

The Landing

Social & Activities Center
for Members 55+

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

August

Program Guide & Newsletter

ForeverWell
Programming
at the Y

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 August. 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. Registration prior to all programs is reserved for members only. Non-Members must obtain a YMCA Day-Pass and can participate in programming on that day only.

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.

August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

New Member Welcome Session



Friday, August 1st & 29th at 9:00-10:00am in The Landing Tech Room
Occurs on the first & last Friday of the month

If you are new to The Landing, this is the session you don't want to miss. Join Pat, Landing Volunteer, for an informal coffee chat about what The Landing has to offer, how to register for programs and get a tour of The Landing and the YMCA.



Facilitator: Pat Kluz | Cost: FREE

August Birthday Bash!



Friday, August 1st 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

BrainSavers Informational Session



Monday, August 4th at 10:00-11:00am in The Landing Tech & Art Room

BrainSavers is an evidence-based, Brain+Body Fitness Program for Healthy Aging.

Join Amber, Certified BrainSavers Instructor for an Informational Session and find out more information about how you can register for the next session of BrainSavers.



Facilitator: Amber Pender | Cost: FREE

Golf Social- Trapp River Golf Course



Monday, August 4th at 1:00-3:00pm at Trapp River Golf Course
243124 County Rd WW | Wausau, WI

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



Registration Deadline: August 4th

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

August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Ironbull: Pontoon Boat Rides



Tuesday, August 5th & Thursday, August 7th- Rides Depart from the Wausau Country Club



Join Bill Bertram or Jeff Stubbe on one of our Annual Pontoon Boat Rides! Weather permitting, we will meet at The Wausau Country Club's parking lot. Each trip will be a bit different, telling the history of the lake and the rivers that flow into Lake Wausau. Each ride will be approximately 90 minutes. **See Flyer for full details. Registration Deadline: August 1st | Cancellation Deadline: July 22nd**

Facilitator: Bill Bertram & Jeff Stubbe | Cost: \$5

Moving for Better Balance



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

Creative Cooking with Jackie: Mocktails and Munchies



Tuesday, August 5th 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: July 30th | Cancellation Deadline: July 24th

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

Cycling Without Age



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

August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Old Guys Book & BS Club

Wednesday, August 6th 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 "Dead Wake: The Last Crossing of the Luistania" by Erik Larson** for the August meeting. **Spots are limited- Registration is required**



Facilitator: John DeLaporte & Bill Pogge | Members: FREE

Improvaholics- What's Your Line?

Wednesday, August 6th & 13th at 10:30-11:30am in The Landing Art Room



Have you ever wanted to express yourself more spontaneously with other like minded people? Sharing and laughing will make you feel better, have more energy, stimulate your brain cells and become more creative.

Expect plenty of laughs, unexpected twists and a change to build confidence and community.



Facilitator: Anne Dibala & Kathryn Rieckhoff | Cost: FREE

August 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.

August 6th: Summer Flatbread- \$10

August 13th: Pork Empanadas- \$5

August 20th: Pesto Corn Salad with Shrimp- \$10

August 27th: Pasta Taco Salad- \$10

Facilitators: Haley Houghton & Amber Pender



Registration is Required

Visit our Member Service Desk & Sign Up!

Decoding Diabetes



Wednesday, August 6th at 12:30-1:30pm in The Landing Tech Room

Join Registered Nurse Jonnie Pierschalla-Zastrow for an informative and interactive session designed to demystify diabetes and help you take charge of your health. Together, we'll explore: What diabetes is and how it affect the body, common risk factors, tools for managing diabetes, the role of insulin and more.

This session includes light quizzing to reinforce key takeaways in a fun and engaging way.

Facilitator: Jonnie Pierschalla-Zastrow | Members: FREE

Let's Create with U-Paint: Joyful Jumper



Wednesday, August 6th 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. Create the cutest little frog in August.

Registration Deadline: August 4th | Cancellation July 30th

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



Introduction to Low Impact Karate



Thursday, August 7th at 10:00-11:00am in The Landing Tech Room

Scott Charette is a Master Blackbelt & Karate Instructor who will be introducing a new Y Program, "Low Impact Karate"

Whether you're interested in a new kind of exercise or in learning some self-defense, join Scott for this program.

Got Karate Questions? Join in the informative and interactive program.

Facilitator: Scott Charette | Members: FREE



Free Blood Pressure Check with MCW Students



Thursday, August 7th at 11:00am-1:00pm in The YMCA Multi-Purpose Room

High blood pressure often has no symptoms but can lead to serious health risks. A quick check can make a big difference in your health.

Get checked by a Central Wisconsin Medical College student to learn your numbers and take the first step toward better health.

