

The Landing

**Social & Activities Center
for Members 55+**

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

September

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 and our OATS Program in September. This generous support reduces the cost for our members, enhancing their ability to participate in these programs.



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 for all programs is reserved for YMCA or Landing Social Members 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.

The Landing ANNUAL GALA

Presented By:



WOODTRUST BANK
BANKING | INVESTMENTS | TRUST

*Hats Off
to you!*

**September 20th
Saturday, 6:00-10:00pm**

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

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

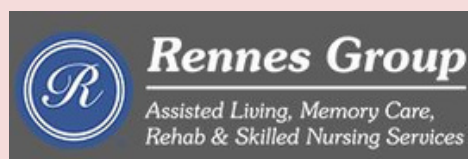
Heavy & Delicious Hors d'oeuvres Provided
Wine, Beer, & Drinks for Purchase



Gather Sponsor



Move Sponsor



Grow Sponsors



September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!



Labor Day Hours

The Landing will be open from
8:00am-12:00pm.

Normally scheduled programming will be cancelled.

Wings Grief: Give Sorrow Words- 5 Week Series



Tuesdays, September 2nd, 16th & 23rd at 3:30-4:30 in The Landing Tech Room

We live in a culture that avoids talking about loss and one the wants us to move quickly through mourning to become our former self.

Giving sorrow words exposes the mysteries that make us feel vulnerable so we can move forward to embrace life in front of us.

In this series, learn how silence defeats healing. Silence is not golden.

Registration is not done through The Landing or The YMCA. Please visit www.wingsgrief.org or call 715-845-4159

Facilitator: Nan Zastrow | Cost: FREE

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

Old Guys Book & BS Club



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

A club designed for men who are members of The Landing to get together, discuss books, have a donut and BS. **Please read "The Grapes of Wrath" by John Steinbeck for the September meeting. Spots are limited- Registration is required**

Facilitator: John DeLaPorte & Bill Pogge | Cost: FREE



September Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Improvaholics- What's Your Line?



Wednesday, September 3rd & 10th 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

September 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.

September 3rd : Mediterranean Wrap - \$5

September 10th : Lentil Baked Ziti- \$10

September 17th : Chicken Curry Stew- \$5

September 24th: Beef Fajitas- \$10

Facilitators: Haley Houghton & Amber Pender



Mind Body Spirit- Angel Series Classes



Thursdays, September 4th - December 18th at 9:30-11:15am in

The YMCA Multi-purpose Room

Join Debby in these Mind Body & Spirit Angel Education Classes. The Angel Series will run in the Mind Body & Spirit classes, September through December.

In the Angel Series Kick-Off program, you'll get a preview of the insightful and transformative sessions to come. It will provide a foundational understanding of the series.

Kick-Off Session: September 4th | Series Begins September 11th

Cancellation Deadline: 1 week prior to class

Facilitator: Debby Krenz | Cost: Kick Off Session: FREE | Series: \$17 per class

Let's Create with U-Paint- White Pumpkin



Wednesday, September 3rd at 12:30-2:30pm 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 white pumpkin fall themed painting.

Registration Deadline: September 1st | Cancellation August 27th

Facilitator: Landing Staff | Cost: FREE



September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Loretta Ulmschneider Presents: Practical Wisdom for Everyday Life

Thursday, September 4th, 11th & 18th at 10:00-11:30am in The Landing Tech Room

Health & Wellness

Join Loretta in this 3-week program exploring the topic "Finding Common Ground." This class will offer opportunities to explore bedrock principles and skills for finding the common ground that can bear much fruit in any situation.

The Practical Wisdom programs offer opportunities to build on gems of wisdom from life experiences and explore new ones.

