

The Landing

Social & Activities Center
for Members 55+

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

April

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

Coffee this month is sponsored by:



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.

Matthew Johnson

Member Engagement Director

Throughout my career in Recreation Therapy, I have been able to make a meaningful impact on countless lives. With over 20 years of dedication to the healthcare field—specializing in Memory Care—I discovered that my skills as a Recreation Therapist extend far beyond serving residents in Assisted Living or Memory Care communities.



As I transitioned into a leadership role, I realized that Recreation Therapy could also be a powerful tool for supporting staff, fostering a positive and enriching work environment. This ultimately brought me back to The Landing, where I am committed to using my passion for improving lives to benefit our members.

My expertise in healthcare allows me to help members set meaningful goals and find a fulfilling path to help their well-being. Many join The Landing seeking new friendships, a new sense of purpose after retirement, or personal growth in various aspects of their lives—social, emotional, spiritual, physical, or mental. As a Member Engagement Director, I am honored to guide them in maintaining and improving their well-being during this significant chapter of their lives.

The Landing is so much more than games, free coffee, and ping pong. It is a community where individuals find belonging, purpose, lifelong learning, and meaningful connections. My role is to understand what each member is seeking and help them navigate their journey toward fulfillment and success.

I am incredibly proud of my three children, and together, we share a love for exploring the Upper Peninsula. Our adventures include rock collecting, fly fishing, snorkeling, kayaking, swimming, trout fishing, and hiking. One of our favorite pastimes is tracking four local moose—we've followed their tracks, discovered tufts of hair, spotted tree rubs, and even had the incredible experience of seeing one in person.

I also enjoy hunting duck, grouse, turkey, and deer with my sons, while my daughter and I take a different approach—we “shoot” wildlife with our digital cameras, capturing stunning moments and turning our favorite shots into canvas prints.

When I'm not roaming the woods, I love playing the trumpet, cooking homemade meals, making pizza from scratch, and grilling whenever I get the chance. And one of my biggest passions? Fish tanks—I absolutely love them!

March Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Creative Cooking with Jackie



Tuesday, April 1st at 9:00-12:00pm in the YMCA Multi-Purpose Room

Join Jackie in creating a Traditional Mexican Sunday Breakfast, of Chilaquiles with Eggs & Refried beans. Jackie will provide you with recipes for the dishes she makes.

You won't want to miss this program - you get to eat this delicious Mexican classic meal that Jackie just taught!! Spots are limited.

Registration Deadline: March 27th | Cancellation Deadline: March 24th

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

Old Guys Book & BS Club



Wednesday, April 2nd 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 "James"** by Percival Everett for the March meeting. **Spots are limited- Registration is required**

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

April Lunch at The Landing

Wednesdays at 11:30am-12:00pm in The Landing Dining Room

Join us every Wednesday for a homecooked meal. **Registration Deadline is 4:00pm on the Monday prior to the meal.** No refunds will be given after the registration deadline.



April 2nd: "Slumgullion" Matt's Mom's Gloulash with Cranberry Tort Cake- **\$10**

April 9th: Classic Grilled Chicken Salad & a homemade Twix Bar- **\$10**

April 16th: Chickpea Coconut Curry & a Pecan Sandie- **\$10**

April 23rd: Pesto Pasta with Prosciutto & Argula- **\$5**

April 30th: Sloppy Joes with Tator Tots with Strawberry Crumble Bar- **\$10**

Facilitators: Haley Houghton & Amber Pender

Let's Create with U-Paint: "Spring Wooden Welcome Signs"

Wednesday, April 2nd at 1:00-3:00pm in The Landing Art Room

Join Briana Ziebell-Glasel, on the first Wednesday of the month for an art teacher lead class to create an art piece every month. April's program will be painting a fun welcome sign painting.



Registration Deadline: April 1st | Cancellation Deadline: March 26th

Facilitator: Briana Ziebell-Glasel | Members: \$25 Non-Members: \$40

Registration is Required

Visit our Member Service Desk & Sign Up!

