

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

Thank you to Aspirus Health Plan for sponsoring the Shuttle Trips in June. This generous support reduces the cost for our members, enhancing their ability to participate in these trips.



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.

July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Creative Cooking with Jackie: Mocktails and Munchies

Special Interest

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

Join Jackie as she continues to feature fun Mexican ideas for summer get togethers, featuring Mexican appetizers and refreshing mocktails perfect for entertaining!

Registration Deadline: June 26th | Cancellation Deadline: June 20th

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



Moving for Better Balance

Health & Wellness

Tuesdays & Thursdays through August 21st at 1:00-2:00pm in The YMCA Group Exercise Studio

Moving for Better Balance is a research-based balance training program using simple rhythmic Tai Chi exercises. This program is designed for older adults at risk of falling & people with balance disorders. This program will help increase leg strength, improve balance, challenge your limits of stability and will help you catch your balance when you fall.

Registration for this program is closed

Facilitator: Matt Johnson | Members: \$60



Cycling without Age

Offsite Adventures

Tuesdays at 3:00 & 4:15pm | Thursdays at 1:00 & 2:15pm- Meet at YMCA Entrance

Nothing can replace the freedom & joy of the leisurely bike rides so many of us remember from our youth. Cycling without Age removes any barriers that make it difficult to hit the road.

CWA Trishaws will take you on a ride through Downtown Wausau and back to the YMCA. Registration is required.

Facilitator: Cycling Without Age of Marathon County | Cost: FREE



Old Guys Book & BS Club

Social Clubs & Groups

Wednesday, July 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 "Ordinary Grace" by William Kent Krueger for the July meeting.**

Spots are limited- Registration is required

Facilitator: John DeLaporte & Bill Pogge | Members: FREE



July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

July 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.

July 2nd: Gazpacho- **\$5**

July 9th: Egg Roll Bowl with a sugar cookie- **\$10**

July 16th: Chicken Caesar Wrap- **\$5**

July 23rd: Build Your Own Burger Bar with Rhubarb Cobbler- **\$10**

July 30th: Mock Crab Roll with a Lemon Bar- **\$10**

Facilitators: Haley Houghton & Amber Pender



Let's Create with U-Paint: You Choose Your Painting!

Wednesday, July 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. You will get to choose your painting when you come- Fireworks & Flutters OR Red, White & Boom. **Registration Deadline: July 1st | Cancellation Deadline: June 25th**

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



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.

Included in the cost is the ticket, ballpark buffet & 2 drink tokens- Veterans are FREE!

Registration Closes June 13th

Facilitator: Matt Johnson | Cost: \$30

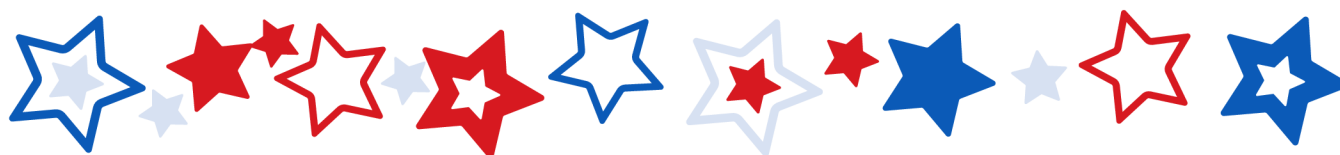


Music with John

Thursday, July 3rd at 2:00-3:30pm in The Landing Dining Room

Join John Schmidt on the 1st Thursday of the month while he sings and plays his guitar. Sing-a-long or dancing along with us for the afternoon.

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



July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!



4th of July Hours 8:00am-12:00pm

All normally scheduled programming is cancelled today



Art with Lauren Leitner- Wandering Watercolors & Artfuk Papermaking



Monday, July 7th & July 21st at 10:30-12:00pm in The Landing Art Room

Rediscover the joy of art-making with local community artist, Lauren Leitner through hands-on, abstract art projects that focus on creative play and exploration.

July 7th: Wandering with Watercolors | Reg. Deadline: July 3rd

Cancellation Deadline: June 25th

July 21st: Intro to Artful Papermaking | Reg. Deadline: July 17th

Cancellation Deadline: July 10th

Facilitator: Lauren Leitner | Members: \$20 | Non-Members: \$35

Rick Lohr Presents: South Africa- Wildlife



Tuesday, July 8th & Wednesday, July 16th at 10:00-11:00am at The Marathon County Historical Society | 410 McIndoe St, Wausau

Rick traveled to South Africa in 2008 for a safari in a private camp connected to Kruger National Park where they were able to see the big five: Lion, Leopard, elephant, rhino and cape buffalo.

His travels also took him to Johannesburg and Capetown where he visited SWETO & Nelson Mandela's museum and Robben Island Prison.