Facilitator: Loretta Ulmschneider | Cost: \$5 for entire series

Free Blood Pressure Check with MCW Students

Thursday, September 4th at 12:30-2:30pm in The YMCA Multi-Purpose Room

Health & Wellness

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 | Cost: FREE



knowledge changing life

Music with John

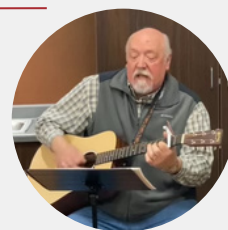
Thursday, September 4th at 2:00-3:30pm in The Landing Dining Room

Special Interest

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 | Cost: FREE



September Birthday Bash!

Friday, September 5th at 11:30am-12:30pm in Landing Tech & Art Rooms

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: Landing Staff | Cost: FREE

Seeking Inner Harmony with Bernie

Monday, September 8th & 22nd at 10:00-11:30am in The YMCA Multi-Purpose Room

Health & Wellness

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 | Cost: FREE

September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Alzheimer's Association Presents: Managing Money- A Dementia Caregiver's Guide to Finances



Monday, September 8th at 10:00-11:00am in The Landing Tech Room

During this program, caregivers hear tips and ways to help them better prepare for the costs of caregiving. The program includes video clips of real-life caregivers sharing their experiences in managing finances for the person they are caring for. The program also provides caregivers with activities to help them develop a legal and financial plan.



Join Community Outreach Coordinator, Julie for this insightful program into finances.

Facilitator: Julie St. Pierre | Cost: FREE

BrainSavers: 12- Week Series



September 8th through November 26th in The Small Group Training Room

BrainSavers 2: (Beginners) Mondays & Wednesdays at 1:00-2:00pm

BrainSavers 1: (Continuing) Tuesdays & Thursdays at 12:15-1:15pm

BrainSavers is an evidence-based, Brain + Body Total Fitness program for Healthy aging. This program will help you maintain your enjoyment of independent living, while improving your overall physical & mental well-being. It is designed to help those living with, or at risk for Alzheimer's disease and dementia, and those wishing to grow and exercise their brains.



Registration is required and is only open to 20 participants. If full, please get added to the wait list.

Facilitator: Amber Pender | Cost: \$25

Creative Cooking with Jackie: Mexican Meatballs & Cornbread Dessert



Tuesday, September 9th at 9:00-11:30am in the YMCA Multi-Purpose Room

A traditional Mexican dish, "Albondigas Rellenas" meaning "Stuffed Meatballs" and often features a hard-boiled egg tucked inside each savory meatball.

These are typically served simmering in a rich and flavorful sauce.

Sweet corn bread (Pan de Elote) is a Mexican sweet corn cake, often enjoyed for dessert. It's notably sweeter and moister than American cornbread.



Join Jackie to learn how to make these Mexican classics – then enjoy a lunch of the Meatballs & Cornbread Cake.

Registration Deadline: September 5th | Cancellation Deadline: August 26th

Facilitator: Jackie Romero | Cost: \$25

September Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Honoring Choices Presentation & 1:1 Sessions



Tuesday, September 9th at 9:00-10:00am in The YMCA Multi-Purpose Room

Join Julie from Aspirus to learn about Advance Care Planning, the process which helps you think about, talk about and write down your choices for future health care decisions.

Register for the 1:1 Sessions to help you get your ACP started.

Tuesday, September 16th: 10:00 | 10:30 | 11:00 | 11:30am in The YMCA School Age Room

Facilitator: Bernie Corsten | Cost: FREE

IRONBULL- Kayaking Big Rib River Water Trail



Tuesday, September 9th- Meet at 10:00am at Trails End | 39014 Sherman Rd 54403

Let's jump into our kayaks for the last IRONBULL Kayaking Program of the summer. We will start our paddle at Trails End and paddle the newest addition to the Great Pinery Heritage Waterway. This is considered an easy paddle.

Participants must provide their own kayak, paddles and FDF. Dress for the weather. IRONBULL will provide snacks and water.

Facilitator: Bill Bertram | Cost: FREE



Rick Lohr Presents: Scotland 2016



Tuesdays, September 9th & Wednesday September 17th at 10:00-11:00am In The Landing Tech & Art Rooms

In 2016, Rick traveled to Scotland where he celebrated the Haggis, visited the Royal and Ancient St. Andrew's Golf Course, Loch Ness, Loch Lomond, Balmoral Castle, Grasmere, the home of William Wordsworth and Edinburgh Castle.

