high school years.

In retirement, Richard taught Spanish for four years at Northcentral Technical College and became a regular of the Woodson YMCA. He admits he was skeptical of whether he would like spending time at The Landing. Yet he gave it a try and now he and Ray, his partner of 35 years, stop in nearly every day.

“You get the physical workout and then you come in here and get your spiritual, emotional, and social outlet,” said Richard. “The people bring a collective wisdom with different experiences and connections. There’s a lot of laughter.”

Richard has shared his own talents by leading Spanish classes and presentations on various topics including Mexico, Frida Kahlo, and Henry David Thoreau. He believes it’s important to find purpose and to push our comfort zones, especially as we age.

“If I hadn’t hung out with high schoolers for 30 years, I’d be an old man,” Richard joked.

In addition to his many hobbies, including reading, cooking, and crossword puzzles, Richard is learning Brazilian Portuguese and planning a new program at The Landing in fall. Keep an eye out for the schedule so you, too, can be “razzle dazzled” by his Powerpoint skills and latest adornments.

Wednesdays from
11:30 am - 12:00 pm

*Lunch at
The Landing*



Wednesday, July 3rd:

Concession Style Nachos- \$5

Corn chips topped with burger meat, warm nacho cheese and your choice of onions, jalapenos, salsa and sour cream.



Wednesday, July 10th:

Turkey, Strawberry and Spinach Wrap- \$10

Deli Turkey, fresh strawberries and spinach tossed in poppyseed dressing and red onions, wrapped in a flour tortilla. Enjoy a brownie for dessert.



Wednesday, July 17th:

Yummy Vegetarian Veggie & Couscous Salad- \$10

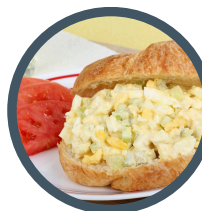
Fresh Cucumber, tomato & onions served with an herbed couscous and garbanzo beans. Peach Cobbler will accompany.



Wednesday, July 24th:

Smoked Pork Sliders- \$10

Smoked BBQ Sliders will be served with slaw and a pickle. Fresh berry trifle will be a tasty dessert.



Wednesday, July 31st

Egg Salad Croissant- \$5

Yummy egg salad will be served on a buttery croissant.

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- Session 2 (Started May 13)



Mondays, May 13th through July 8th - 9:30 - 10:30am - Landing Tech Room

These 8-weeks will build on Session 1 with basic conversation relating to family & home life, sports & exercise, travel, shopping, clothing & the internet. Basic vocabulary will be covered as well as pronunciation.

Facilitator: Celin Mejias | Cost: \$160

Cycling without Age- Trishaw Rides



Tuesdays at 3:00pm OR 4:15pm | Thursdays 1:00pm OR 2:15pm (No rides July 4th)
Rides Depart from The YMCA Front Entrance

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

Old Guys Book & BS Club

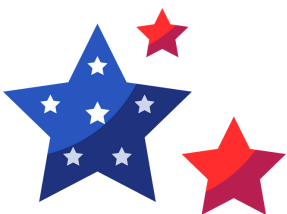


Wednesday, July 3rd at 9:30-10:30am in The Landing Tech Room
Occurs on the 1st Wednesday of each month

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

Please read "Horse" by Geraldine Brooks for the July 3rd Meeting

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



The Landing will be open from 8:00am-12:00pm on Thursday, July 4th in observance of Independence Day.

All normally scheduled programming will be cancelled.

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

Exploring Self-Healing Energies with Bernie

Monday, July 8th at 10:00-11:30am in The YMCA Multi-Purpose Room
Occurs on the 2nd 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. Bernie will resume to two programs of month in the fall.

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

Build a Birdhouse with Bob Lane

Monday, July 8th at 1:00-3:30pm in The Landing Art Room



Build a birdhouse with Bob Lane from the Aldo Leopold Audubon Society. Bob has helped hundreds of people build birdhouses and he's ready to help you too. You will be paired up to work together hammering or drilling your new birdhouse. We will have everything you need to build either a Bluebird or a Wren House. **Registration Deadline: July 1st**

Facilitator: Bob Lane | Members: \$15 Non-Members: \$30

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

Rick Lohr Presents: Poland



Tuesday, July 9th & Wednesday, July 17th at 10:00-11:00am in The Landing Tech & Art Room

Poland is a land of striking beauty, punctuated by great forests and rivers, broad plains, and tall mountains. Poland has waxed and waned over the centuries, however, even at times of national crisis, Polish culture remained strong.

Take a tour of Poland and Polish history with Rick Lohr. Included are Auschwitz, Gdansk, Warsaw and other locations.

