

The Landing

Social & Activities Center
for Members 55+

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

May

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.

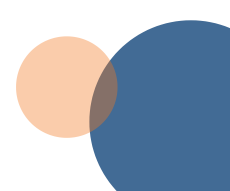
For multi-session programs, please register prior to the first meeting date and plan to attend from the beginning.

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.



May Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

May Birthday Bash!

Special Interest

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

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



Facilitator: Matthew Johnson | Cost: Free

Mead Wildlife Area- Nature Education & Hike: Spring Ecosystem Changes

Offsite Adventures

Tuesday, May 6th- Meet at The Landing at 9:00am for Shuttle Departure

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

Creative Cooking with Jackie: Mole De Olla & Guacamole

Special Interest

Tuesday, May 6th at 9:00-12:00pm in the YMCA Multi-Purpose Room

Mole de Olla is a revered stew. As with many of the Mexican stews, the first step for a Mole de Olla is making a broth with the meat, along with onion, garlic & herbs. The stew is rich, earthy, a little spicy, smokey & a whole lot of deliciousness.

Join Jackie to learn how to make these Mexican Classics.

Registration Deadline: May 1st | Cancellation Deadline: April 23rd

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

Play Reading- "Hedda Gabler" & "An Enemy of the People" by Henrik Ibsen

Special Interest

Tuesdays, February 11th-May 20th at 1:30-3:00pm in the YMCA Multi-Purpose Room

Gather with Sarah Rudolph & other enthusiasts in The Landing to read & discuss two plays written by Henry Ibsen. Cost of the program includes both play reading books.

This program is not longer available for registration.

Facilitator: Sarah Rudolph | Members: \$15 Non-Members: \$45

May Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Old Guys Book & BS Club



Wednesday, May 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 “No Better Friend”** by Robert Weintraub for the March meeting. **Spots are limited- Registration is required**

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

Wausau West Planetarium- Experience the Aurora



Wednesday, May 7th- Meet at Wausau West Planetarium at 9:15am

1200 West Wausau Avenue

Wausau West Planetarium is a Full-Dome Planetarium where we will “Experience the Aurora.” You’ve undoubtedly heard of or have seen pictures of the Northern Lights! What causes them? How do you know when & where you can see them? How to our take photos of them? This program will teach you all of that.

Facilitator: Chris Janssen | Cost: \$10

Lunch & Spa Day at NTC



Wednesday, May 7th at 11:00am-1:45pm at North Central Technical College

1000 W Campus Drive

Join NTC’s Culinary students for Lunch at Spoons Restaurant, & Cosmetology Students for a Spa Treatment at Studio Max; both located in NTC. Like last year, we will be splitting into two groups where one group will have lunch and the the other will have their spa treatment, and then the groups will switch.

Group One: Lunch First, followed by Spa Treatment

Group Two: Spa Treatment First, followed by Lunch

Registration Deadline: April 28th | Cancellation Deadline: April 21st

Facilitator: Dr. Brock Decker | Cost: \$40

May 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.



May 7th: Supreme Pizza Panini with a Rice Crispy Treat- **\$10**

May 16th (Friday this week): Roast Beef Deli Roll-ups with an Oatmeal Raisin Cookie- **\$10**

May 21st: Spring Orzo Salad- **\$5**

May 28th: Chicken Cordon Bleu with Pavlova- **\$10**

Facilitators: Haley Houghton & Amber Pender

Registration is Required

Visit our Member Service Desk & Sign Up!

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

Beyond Beginner Lessons- Held in YMCA Multi-Purpose Room

Registration Had Closed for this program

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

Let's Create with U-Paint: "Blossoms in The Breeze "

Wednesday, May 7th 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. May's project will be a beautiful Blossom canvas.

Registration Deadline: May 5th | Cancellation Deadline: April 23rd

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

Darlene Antoniewicz & Debby Krenz Presents: Resilience

Thursday, May 8th at 1:00-2:30pm in The Landing Tech & Art Room



Join us for a powerful & inspiring session, as part of Debby Krenz's *Mind, Body, Spirit* series. This special event features guest speaker, Darlene Antoniewicz, RN, an experienced wellness educator & ordained minister.

Darlene brings profound insights & wisdom gained through both personal & professional experiences. She offers sentient knowledge & deeper understanding in her presentations.

Facilitator: Debby Krenz | Members: FREE Non-Members: Day Pass Required

Practical Wisdom for Everyday Life Series

Thursdays, May 8th, 15th & 22nd at 10:00-11:30am in The Landing Tech Room



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:

- **May 8th: Unique & Irreplaceable: You, me & everyone**
- **May 15th: Intuition, Inspiration, Vision: A Treasure Chest of Tools**
- **May 22nd: What's Written in the Human Heart**

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

Registration is Required

Visit our Member Service Desk & Sign Up!

Delores Kessel Presents: Dealing with Unrest

Health & Wellness

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

In an era of rapid change and uncertainty, it's natural to feel anxious about the future. Together, we will discuss ways to regain a sense of stability and control in daily life, helping us navigate global and societal changes that may weigh us down.