Join Rick as we visit the land, history and culture of Scotland.

Facilitator: Rick Lohr | Cost: FREE



Live Literature: From Sea to Salem



Tuesdays, Sept. 9th - Nov. 18th at 1:00-2:00pm in The YMCA Multi-Purpose Room

Join retired professors Sarah Rudolph and Bob Davis for a unique shared reading experience featuring two literary masterpieces: Moby-Dick by Herman Melville and The Crucible by Arthur Miller.

Together, we'll explore the themes, characters, and powerful language of these iconic works—and uncover surprising connections between them. Cost of Program includes 10 week program and the books needed for the program.

Facilitator: Sarah Rudolph & Bob Davis | Cost: \$25



September Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Social Singles- Uncommon Pints



Tuesday, September 9th at 3:00-5:00pm at Uncommon Pints | 27 Brown Blvd, Rothschild, 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



Beginning Spanish Lessons



Tuesdays, Sept. 9th - Oct. 28th at 3:30-4:30pm in The YMCA Multi-Purpose Room

Spanish is one of the most spoken languages in the world. This course will help you develop or continue to develop basic Spanish speaking survival skills and explore the culture, practices and perspectives that are unique to Hispanic cultures.

Whether you just want to learn basic Spanish, or are planning on traveling to a Spanish speaking country, you won't want to miss this 8-week course.

Facilitators: Celin Mejias | Cost: \$160

Associated Bank Presents: Fraud Protection and Cyber Security



Wednesday, September 10th at 1:00-2:30pm in The Landing Tech & Art Rooms

This insightful program is designed to help individuals recognize, prevent & report various types of Fraud and Cyber Security, including identity theft & financial scams.

There will also be a topic-related bingo, with prizes to test your gained knowledge & add some fun and flare to these serious topics.

Register today for this informative and illuminating program.

Facilitators: Cori Richardson | Cost: FREE



Explore, Eat, Shop at Madison West Towne Mall



Thursday, September 11th- Meet at The YMCA Lobby at 7:30am for Departure

The Madison West Towne Mall has more than 125 specialty retailers and a vibrant mix of anchor stores and an expansive food court to enjoy- there's something for everyone. Get your comfy shoes on and enjoy a day of shopping with us.

Registration Deadline: September 10th | Cancellation Deadline: August 28th

Facilitator: Harley Peterson

Cost: ~~\$35~~ Reduced Cost to \$25 Thanks to Sponsor: Aspirus Health Plan

September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

North Central Wisc. Master Gardeners Presents: Ask Your Garden Questions

Thursday, September 11th at 1:30-2:30pm in The Landing Art Room

Special Interest

Join us for an engaging opportunity to connect with plant health experts from the North Central Master Gardeners in an interactive, open-forum session. Special Guest Trevor, vegetable specialist from the Farm to Table program at NTC will share insights and answer your questions on a variety of vegetable gardening topics.



Don't miss this chance to grow your garden knowledge.

Facilitator: Karen Giese & Trevor Frank | Cost: Free

Intermediate Spanish Lessons

Thursdays, Sept. 11th - Oct. 30th at 3:30-4:30pm in The YMCA Multi-Purpose Room

Educational

These 8-weeks of lessons will build on the previous Spanish Lesson sessions. You will continue to develop skills to understand the Spanish language through short stories, songs, everyday conversation and movies. You will get the expertise of starting to write stories of your own, carry on conversations and be able to ask & answer questions. If you can speak base Spanish- feel free to join!

Facilitators: Celin Mejias | Cost: \$160

Delores Kessel Presents: Managing Conflict in the Caregiving System

Friday, September 12th at 8:30-10:00am in The Landing Tech Room

Health & Wellness

Managing conflict in the caregiving system—whether in a professional setting like a nursing home or hospital, or in a home-based environment—can be both delicate and complex. Conflict can arise between caregivers, care recipients, family members, and medical professionals.