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

Social Singles- Wausau on the Water



Tuesday, July 9th at 3:00-4:30pm at WOW | 1300 N. River Dr. Wausau

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

Facilitator: Mary Jindrich | Cost: FREE

Getting to Know Classic Films



Wednesday, June 10th & 24th at 1:00 to 3:00pm in The Landing Tech Room

Join Scott Schutte, classic movie buff for two films in July. Starting in July - Films will start at 1:00pm

July 10th: "12 Angry Men" (1957)

July 24th: "Rebel without a Cause" (1955)

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

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



Thursday, July 11th & 25th- 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 Deadlines: July 11th trip: July 3rd | July 25th trip: July 17th

Facilitator: Halle Veenstra | Cost: \$65

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

July Programs

Patriotic Sing-A-Long with Raymond & Ruth

Special Interest

Thursday, July 11th at 1:00-2:00pm in The Landing Tech & Art Rooms

Join us for a Patriotic sing-a-long brought to you by Raymond Kraemer and his noble sidekick Ruth Sazama. The program will begin with 4 patriotic favorites and then we will pause to allow the members of The Landing who have served to get up and share a brief moment about their service. We will continue on with Americana music we all know and love. In conclusion of our sing-a-long we will sit back and enjoy cookies and coffee.

Facilitator: Mary Jindrich | Members: Free

Delores Kessel Presents: Resilience

Health & Wellness

Friday, July 12th at 8:30-10:00am in The Landing Tech & Art Rooms

Resilience is the ability to cope with life's challenges and to adapt to adversity. Being resilient is not about being self-sufficient. Resilience is about thriving under pressure. Sourcing help when you need it is a resilient behavior.

Join Delores in discovering more about resilience and the behaviors that can be employed to maintaining wellbeing, even in challenging circumstances.

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

July Birthday Bash!

Special Interest

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

Normally occurs on the 1st Friday of each month

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

Culver's



Ironbull- Eau Claire River Trail

Offsite Adventures

Tuesday, July 16th at 10:00-11:30am- Meet at the parking lot of Ryan Street

This 1.25-mile walking and biking trail winds along the beautiful Eau Claire River in the heart of the Village of Weston. This is a popular trail for birding, hiking. The trail was constructed in 2003 to add a unique outdoor experience for Village of Weston residents and visitors.

Facilitator: Bill Bertram | Cost: FREE

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

Summer Cookery Fun at Willow Springs



Tuesday, July 16th- Meet at Willow Spring at 11:30am
5480 Hillcrest Dr. | Wausau, WI

Create, Cook & Enjoy! Make homemade cheese for your lunch and homemade ice cream for dessert with pie, of course! Lunch will feature grill-your-own steak or chicken with a mashed potato & salad bar.

Facilitator: Peggy Griffin | Cost: \$35

Out & About with Jon O.



Wednesday, July 17th- 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 July 16th.**

Facilitator: Jon Oestrieck | Cost: FREE

Horticulture with Janell- Multiply your Joy with Fragrant Herbs



Wednesday, July 17th at 1:00-2:00pm in The YMCA Multi-Purpose Room

Ask any gardener and they will tell you time spent in the garden is good for the soul.

Studies now show time spent nurturing plants increases indicators of well-being.

In this session, we will learn how to start new plants (vegetative propagation) and how these skills can support resilience and well-being.

Everyone will take home a newly started fragrant herb.

Facilitator: Janell Wehr | Members: \$5 Non-Members: \$20

Inflammation: Cause & Effect with Robert Devine, DC



Thursday, July 18th at 12:30-1:30pm in The Landing Tech & Art Room

Join chiropractor Robert Devine DC of Wausau Spine and Rehab Clinic in this presentation on the cause and effects of inflammation.

We will discuss ways to reduce or eliminate inflammation and why this is so important for health & well-being.

Facilitator: Robert Devine | Members: FREE Non-Members: Day Pass Required

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

Dinner Club!



**Thursday, July 18th at 5:30-7:30pm at Patron Mexican Restaurant & Bar
4403 Schofield Ave | Weston, WI 54476**

Join us for July's Dinner club at Patron Mexican Restaurant & Bar. One of the best Mexican restaurants around! Family owned and operated, full-service Mexican Restaurant with tasty Mexican fare and the best margaritas in town.

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

Leigh Yawkey Museum: Guided Tour of "Beyond Measure: The Art of Scale"



Friday, July 19th at 12:30-1:30pm at Leigh Yawkey Woodson Art Museum

Let's meet at Leigh Yawkey Woodson Art Museum for a guided tour of the exhibition entitled "Beyond Measure: The Art of Scale"

Throughout the exhibit, compare the profound effect of scale on your perception, allowing you to experience the art from different perspectives.