Join Rick to experience all of South Africa adventures. **NOTE: For July, Rick will present at The Marathon County Historical Society.**

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

Social Singles- Trails End



Tuesday, July 8th at 3:00-5:00pm at Trail's End | 3901 Sherman RD, Wausau, 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



July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Let's Go Fishing- With the Let's Go Fishing Organization



Wednesday, July 9th at 10:00-11:00am in The YMCA Multi-Purpose Room

Let's Go Fishing is a volunteer groups who's mission is to enrich the lives of Seniors through fishing and boating excursions that strengthen communities, build relationships & create memories.

Join Mark Schroeder to find out more about the fun & highlights of these fishing and boating excursions.



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

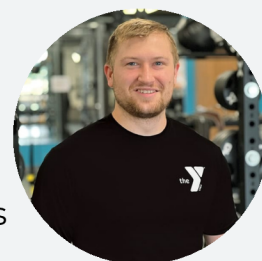
Nutrition Series with the Health & Wellness Center



Wednesdays, July 9th-30th at 12:30-1:30pm in The Landing Tech Room

Join us for Nutrition 101 — a foundational series led by a YMCA Certified Personal Trainer, Certified Nutrition Coach, and Certified Weight Loss Specialist, Matt Ladewig. This program will guide members through essential nutrition concepts, including how to read food labels, understand macronutrients and micronutrients, and learn about the body's energy needs. See flyer for full information.

Gain the knowledge and confidence to make informed food choices and optimize your diet for a healthier lifestyle.



Facilitator: Matt Ladewig | Members: \$20

Loretta Ulmschneider Presents: Practical Wisdom for Everyday Life



Thursdays, July 10th, 17th, & 24th at 10:00-11:00am in the YMCA Multi-Purpose Room

July Series: One Person Can Make a Difference

This is true whether or not someone is a great inventor, leader of many, or a single individual. The ripples going out from our seen & unseen actions, affect the world. Any person thinking & acting in light of what is true, fair & kind benefits both self & others.

Sign-up for one or all classes to delve into this great topic.

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

Bingo at The Landing!



Thursday, July 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

July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

North Central Wisconsin Master Gardeners Presents: Ask Your Gardening Questions

Thursdays, July 10th & 17th at 1:30-2:30pm / 10th In Art Room / 17th in Multipurpose Rm



Join in this opportunity to connect with plant health experts from the North Central Master Gardens. These interactive, open-forum sessions will be held on the 2nd & 3rd Thursdays in July.

This is your chance to ask any questions you may have about trees & shrubs, homegrown fruits & vegetables, indoor plants, ornamental plants, lawns & more.



Facilitator: Karen Giese | Members: Free Non-Members: Day Pass Required

July Birthday Bash!



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

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

Seeking Inner Harmony with Bernie



Monday, July 14th & 28th 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. Participants can also share insights & resources. Join us for this fascinating & informative personal wellness program.

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

Wisconsin Dells Adventure: Wildlife & Winery



Tuesday, July 15th - Meet at The YMCA Lobby at 7:15am to load Shuttle

Let's hop on The Landing Shuttle for a Fun Day in Wisconsin Dells! You will have about 1.5hrs to explore Timbavati Wildlife Park on your own. Following, we will board the shuttle to head to the Wellersheim Winery, Distillery & Bistro for lunch on your own. The Wine tour will begin at 2:30pm where you will get a walking tour and 3 wine samples along the way. Join us for this fun tour.



Registration Deadline: July 7th | Cancellation Deadline: July 1st

Facilitator: Halle Veenstra

Cost: ~~\$85~~ Reduced Cost to \$65 Thanks to Sponsor: Aspirus Health Plan



July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Ironbull: Great Pinery Heritage Waterway



Tuesday, July 15th - Meet at Gilbert Park Parking Lot at 10:00am

Let's Paddle up the Great Pinery Heritage Waterway We will meet at 10:00am at Gilbert Park Parking Lot. We will paddle up river to just south of the Brokaw Mill Dam and then a leisurely paddle down river.



Participants must provide their own kayak, paddles & personal flotation device.

Dress for the weather, and make sure to bring water. Let's go! Free to Attend - Participation Limited so REGISTER EARLY!

Facilitator: Bill Bertram | Cost: FREE

Readers Group: Words, Meanings & Connections



Wednesday, July 16th at 9:30-11:00am in The YMCA Multipurpose Room

Join Bill & Sue, who love to read & 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

Coffee with Paul Dau: Investing Made Simple



Tuesday, July 15th at 9:00-10:00am in The Landing Art Room

Do you want to gain knowledge about investing? Join Paul Dau for an informal & engaging discussion. This is a great opportunity to have your questions answered in a relaxed setting.

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

Green Bay Botanical Gardens & Segway Ride Tours



Thursday, July 17th - Meet at The YMCA Lobby at 7:10am for Shuttle Departure

Experience the most popular garden spaces, while your guide highlights current blooms, the Garden's history & unique features.