Facilitator: Delores Kessel | Cost: FREE

September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Wausau Police Presents: Drugs in our Community



Monday, September 15th at 9:00-10:00am in The Landing Tech & Art Room

The Community Resource Unit of The Wausau Police Department is a specialized unit responsible for addressing community concerns related to narcotics, nuisance properties, specific ongoing concerns and more.

The officers will provide a summary on drug trends, investigations conducted by the Community Resource Unit, and what to look for if you suspect neighbors may be involved in drug trafficking.

Register today for this informative program to learn more about drug trafficking trends in our community.



Facilitator: Wausau Police Department | Cost: FREE

Wausau Surgery Center Presents: Arthritis: Understanding Aches & Options



Monday, September 15th at 12:00-1:00pm in The Landing Tech Room

Join us for an informative and engaging session with orthopedic surgeons of Orthopedic Associates of Wausau, and the Ortho surgeons of Wausau Surgery Center.

These experts will shed light on arthritis--one of the most common health conditions affecting adults today.

Facilitator: Carmel Glaster | Cost: FREE

Monthly Morning Meditation



Wednesday, September 17th at 8:15-8:45am in The YMCA Multi-Purpose Room

Start your day with calm and clarity. Join Debby Krenz for a monthly meditation session designed for both experienced meditators and those who are simply curious to give it a try.

Each session includes a brief introduction to the benefits of meditation, followed by guided practices you can continue at home. These sessions are free to attend and offer a peaceful, no-pressure way to begin your morning.



Facilitator: Debby Krenz | Cost: Free

Readers Group: Words, Meanings & Connections



Wednesday, September 17th 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 | Cost: FREE



September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Medicare 101



Wednesday, Sept. 17th at 12:30-1:30pm & Tuesday, Sept. 23rd 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 | Cost: FREE

Bingo at The Landing!



Thursday, September 18th 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 | Cost: FREE

Fall Explorations in Rhinelander



Friday, September 19th - Meet at 8:00am The Landing for Shuttle Departure

Enjoy the fall colors on this scenic trip to Rhinelander. Our first stop is Hanson's Garden Village, a family owned and operated greenhouse and nursery with a special focus on regional native plants and some seasonal fun.

Next, we will take a short visit to Golden Harvest Market, a natural and organic health food store. Lunch will be at Rhinelander Family Restaurant.

Finally, we will stop at the unique Briar House for a unique selection of women's apparel, gifts and books.



Registration Deadline: September 17th | Cancellation Deadline: September 5th

Facilitator: David Landretti

Cost: ~~\$30~~ Reduced Cost to \$20 Thanks to Sponsor: Aspirus Health Plan

Team Trivia Smackdown



Friday, September 19th 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. September Theme: Wear a University shirt for Jersey, preferably from your Alma Mater to get extra points.

Special Thanks
Trivia Sponsor



Facilitator: Maryellen Marnholtz | Cost: FREE

September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Marathon County Road Waste Landfill Tour- Two Tours Offered!



Monday, September 22nd - See tour departures below

Join us for a fascinating and enlightening tour of The Marathon County Solid Waste Department in Ringle and discover that it is so much more than just a landfill.

The tour will provide you with up-close looks at the landfill site, how materials we dispose gets handled, recycling, waste reduction, hazardous household materials collection, and miles of trails, native plant restoration, wildlife and bluebird nesting boxes.

Morning Tour: Meet at The Landing at 8:15am; return about 11:40am

Afternoon Tour: Meet at The Landing at 12:15pm ; return about 3:40pm

Registration Deadline: September 20th | Cancellation Deadline: September 15th

Facilitator: Harley Peterson | Cost: FREE

Book Club



Monday, September 22nd at 11:30am-12:30pm in The Landing Art Room
Occurs on the 4th Monday of each month

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



Facilitator: Connie Heidemann | Cost: FREE

New Member Welcome Session



Monday, September 22nd at 11:30-12:30pm in The Landing Tech Room

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



Potluck at The Aspirus YMCA in WESTON



Monday, September 22nd at 11:30am in Studio C

Stop down at the Aspirus YMCA to check out the facility, meet new people and enjoy some good food.