Practical Wisdom for Everyday Life Series

Thursdays, April 3rd & 10th at 10:00-11:30am in The Landing Art Room

Special Interest

There's nothing more practical than understanding more about what is true. Like a good map, it makes it easier to get where we want to go. Wisdom is true knowledge put to good use. This series of presentations/discussions is an opportunity to build on gems of wisdom from life experiences & explore new ones. Topics Include:

April 3rd: The Joy of Listening | April 10th: Caring with People

Facilitator: Loretta Ulmschneider | Members: FREE Non-Members: Day Pass Required

Lifestyle Change Program

Thursday, February 20th- April 24th at 11:30-12:30pm in The YMCA Multi-Purpose Room

Health & Wellness

Certified Lifestyle Coach, Lisa Knoll is back with her "Journey Towards Better Health & Well-Being" Program. These small group sessions focus on empowering participants to make small, healthy changes to their daily lives that eventually add up to big results.

Join Lisa for 10-Weeks of sessions, each stand on their own, so participate in one or all of the sessions. **Cancellation Deadline: 24hrs Prior to Session**

Facilitator: Lisa Knoll | Members: \$5 per sessions Non-Members: \$20 per session

Guitar Music with John - First Thursday of Month

Thursday, April 3rd at 2:00pm-3:00pm in The Landing Dining Room

Special Interest

Come to listen, dance, sing along and enjoy the musical talents of John & his guitar.

Facilitator: John Schmidt | Cost: \$Free

April Birthday Bash!

Friday, April 4th at 11:30am-12:30pm in 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.

Special Thank You to Culvers for helping sponsor our Monthly Birthday Bash!



Facilitator: Matthew Johnson | Cost: Free

Registration is Required

Visit our Member Service Desk & Sign Up!

Let's Make Pie Crusts with Jean- "Spring Flings & Flaky Things"



Monday, April 7th at 10:00-11:30am in The YMCA Multi-Purpose Room

'Spring into this Pie Crust making class with Jean, and her lovely assistant Liz! You will learn to make the perfect pie crust

NOTE FOR PARTICIPANTS: Please bring a rolling pin and pie plate!

You will leave with 5 pie crusts to store, a pastry cloth & sleeve to keep & sample apple-pear pie made by Jean. **Registration Had Closed for this program**

Facilitator: Jean Burgener | Members: 10 Non-Members: \$25

Volunteering 101 with Tony Omernick



Monday, April 7th at 10:00-11:30am in The Landing Tech Room

Join Tony Omernik, an experienced retirement coach & retired RSVP Director, involved in connecting retirees to volunteer opportunities that were the right fit for them.

Tony will share how volunteering can be a meaningful part of enjoying retirement. As part of the program, Tony will provide a "Right Fit for you Volunteering" guide to help participants identify the best type of volunteering opportunity specific to their time, interests, skills & level of involvement desired.

Facilitator: Tony Omernik | Members: FREE Non-Members: Day Pass Required

Introduction to Spanish & Beyond Introduction to Spanish



Monday, March 10th-April 28th in the YMCA Multi-Purpose Room

Introduction: 12:00-1:00pm | Beyond: 1:15-2:15pm

Spanish is one of the most spoken languages in the world. There are 20 Spanish speaking countries who use the language in an official capacity, as well as large populations of Spanish speakers in other countries.

Registration for this program is closed.

Facilitator: Celin Mejias | Cost: \$160

Rick Lohr Presents: A Bit of Spain



Tuesday, April 8th & Wednesday, April 16th at 10:00-11:00am in

The Landing Tech & Art Rooms

Spain, originally the Kingdom of Spain is a country in Southwestern Europe. It is the largest country in Southern Europe & the fourth most populous European Union member state.

While on his travels, Rick visits Toledo & Spain's Capital, Madrid. Join Rick as you explore Spain.

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

Registration is Required

Visit our Member Service Desk & Sign Up!

Social Singles- Scanni's



**Tuesday, April 8th at 3:00-5:00pm at Scanni's
1239 Schofield Ave | Schofield, WI**

Come sip, socialize & share ideas for future meetups-- we'd love to hear your suggestions for upcoming activities.