Join Delores to identify tools that may work for you to deplete stress in uncertain times.

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

Getting to Know Classic Films

Social Clubs & Groups

Fridays, May 9th & 23rd at 12:00-2:00pm in The Landing Tech Room

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

Friday May 9th: "The Bride of Frankenstein" (1935)

Friday May 23rd: "Sergeant York" (1941)

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

Seeking Inner Harmony with Bernie

Health & Wellness

Monday, May 12th at 10:00-11:30am in The YMCA Multi-Purpose Room

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

Rick Lohr Presents: Vietnam 1989

Educational

Tuesday, May 13th & Wednesday, May 21st at 10:00-11:00am in

The Landing Tech & Art Rooms

Rick traveled to Vietnam in 1989 with the Sarus Crane Foundation. At the time, Vietnam was still recovering from the war, and Rick and other travelers were able to visit the villages and talk with farmers about their lives following the war, about their lives and about the cranes.

They also visited to MeKong Delta, which means "Great River"- one of the greatest of Asia. Join Rick as he takes you through Vietnam.

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

Registration is Required

Visit our Member Service Desk & Sign Up!

Gardening with Aaron Griner

Tuesday, May 13th & Thursday, May 22nd at 1:00-2:30pm in The Landing Tech Room



Join Aaron Griner--former farmer, experienced market gardener & other half to our Landing Kitchen Lead, Haley-- for these informative & timely gardening programs.

- **May 13th: Raised Beds & Container Gardening**
- **May 22nd: Hydroponic Gardening**

Whether you're an experienced gardener or a beginner, you won't want to miss these sessions.

Facilitator: Aaron Griner | Members: FREE Non-Members: Day Pass Required

Social Singles- The Bar



Tuesday, May 13th at 3:00-5:00pm at The Bar- 10302 Market St | Rothschild

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

Facilitator: Cheryl Johnson- Domino | Cost: FREE

The Landing will be CLOSED Wednesday, May 14th for the YMCA Annual Meeting.

**Bridge Lessons and Offsite Programs will go on as scheduled.
Other weekly programming will be cancelled.**

Shopping Trip to Green Bay Park Square Mall



Wednesday, May 14th- Meet at The Landing at 8:15am for Departure

Let's go Shopping at Bay Park Square in Green Bay! There is food, shopping & fun activity places to explore in the Mall. Shuttle departs at 8:30am and will depart the Mall at 2:30pm. Cost of the trip includes shuttle ride.

Registration Deadline: May 13th | Cancellation Deadline: May 1st

Facilitator: Jeff Knese | Cost: \$24

Registration is Required

Visit our Member Service Desk & Sign Up!

Golf Lessons with a PGA Golf Professional



**Wednesday, May 14th 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: May 7th | Cancellation Deadline: April 30th
Facilitator: Paul Bjerke | Cost: \$25**

Mind, Body & Spirit with Debby Krenz



Thursday, May 15th at 9:30-11:00am in The YMCA Multi-Purpose Room

There is a place inside of you that has infinite wisdom and knowledge. It can help you to bring greater peace, joy and abundance into your life! Would you like to learn how to connect to it? Well, you CAN.

Join us for this amazing series which can truly be life-changing! Learn an easy, expansive process to find out exactly what messages await you

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

Bingo at The Landing!



Thursday, May 15th 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: Pat Kluz | Members: FREE Non-Members: Day Pass Required

Special Thanks
Bingo Sponsor



Team Trivia Smackdown



Friday, May 16th 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.

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

Special Thanks
Trivia Sponsor




May Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Monday with Megan from PAM Rehab

Monday, May 19th at 9:30-10:30am in The Landing Art Room

 PAM Rehabilitation's Megan Schroeder will be here at The Landing for a Casual Coffee Meet & Greet. Come and get to know what PAM Rehab is all about and have any questions you may have answered.

Facilitator: Megan Schroeder | Members: FREE Non-Members: Day Pass Required

New Member Meet & Greet

Monday, April May 19th at 11:30-12:30pm in The Landing Tech Room

Normally 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

Golf Social

Monday, May 19th at 1:00-3:00pm at Rib Mountain Golf Course

3607 N. Mountain Road | Wausau, WI


 Attention Golfers! Let's get together & golf 9 holes at Rib Mountain Golf Course. No Lessons will be given, and all fees to golf will be paid to the Golf Course.

Registration Deadline: May 15th

Facilitator: Bill Olson | Cost: All Fees to be paid to The Golf Course

Ironbull: Riverside Park & Rivers Edge Trail


Tuesday, May 20th at 10:00-11:30am | Meet at The Shelter at Riverside Park

 Kick-off Spring with an Ironbull Outing! We will meet at 10:00am to discuss the history of Riverside & Picnic Island Parks, then walk the newst portion of the River Edge Trail. Dress for the weather & make sure to being water.