If interested, please see Amber to choose which type of dish to bring.

Facilitator: Tyler Leiskau | Cost: FREE



September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

OATS Program- FREE Technology Classes



Monday, Sept. 22nd at 9:30am & Sept. 29th at 8:30am 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.

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

September 22nd: On-line Shopping

September 29th: Google Calendar

Facilitators: Julie Streufert, Debbie Dahlke & Diane Tilkens Cost: FREE

Golf Social- Trapp River Golf Course



Monday, September 22nd 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: September 15th

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



Rennes Group Presents: Managing Medications



Wednesday, September 24th at 10:00-11:00am in The Landing Tech Room

Managing medications can be complicated, particularly if you are taking several prescription drugs that treat different conditions. Over 20% of U.S. adults age 40 and older take five or more prescription drugs. Taking medications as directed by your doctor, getting refills on time, and staying alert to side effects and interactions all help keep you healthy.

Join Rennes Group Staff for safeguards in managing medications.

Facilitator: Rennes Group | Cost: FREE

Healthy Aging with North Shore at Home- Brain Health



Wednesday, September 24th 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 facts & 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



September Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Marathon County Historical Society Presents: The Last Log Drive on the Wisconsin River



Thursday, September 25th 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 about the last log drive on the Wisconsin River.

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

Facilitator: Ben Clark | Cost: FREE



Warrens Cranberry Festival



Friday, September 26th - Meet at The Landing at 8:00am for Departure

The Warren's Cranberry Festival is the largest Cranberry Festival in the world featuring over 800 arts & craft booths, 100 farm markets, 300 flea and antique vendors and more than 100 food vendors.

Stretching over three miles of outdoor fun, the Festival offers an unforgettable experience filled with shopping, delicious eats and one-of-a-kind finds.



Registration Deadline: September 24th | Cancellation Deadline: September 15th

Facilitator: David Landretti

Cost: ~~\$60~~ Reduced Cost to \$50 Thanks to Sponsor: Aspirus Health Plan

Leigh Yawkey Art Museum- Birds in Art Fifty



Friday, September 26th at 12:30-1:30pm at The Leigh Yawkey Art Museum

Birds, in all their majesty and fragility, connect us with the natural world. All-new work by some of the world's most talented artists serves as a fitting tribute to this year's milestone 50th annual exhibition. Discover how artists' interpretations of birds inspire you and why, throughout five decades, Birds in Art has garnered international acclaim. Visit the exhibition with Museum educators to learn about avian-themed artworks created from artists around the world.

Time in the Museum galleries is followed by refreshments and conversations in the Museum's lower-level classroom.

Facilitator: Rachel Hausmann-Schall | Cost: FREE

September ForeverWell Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Ho-Chunk Gaming Casino Trip



Friday, September 26th - 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

Premier World Discovery Travel Show- Rose Parade New Years



Monday, September 29th at 10:00am in The Landing Tech & Art Room

In 2026 we will be adding a Tour with Premier World Discovery. Join our Premier Representative, Lawanna for all the details.

Take a New Years Vacation to California for the Rose Parade New Years. This 6-day tour will feature tours of Orange county's most famous sights and beach towns. You will also get to experience the 'Parade of all Parades"- The tournament of Roses Parade. You will get up-close viewing and a tour of Hollywood and Beverly Hills.



Facilitator: Lawanna Lambert | Members: FREE

Edward Jones Presents: Creating Your Estate Plan Seminar



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

This program is designed to help people better understand the basics of estate planning so they can consider the options that make the most sense for their specific situations. Participants will learn what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family.

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

Facilitator: Paul Dau, CFP | Cost: FREE

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.

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 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



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