Facilitator: Cheryl Johnson- Domino | Cost: FREE

Wings Grief: The Three Emotional Journeys Through Grief



Tuesdays, April 8th, 15th & 22nd at 3:30-4:30pm in The Landing Tech Room

Everyone bereaved will travel three distinct journeys of emotional challenges & obscure opportunities at their own pace along an uncertain path. In this program, you will experience a light-hearted glimpse as we travel the proverbial yellow brick road.

Registration is not done through The Landing. You can register at wingsgrief.org | nanwings1@gmail.com | 715-845-4159

Facilitator: Nan Zastrow | Cost: FREE

Bridge Lessons- Advanced & Beyond Beginner's Lessons



Wednesdays, March 26-May 28th at 12:30-2:30pm (No Class Apr. 2 or May 7)

Advanced Bridge Lessons- Held in the YMCA School Age Room- this series is for advanced, experienced players.

Beyond Beginner Lessons- Held in YMCA Multi-Purpose Room- this series for players who have taken beginner lessons with Emalyn & players with some experience. A book will need to be purchased & is included in the cost.

Registration Had Closed for this program

Facilitator: Emalyn Nikstad | Advanced Cost: \$20 | Beginner Cost: \$35

Mind, Body & Spirit with Debby Krenz



Thursday, April 10th & 17th 9:30-11:00am in The YMCA Multi-Purpose Room

Learn to connect with your intuition! There is a place inside of you that has infinite wisdom & knowledge. It can help you to bring greater peace joy & abundance into your life!

Registration is required. Registration/Cancelation Date The Monday Prior to Class

Facilitator: Debby Krenz | Members: \$12 Non-Members: \$27

Registration is Required

Visit our Member Service Desk & Sign Up!

Delores Kessel Presents: Adapting to Life after Retirement

Friday, April 11th at 8:30-10:00am in The Landing Tech & Art Rooms

Health & Wellness

People look forward to retirement & then often don't know what to do after they have actually retired. Some people find retirement a joy & almost immediately feel comfortable as a retired person. Others have a slower adaptation to retirement.

Join Delores as she brings some of the challenges that may come when adapting to retirement & ways you can make it a smoother transition.

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

Getting to Know Classic Films

Fridays, April 11th & 25th at 12:00-2:00pm in The Landing Tech Room

Social Clubs & Groups

Join classic movie buff, Scott Schutte for Getting to Know Classic Films.

Friday April 11th: "Duck Soup" (1933)

Friday April 25th: "It Happened One Night" (1934)

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

Seeking Inner Harmony with Bernie

Monday, April 14th & 28th at 10:00-11:30am in The YMCA Multi-Purpose Room

Occurs on the 2nd & 4th Mondays of each month

Health & Wellness

Together, we'll create a safe, non-judgmental space where participants can openly share life experiences that may still weight on them. Join us for this fascinating & informative personal wellness program.

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

Mead Wildlife Area- Nature Education & Hike: Animal Tracking

Tuesday, April 15th- Meet at The Landing at 9:00am for Shuttle Departure

Offsite Adventures

Join us as we explore the breathtaking Mead Wildlife Area, a vast 33,000-acre state wildlife area spanning Marathon, Portage & Wood counties in central Wisconsin.

Our adventure will begin with an engaging experience by Mead's nature educators, followed by hikes with a focused exploration on the day.

Facilitator: Sam De Roche | Cost: \$15

Registration is Required

Visit our Member Service Desk & Sign Up!

Faith in Action: Marathon County's Support for Seniors

Tuesday, April 15th at 1:00-2:00pm in The Landing Tech Room



Faith in Action of Marathon County is a non-profit organization that welcomes all senior residents. We connect compassionate volunteers with senior neighbors by building solid relationships based on empathy.

Come and learn what services Faith in Action offers & hear about volunteer opportunities .