These checks are open to all ages and no registration required

Facilitator: Medical College of Wisconsin | Members: FREE



knowledge changing life

August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Music with John



Thursday, August 7th 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



Delores Kessel Presents: Caregiving Series- Benefits & Types of Caregiving



Friday, August 8th at 8:30-10:00am in The Landing Tech Room

There are at least 53,000,000 caregivers in the US. They provide care for people with medical problems, injuries or mental incapacities who are not able to care for themselves. Join Delores for a 3-part series covering different aspects of caregiving.

Facilitator: Delores Kessel | Members: FREE



OATS Program- FREE Technology Classes



Monday, August 11th & August 25th at 9:30-10:30am in The Landing Tech Room

The Landing is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape and make new friends.

Class are hosted at The Landing and are intended for adults 60 and over.

August 11th: Streaming Smart TVs- Learn about free and subscription based Streaming and how you can access live TV without Cable.

August 25th: Google Maps- Learn what Google Maps is, how to use it and what features and functions it has to offer.

Facilitators: Julie Streufert, Matt Johnson, Debbie Dahlke & Diane Tilkens

Members: FREE

Rick Lohr Presents: Madeira, Portugal



Tuesday, August 12th & Wednesday, August 20th at 10:00-11:00am in The Landing Tech & Art Rooms

Rick is bringing us to Madeira, Portugal. An enchanting Atlantic Island of great natural beauty and a favorite of European vacation travelers, it is home of Madeira wines, sunshine, great seafood and interesting history.

Join Rick for a tour of this beautiful country.

Facilitator: Rick Lohr | Members: FREE



August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Social Singles- Hoehn's Huddle



Tuesday, August 12th at 3:00-5:00pm at Hoehn's Huddle | 840 Grand Ave, Wausau

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

Facilitator: Cheryl Johnson- Domino | Cost: FREE



Pickling Pickles with Jean & Liz



Wednesday, August 13th at 12:30-1:30pm in The YMCA Multi-Purpose Room

Join Jean & Liz to learn how to make both Dill and Bread and Butter Refrigerator Pickles.

You will also be able to take a jar of each kind of pickles home to continue to enjoy. You'll be sour if you miss this one!

Registration Deadline: August 8th | Cancellation Deadline: August 6th

Facilitator: Jean Burgener & Liz Froom-Kray | Members: \$15



Collette 2026 Travel Show



Thursday, August 14th at 10:15am in The Landing Tech & Art Rooms

Our Collette Representative, Katie Ganshert will be here at The Landing to present the four great tours we have planned for 2026.

Join us to learn more and save if you book a tour.

Facilitator: Katie Ganshert | Members: FREE



North Central Wisconsin Master Gardeners Presents: Ask Your Gardening Questions



Thursdays, August 14th & 21st at 1:30-2:30pm in The Landing Art Room

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 August.

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



August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Mansions, Masterpieces and Mysteries- Oshkosh, WI

Friday, August 15th Meet at The Landing at 8:45am for Departure



The Paine Mansion Art Center and Gardens is a historic estate that includes public art galleries and botanical gardens. Following the tour we will head to Fox River Brewery for Lunch.

We will then head to Escape Oshkosh- A fun escape room where you work together to solve a mystery.

Registration Deadline: August 8th | Cancellation Deadline: August 1st

Facilitator: David Landretti

Cost: ~~\$70~~ Reduced Cost to \$50 Thanks to Sponsor: Aspirus Health Plan



Team Trivia Smackdown

Friday, August 15th 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

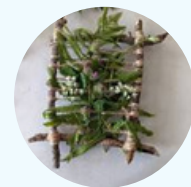
Art with Lauren Leitner- Nature Weaving

Monday, August 18th 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.

We will be doing Nature Weaving. Nature Weaving combines creativity and the outdoors. Bring in bits of nature that you would like to make into a art creation! See pictures for examples of how we will turn nature into art.



Facilitator: Lauren Leitner | Members: \$20

Farm Tour & Farm Exploration Center- Stevens Point/Plover, WI

Tuesday, August 19th- Meet at The Landing at 8:45am for Departure



First Stop: Feltz Dairy Farm to enjoy a tour of the farm. See the innovative technology the dairy industry has to offer.

Second Stop: Colorful Plate Cafe for Lunch and the Food & Farm Exploration Center to enjoy a guided tour, exhibit & grounds exploration and gift shop browsing.

Registration Deadline: August 14th | Cancellation Deadline: August 5th

Facilitator: Jeff Kneser

Cost: ~~\$35~~ Reduced Cost to \$20 Thanks to Sponsor: Aspirus Health Plan



August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Readers Group: Words, Meanings & Connections

Wednesday, August 20th 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

Medicare 101

Thursday, August 21st at 9:30-10:30am in The Landing Tech Room



It's not too early to start thinking about Medicare benefits, especially for those turning 65. Josh Reissmann & Amber Scholz of Clay Marketing will be highlighting multiple areas of Medicare enrollment.