Facilitator: Amalia Wojciechowski | Members: FREE

Non-Members: Day Pass Required

New Member Meet & Greet



Monday, July 22nd 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

Book Club



Monday, July 22nd 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 **"Horse" by Geraldine Brooks** for July's meeting.

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

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

Let's Go Up North- Eagle River & Minocqua Shuttle Trip

Tuesday, July 23rd- Meet at The Landing at 8:10am



Now is the time to reintroduce yourself or discover the charming downtown Eagle River and Minocqua.

Lunch will be at Friendship House Restaurant in Eagle River (pay on your own) and you can enjoy shopping at local shops in both Eagle River and Minocqua. Shuttle will arrive back at The Landing around 5:30pm.

Facilitator: Karen Juedes | Cost: \$25

Out & About with Jon O.



**Wednesday, July 24th- Meet at 9:00am at Sunnyvale County Park
1000 S. 72nd Ave | Wausau, WI**

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

1.5 hour walk on a 6-foot wide gravel path where we will take 2 laps around.

Enjoy a Vino Latte afterwards (Pay your own) **Registration closes July 23rd.**

Facilitator: Jon Oestrich | Cost: FREE

Golfing Social at Trapp River Golf Course



**Wednesday, July 24th at 1:00-3:00pm at Trapp River Golf Course
243124 County Road WW**

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

Registration Deadline: July 17th

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

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

Bingo at The Landing!

Thursday, July 25th at 1:00-2:30pm in The Landing Tech & Art Rooms

Games

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: Day Pass Required

Special Thanks
to our Bingo &
Trivia Sponsor



Team Trivia Smackdown

Friday, July 26th at 11:30am-12:30pm in The Landing Tech & Art Rooms

Games

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, July 26th- Ho-Chunk Shuttle departs at 1:15pm

Offsite
Adventures

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

Out & About with Jon O.

**Monday, July 29th- Meet at 9:00am at Bluegill Bay County Park
3800 Bluegill Ave | Wausau, WI**

Offsite
Adventures

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 July 28th.**

Facilitator: Jon Oestrich | Cost: FREE

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

Edward Jones Presents: Focus on Fixed Income

Tuesday, July 30th at 11:00am-12:00pm in The Landing Tech Room



Fixed income broadly refers to those types of investments that pay investors interest or dividend payments until their maturity date. The payments of a fixed-income security are known in advance and remain fixed throughout. Government & corporate bonds are the most common types.

Join Paul as he shares the latest outlook across fixed-income.

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

Wine Walk with Appetizers at Willow Springs



**Tuesday, July 30th- Meet at Willow Springs at 11:30am
5480 Hillcrest Dr. | Wausau, WI**

Let's meet at Willow Springs and walk the grounds to 5 different locations for a unique appetizer and a different wine to taste.

This event will help you experience and see all the history Willow Springs has to share.

Facilitator: Peggy Griffin | Cost: \$20

Alzheimer's Association Presents: Understanding Alzheimer's & Dementia



Tuesday, July 30th at 2:00-3:00pm in The Landing Tech Room

Learning about the two terms and the difference between them is important and can empower individuals living with Alzheimer's or another dementia, their families and their caregivers with necessary knowledge.

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

Rennes Group Presents: Home Safety- Falls Prevention



Wednesday, July 31st at 10:00-11:00am in The Landing Tech Room

As people age, they can suffer from reduced mobility or health problems that can cause you to look at home safety & fall prevention.

Join Rennes Group for this informative home safety program.

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

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

Madison Garden Market & Capital Tour

Wednesday, July 31st- The Landing Shuttle Departs at 6:30am



Let's load the Landing Shuttle nice and early and head to The Madison Farmer's Market. You will find many of your favorite Dane County Farmer's members, as well as a full array of fruits, vegetables, eggs, cheese, honey and more!

Make sure to find stand with food or a nearby café to get some lunch while at the market. (Not included in ticket cost). Next, we will head to tour the Capital Building at 1:00pm. The Shuttle will depart Madison at 2:15 to head back to The Landing. Between the Market & The Capital tour there will be significant walking. Please wear comfortable shoes & plan according.

Registration Deadline: July 29th.

Facilitator: Jon Oestreich | Cost: \$25

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

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

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 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

Games

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

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

Cribbage

Games

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

Social Clubs & Groups

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

Games

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

Join us for a weekly gathering to play ping pong

Fun Bridge

Games

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

Beginner Bridge players are invited to play Bridge every Friday.

Sheepshead

Games

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

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

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

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