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

Jacob Leinenkugel Brewing & Cook-Rutledge Mansion Tour

Thursday, April 17th- Meet at The Landing at 8:45 for Shuttle Departure



Let's take a tour of the historic Leinenkugel's Brewery in Chippewa Falls. Following we will load the shuttle for lunch at Chippewa Falls Family Restaurant. Last stop will be at the Cook-Rutledge Mansion tour to explore the grand lifestyle of the lumber era.



Cost of the trip includes shuttle ride, and tour tickets. Lunch is paid on your own.

Registration Deadline: April 10th | Cancellation Deadline: April 2nd

Facilitator: David Landretti, Shuttle Driver

Cost: ~~\$60~~ - Reduced Cost to \$45 Thanks to Sponsor: Aspirus Health Plan

Bingo at The Landing!

Thursday, April 17th 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.

Special Thanks
Bingo Sponsor



Facilitator: Pat Kluz | Members: FREE Non-Members: Day Pass Required

Team Trivia Smackdown

Friday, April 18th at 11:30am-1:00pm 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!

Introduction to Reiki



Monday, April 21st at 10:00-11:30am in The YMCA Multi-Purpose Room

Bernie Corsten is a Reiki Master Practitioner & Teacher & will be sharing her knowledge of this modality. Reiki is a Japanese energy healing process that is natural & holistic. She will share information on how our emotions are stored in our bodies & how Reiki stimulates the physical body to self-correct. Join us for this fascinating & informative personal wellness program.

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

2026 Travel Show with Collette Travel



Monday, April 21st at 10:15am in The Tech & Art Room

Join Collette Representative Katie as she highlights the four great trips we have planned in 2026. Travel includes: Italy, Alaska, Iceland, & Quebec.

Facilitator: Katie Ganshert | Members: FREE Non-Members: Day Pass Required

Protecting our Jewels of Summer- Butterflies



Wednesday, April 23rd at 9:00-10:00am in The Landing Tech & Art Room

Monarchs & other pollinator species are declining across the United States, but we can make a difference. Pollution, pesticides, pests, pathogens & climate change have all been associated with shrinking & shifting pollinator populations.

Learn how fascinating these beautiful creatures are & how you too can become a Monarch Herder.

Facilitator: MaryEllen Marnholtz | Members: FREE Non-Members: Day Pass Required

The Lunch Club!



Thursday, April 24th at 12:00-2:00pm at Blissful Bites

1490 County Rd XX | Rothschild, WI

Join us for April's Lunch club at Blissful Bites for a delicious meal with Landing Friends. Registration is required.

Facilitator: Cheryl Johnson-Domino | Cost: Lunch Fees to be paid to restaurant

The Wonders Of Egypt



Thursday, April 24th at 1:00-3:30pm in the Landing Tech & Art Room

Egypt is the home to one of the oldest civilizations on earth. It thrived for thousands of years as an independent nation whose culture was famous for great advances in every area of human knowledge, from the arts to science to technology & religion.

Join Samy, native to Egypt for a tour of several cities & learn about ancient & present sites.

Facilitator: Samy Abadeer | Members: FREE Non-Members: Day Pass Required

March Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Ho-Chunk Gaming Casino Trip



Friday, April 25th- Ho-Chunk Shuttle departs from parking lot A 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 Boettcher | Cost: FREE

New Member Meet & Greet



Monday, April 28th 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.

All participants will be given a Landing Bingo Card. Get a Bingo and enter into our Quarterly Drawing for \$100 Gift Card.

Facilitator: Pat Kluz | Cost: FREE

Book Club

Monday, March 24th at 11:30am-12:30pm in The Landing Art Room

Occurs on the 4th Monday of each month



Our book club is led by Connie Heidemann with Marathon County Literacy. All group members will read the book and join in a lively discussion led by Connie about the themes, characters and takeaways from each book. Please read **"James"** by Percival Everett for April's meeting.

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

The Lore and History of the Home Run in Major League Baseball

Tuesday, April 29th at 10:30-11:30am in The Landing Tech & Art Room

Ted Rulseh is a full-time, freelance writer, author & publisher of 11 books & lifelong baseball fan. There's much to contemplate amid baseball's legends & in the sports voluminous historical record. Join in this program & share his observations, discoveries, delights & less-than-professional opinions.