Knowing what's available to you begins with information and conversations. Join us for this opportunity to educate yourself on the Medicare Choices, and how they may or may not affect you.

Facilitator: Josh Reissmann & Amber Scholz | Members: FREE

Lions, Tigers & Cranes, Oh My!- Baraboo, WI

Thursday, August 21st - Meet at The Landing at 7:00am for Departure



Hop aboard the Landing Shuttle nice & early for a full day of fun in Baraboo, WI.

First stop will be at The International Crane Foundation where we will have a guided tour of the crane's habitat.

After lunch we will head to Wisconsin Big Cat Rescue & Educational Center where we will also tour the center.

Registration Deadline: August 11th | Cancellation Deadline: August 6th

Facilitator: David Landretti | Cost: \$45



Bingo at The Landing!

Thursday, August 21st 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

August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Seeking Inner Harmony with Bernie



Monday, August 25th 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

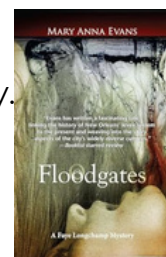
Book Club



Monday, August 25th 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 **"Floodgates"** by Mary Anna Evans for August's meeting.



Facilitator: Connie Heidemann | Members: FREE

Nifty Thrifting West of Wausau



Tuesday, August 26th - Meet at The Landing at 8:00am for Departure

Join us for this Thrifting Road trip! We will head to West Abbotsford and stop at Abby Farms Vintage Advantage. Grab your purchases as we then head to Thorp and hunt for treasures at Treasure Trove Consignment.

While in Thorp, we will head to Thorpedo Restaurant for Lunch then head to Owen for a visit to Family Fun Thrift Store. Finally, we head Colby to visit Mixed & Matched Consignment.

Registration Deadline: August 25th | Cancellation Deadline: August 12th

Facilitator: Halle Veenstra | Members: \$20

Edward Jones Presents: The Four Pillars of The New Retirement Seminar



Tuesday, August 26th at 11:00am-12:00pm in The Landing Tech Room

Paul Dau from Edward Jones will provide an in-depth look at "The Four Pillars of the New Retirement" (health, family, purpose and finances). Attendees will be empowered to think through their own circumstances, goals and challenges so that they can take action today that impacts their quality of life in retirement.

Join Paul Dau CFP® of Edward Jones for these essential budget planning tactics.

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

August ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Choco-lot of Fun Making Bonbons!



**Wednesday, August 27th at 9:30-11:30am at The Chocolate Shoppe
532 South 3rd Ave | Wausau, WI**

Join us at The Chocolate Shop for a deliciously hands-on experience in bonbon making! You'll learn how to craft beautiful, filled chocolate bonbons using premium Belgian chocolate.

Design and decorate your own chocolate molds, then fill them with rich ganaches and decadent fillings. It's a fun and creative process that takes about two hours, so feel free to bring your own water or refreshments. Cost includes instruction, materials and your homemade treats to take home.



Registration Deadline: August 22nd | Cancellation Deadline: August 14th

Facilitator: Kristin Zaal | Members: \$45

Rennes Group Presents: Healthy Eating Habits



Wednesday, August 27th at 10:00-11:00am in The Landing Tech Room

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

Join Rennes group to explore healthy eating habits to better develop your secret healthy-aging superpower.

Facilitator: Rennes Group | Members: FREE

Marathon County Historical Society Presents: "Will Women Vote?"



Thursday, August 28th at 1:00-2:00pm in The Landing Tech & Art Room

Join Ben Clark, Archivist and historian at the Marathon County Historical Society, for this captivating program entitled "Will The Women Vote? The Suffrage Movement and Marathon County."

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



Facilitator: Ben Clark | Members: FREE

Ho-Chunk Gaming Casino Trip



Friday, August 29th - 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

The Landing

Saturday, September 20
6:00 - 10:00 PM

ANNUAL GALA

*Hats Off
to you!*

Presented By:



Join the Celebration!

At The Elks Club Ballroom
414 Scott Street, Wausau

Enjoy Live Piano 6-7pm
with Ray Kraemer

Dance the Night Away 7-10pm
with Red Rail Redux Featuring Our Vinyl by DJ George

Delicious Hors d'oeuvres Provided
Wine, Beer & Cocktails Available for Purchase

Tickets On Sale

\$50 Pre-Sale Each

\$75 Day Of Event

Must be Ages 21+

Early Bird Savings

\$5 Off One Ticket

\$15 Off Two Tickets

Ends August 15th

Hats Off To Another Amazing Year!



The Landing Annual Fundraiser Supports the Y For All Annual Campaign

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

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

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.

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 YMCA School Age 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.

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

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