Following lunch at The Golden Basket, we will load the shuttle and head to N.E.W. LLC, Segway Tours for their Just Glide Segway Tour.

Discover the beauty of Green Bay on a fun Segway ride that takes you through the heart of the city. Cost of the trip included shuttle ride, Botanical Garden admission and Segway tour. Lunch is on your own.



Registration Deadline: July 7th | Cancellation Deadline: July 1st

Facilitator: Harley Peterson

Cost: ~~\$95~~ - Reduced Cost to \$75 Thanks to Sponsor: Aspirus Health Plan

July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Team Trivia Smackdown



Friday, July 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

Golf Social



**Monday, July 21st at 1:00-3:00pm at Tribute Golf Course
1001 Golf Club RD | Wausau, WI**

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

Registration Deadline: July 14th

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



Fresh Finds & Duck Rides- Madison, WI



Wednesday, July 23rd- Meet at The YMCA Lobby at 7:00am for Shuttle Departure

The Dane County Farmer's Market in Madison is located close to the capital and you will find a full array of fruits, veggies, eggs and more! Some stands accept charge cards, but all accept cash. Make sure to find a lunch stand while at the market.

Following the market, we will head to Wisconsin Dells for an Original Duck Boat Tour.

Registration Deadline: July 9th | Cancellation Deadline: July 2nd

Facilitator: Jeff Kneser

Cost: \$85 Reduced Cost to \$65 Thanks to Sponsor: Aspirus Health Plan



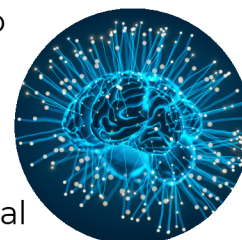
Healthy Aging with North Shore at Home- Brain Health



Wednesday, July 23rd at 2:00-3:00pm in The Landing Tech Room

North Shore at Home, a Home Health & Hospice Provider seeks to engage & educate through fun training resources (games, hands-on demos etc.) while reinforcing face & concepts that are important to seniors.

Join Isabella Ott for her Jeopardy Format, Brain Health Educational Program.



Facilitator: Isabella Ott | Members: FREE Non-Members: Day Pass Required

July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Marathon County Historical Society Presents: Historical Homes of Wausau

**Thursday, July 24th at 1:00-2:00pm at The Marathon County Historical Society
410 McIndoe | Wausau, WI**



Join Gary Gisselman, Librarian and historian at the Marathon County Historical Society, for this captivating program of Historic Homes of Wausau.

This presentation takes a look at some of the notable homes from Wausau's past. These stories look at the architecture of these homes and the architects that built them—as well as the stories of the people who lived in the homes, who built Wausau to be the city it is today.



You won't want to miss this fascinating and informative program!

NOTE: This Program will be held AT The Historical Society

Facilitator: Gary Gisselman | Members: FREE Non-Members: Day Pass Required

Ho-Chunk Gaming Casino Trip

Friday, July 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 July 28th at 11:30am-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 to get to know The Landing and YMCA better.

Facilitator: Pat Kluz | Cost: FREE

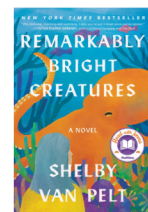
Book Club

**Monday, July 28th 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 **"Remarkably Bright Creatures"** by Shelby Van Pelt for July's meeting.



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

July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

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 has closed for this trip

Facilitator: Matt Johnson | Cost: \$135

Rennes Group Presents: Home Safety



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

Living at home as you age requires careful consideration and planning. Learn how you can make some changes to help maintain your independence.

Join Rennes staff members as they share information and tips to keep your home safe.

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

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. No refunds will be given after 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.

Aspirus YMCA

July Programs

Registration is Required

Visit our Member Service Desk & Sign Up!



Presented by:

Associated Bank

Fraud Protection

Monday, July 21st at 8:45-9:45am & Wednesday, July 30th at 3:00-4:00pm in the Aspirus YMCA Commons

This insightful program is designed to help individuals recognize, prevent & report various types of fraud, including identity theft & financial scams. The importance of vigilance, secure information handling and community awareness to reduce risk & protect your personal identity will also be addressed.

Facilitator: Cori Richardson | Members: FREE Non-Members: YMCA Day Pass Required

Understanding Credit

Monday, July 21st at 3:00-4:00pm & Wednesday, July 30th at 8:45-9:45am in the Aspirus YMCA Commons

Understanding credit is tough- this presentation explains how credit works. This includes credit scores, reports & the factors that influence them. It also will offer guidance on building and maintaining good credit to support long-term financial health & responsible borrowing.

This program is geared more towards younger adults, but all ages are welcome.

Facilitator: Cori Richardson | Members: FREE Non-Members: YMCA Day Pass Required

Looking Ahead

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

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 2:00-4:00pm 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.

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

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

Fun Bridge



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

Beginner Bridge players are invited to play Bridge every Wednesday.

Sheepshead



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

All levels of players are welcome, even beginners