Facilitator: Ted Rulseh | Members: FREE Non-Members: Day Pass Required

Long-Term Planning with Hougum Law & Rennes Group

Wednesday, April 30th at 10:00-11:00am in The Landing Tech Room

The unfortunate thing is no one really anticipates needing long-term care. It's hard to talk about. Few people want to sit down with their family & ask those questions and say "Hey, we need to plan for this." Join Hougum Law & Rennes Group to learn more about the importance of Long-Term Care Planning.

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



Registration is Required

Visit our Member Service Desk & Sign Up!

Golf Lessons with a PGA Golf Professional



**Wednesday, April 30th at 4:30-5:30pm at Rib Mountain Golf Driving Range
3607 N. Mountain Rd | Wausau**

Paul Bjerke, PGA Golf Professional will be providing a group lesson for The Landing at Rib Mountain Golf Course Driving Range. Golf Clubs will be provided if you do not have your own.

Registration Deadline: April 22nd | Cancellation Deadline: April 16th

Facilitator: Paul Bjerke | Cost: \$25



Cycling Without Age of Marathon County is looking to add more Pilots to their team for the 2025 Season. If interested, please contact (715) 573-3192.

Coffee and Shuttle Trips this month is sponsored by:



Program Cancellation Policy

Program registrations are required to ensure a spot is exclusively reserved for you. If you are unable to attend a registered program, please contact The Landing at 715-841-1855 as soon as possible. For programs with a fee, a program credit will be used, if canceled before the program cancellation date, If the fee is over \$20, a credit card reimbursement or check can be requested until the Cancellation Deadline. Unfortunately, we are unable to reimburse in the form of cash. Note: Credit card and check reimbursements can take up to 10 days to receive. Cancellation Deadlines will be indicated in the Program Guide and on the Program Flyer for programs with a fee.

Note: The Landing reserves the right to modify this policy at any time.

Looking Ahead

The Landing at The Wausau Woodchucks vs. The Kalamazoo Growlers

Wednesday, July 2nd-- Save The Date!



Join us and your friends from The Landing at Athletic Park in Wausau as the Woodchucks take on the Kalamazoo Growlers.

Stay tuned for more information!

Facilitator: Matt Johnson

The Landing at The Milwaukee Brewers vs. Chicago Cubs!

Wednesday, July 30th- Meet at The Landing at 7:10am for Departure



Join us and your friends from The Landing at American Family Field as we watch the Milwaukee Brewers take on the Chicago Cubs.

Cost of the trip includes Lamers Bus ride, Breakfast at Rolling Meadows Restaurant & light snacks on the bus.

Registration & Cancellation Deadline: June 25th

Facilitator: Matt Johnson | Cost: \$135

It's A Wonderful Life- At Fireside Theatre

Friday, December 12th- Meet at The Landing at 6:40am for Departure



Let's take a trip to The Fireside Theatre for the Holiday favorite, "It's a Wonderful Life.

The story of George Bailey & his wonderful life in Bedford Falls has brought hope & inspiration to every heart with its celebration of the goodness of all.

Cost of the trip includes Lamers Bus ride, Tickets & lunch at Fireside and light snacks on the bus.

Registration & Cancellation Deadline: November 12th

Facilitator: Amber Pender | Cost: \$175

Weekly Programs

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.



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!



Scrabble!

Tuesdays at 11:30am-1:00pm in The Landing Game Room

Come join your friends at The Landing for a fun game of Scrabble!

This is a non-judgmental, fun time to come and play.



Weekly Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Mexican Train



Tuesdays at 12:30-3:30pm 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

Fun Bridge



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

Beginner Bridge players are invited to play Bridge every Wednesday.

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 yoga uses simple breathing techniques, fun laughter exercises, eye contact and childlike playfulness to elicit laughter, without relying on humor or jokes. Health benefits of laughing in laughter yoga are based on scientific evidence that the body cannot tell the difference between fake and real laughter. You will feel the health benefits from the very first session!

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

Sheepshead



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

All levels of players are welcome, even beginners