Facilitator: Bill Bertram | Cost: FREE

Northwestern Mutual Presents: Financial Plannning for Retirees

Tuesday, May 20th at 1:30-2:30pm in The Landing Tech Room

 Jim Schroeter, Certified Financial Planner, will be presenting Financial Planning for Retirees.

The program will consist of strategies for recently retired or those approaching retirement to gain clarity around ways to have more confidence in their finaancial plan beyond retirement.

Facilitator: Jim Schroeter | Members: FREE Non-Members: Day Pass Required

Registration is Required

Visit our Member Service Desk & Sign Up!

Wings Grief: “I Shoulda, Coulda, Woulda, But I Didn’t”



Tuesday, May 20th at 3:30-4:45pm in The Landing Tech Room

“If I could do it all over again... I Shoulda...” These words can create a common sense of Guilt & Regrets that triggers missed opportunities such as words we failed to say or actions that might have been different.

Join Nan Zastrow to help Manage the “What If’s” of Grief.

Registration is NOT completed through The Landing or the YMCA. Please register at www.wingsgrief.org | nanwings1@gmail.com | 715-845-4159

Facilitator: Nan Zastrow | Members: FREE Non-Members: Day Pass Required

Readers Group: Words, Meanings & Connections



Wednesday, May 21st at 9:30-11:00am in The YMCA Multipurpose Room

Join Bill & Sue, who love to reach & talk about reading. Let’s explore why we read, our histories as readers, the ups & downs of reading life. This group is for any who likes to read. We will offer a safe place for authentic discussion.

Facilitator: Bill Pogge & Susan Reetz | Members: FREE Non-Members: Day Pass Required

Wisconsin Veterans Museum & State Capital Trip- Madison, WI



Friday, May 23rd- Meet at the Landing at 7:20am for Departure.

In recognition of Memorial Day, we will be taking a trip to Madison to tour the Wisconsin Veteran’s Museum & The State Capital. Lunch will be at The Post.

Cost of the program includes shuttle trip, museum & capital tours. Lunch is on your own.

Registration Deadline: May 14 | Cancellation Deadline: May 8th

Facilitator: Jeff Kneser | Cost: \$42 VETERANS are FREE!

**Memorial Day Hours
8:00am-12:00pm
All normally scheduled
programming is cancelled.**



Registration is Required

Visit our Member Service Desk & Sign Up!

Book Club

Tuesday, May 27th at 11:30am-12:30pm in The Landing Art Room
Normally 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 **“The Women”** by Kristin Hannah for May’s meeting.

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

Living without Limits: Understanding Pain & Alternative Pain Management Techniques



Tuesday, May 27th at 1:00-2:00pm in The Landing Tech Room

Madison Brummond is an Occupational Therapist who has worked with many people deal with Pain. The goal of occupational therapy is to look at pain from a physical & psychological standpoint. You won’t want to miss this educational program to better understand what pain is & how it impacts your body.

Facilitator: Madison Brummond | Members: FREE Non-Members: Day Pass Required

A Historic & Scenic Look at Croatia



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

Croatia is a beautiful country located in southeastern Europe, along the Adriatic Se. It is known for its stunning coastline, rich history & diverse landscapes.

Mike Miller will bring us a scenic look at the Adriatic Coast of Croatia along with west side of the country. Rick will pop in to speak about the history of the country.

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

Rennes Group Presents: Lymphedema Management

Wednesday, May 28th at 1:00-2:00pm in The Landing Tech Room



Lymphedema is a condition where lymphatic fluid builds up causing swelling & pain in your arms or legs. Therapy will help improve flexibility & range of motion so you can return to your daily activities, ease your pain & discomfort & help prevent infections & other complications.

Join Rennes Group to learn the causes of Lymphedema & how to reduce it.

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

May Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Dinner Club!



**Wednesday, May 28th at 5:30-7:30pm at Carmello's
149841 County Rd NN | Wausau, WI**

Dinner Club is back! Meet us at Carmello's for their Wednesday Night Fish Fry Special. If fish isn't something you are interested in, Carmello's offers a wide variety of delicious Italian dishes.

Join us every Month for Dinner Club. Please bring restaurant recommendations for future events.

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

Marathon County Historical Society Presents: German American History of Marathon County



Thursday, May 29th at 1:00-2:00pm in the Landing Tech & Art Room

Join Ben Clark, archivist & historian at the Marathon County Historical Society for this fascinating program of the German-American Immigrant Story.

The Landing is proud to be partnering with Marathon County Historical Society for monthly programs that will bring us closer to our past. You won't want to miss it.

Facilitator: Ben Clark | Members: FREE Non-Members: Day Pass Required

Ho-Chunk Gaming Casino Trip



Friday, May 30th- 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 Boettcheer | Cost: FREE



Looking Ahead

The Landing at The Wausau Woodchucks vs. The Kalamazoo Growlers

Wednesday, July 2nd- Meet at Athletic Park at 5:35pm



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

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.

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