

The Landing

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

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

October
**Program Guide
& Newsletter**
FOREVERWELL

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.

October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Free Blood Pressure Check with MCW Students



Wednesday, October 1st at 7:30-9:30am 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 | Cost: FREE

Old Guys Book & BS Club



Wednesday, October 1st 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 "Be Mine" by Richard Ford for the October meeting. Spots are limited- Registration is required**

Facilitator: John DeLaporte & Bill Pogge | Cost: FREE



Improvaholics- What's Your Line?



Wednesday, October 1st & 8th 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

October 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.

October 1st : Reuben with Chips - \$10

October 8th : Sausage, White Bean & Kale Soup- \$10

October 15th : Pesto Tortellini Salad- \$10

October 22nd : Turkey Biscuit Stew- \$10

October 29th : Halloween Pizza- \$10

Facilitators: Haley Houghton & Amber Pender



October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Let's Create with U-Paint- Red Light Painting



Wednesday, October 1st at 12:30-2:30pm in The Landing Art Room

Join Briana LaVonne, on the first Wednesday of the month for an art teacher lead class to create an art piece every month. While painting in red light, you can't see the colors, only 'value' light & dark. It's a surprise when we turn the lights on.



Registration Deadline: September 29th | Cancellation September 24th

Facilitator: Brianna LaVonne | Cost: \$25

Bridge Lessons- Advanced & Beyond Beginner's Lessons



Wednesdays, October 1st - November 19th at 12:30-2:30pm

Advanced Bridge Lessons- Held in The Multi-Purpose Room

Beyond Beginner Lessons- Held in The Tech Room Room

Registration Deadline: September 16th | Cancellation deadline: September 12th

See Flyer for more details

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

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 closed for this program.**

Facilitator: Amber Pender | Cost: \$25

2025 Mammoth Challenge with IRONBULL



Tuesdays & Thursdays Throughout October- See Flyer for Dates, Times & Locations

Feel the team spirit & join The Landing as we take on the Mammoth Hike Challenge. Our goal is to have you complete 45 miles as a team or individually. There will be trail guides for the 7 different hikes, at various Ice Age Trail locations.

Registration for each hike is required.

Facilitator: Bill Bertram | Cost: FREE



October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Introduction to Beginning Tai Chi with Colleen Peters

Health & Wellness

Thursday, October 2nd at 10:00-11:00am in The Landing Tech & Art Room

Tai Chi is a Chinese lifestyle practice for the body and the mind. This class is suitable for anyone and everyone. We will learn this art of slow, smooth, continuous movement in a sequential form over the course of eight weeks. This Tai Chi form is gentle on joints.

Join Colleen to gather more information about this program and find out how you can register for her upcoming Beginning Tai Chi Series.

Facilitator: Colleen Peters | Cost: FREE



Intermediate Spanish Lessons

Educational

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

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.

Registration is closed

Facilitators: Celin Mejias | Cost: \$160

Breakfast and Polish Culture & History Workshop

Offsite Adventures

Friday, October 3rd - Meet at The Landing at 8:30am for Shuttle Departure

Join us for a journey through History, Heritage & Perogi with a Polish Culture Workshop.

Load the Landing shuttle and enjoy a group breakfast at Gorski's (paid on your own) before heading to Appleton for the workshop.

Whether you're of Polish descent or simply curious about one of Europe's most fascinating nations, this course offers a unique opportunity to connect with the heart of Poland.



Registration Deadline: September 26th | Cancellation Deadline: September 19th

Facilitator: Harley Peterson | Cost: \$60

October Birthday Bash!

Special Interest

Friday, October 3rd 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: Landing Staff | Cost: FREE

Culver's

October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

OATS Program- FREE Technology Classes



Monday, October 6th & October 27th at 9:30am 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.

October 6th : Smartphones at a Glance

October 27th: Understanding Fraud and Scams

Facilitators: Julie Streufert | Cost: FREE

Golf Social- Trapp River Golf Course



**Monday, October 6th at 1:00-3:00pm at Tribute Golf Course Golf Course
1001 Golf Club Road | 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: October 1st

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

Creative Cooking with Jackie: Assorted Potato Patties & Salad



Tuesday, October 7th at 9:00-11:30am in the YMCA Multi-Purpose Room

These Potato Patties (In Spanish: Tortitas de Papa) are golden brown, crispy on the the outside & soft & sometimes filled on the inside and are incredibly flavorful.

Jackie will be showing us how to make three different kinds of potato patties, plain, with cheese and with tuna.



Join us in creating these tasty potato patties and salad that we will then enjoy for lunch.

Registration Deadline: October 1st | Cancellation Deadline: September 23rd

Facilitator: Jackie Romero | Cost: \$25

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.

Registration is closed

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

October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

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.

Registration has closed

Facilitators: Celin Mejias | Cost: \$160

Coffee with Paul Dau: Investing Made Simple



Wednesday, October 8th 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

Game Day at The Aspirus YMCA in WESTON



Wednesday, October 8th at 11:00am-3:00pm in Studio C- Aspirus Weston Branch

Come join us for an afternoon of fun, laughter, and friendly competition! Our monthly Game Day is the perfect way to stay active, engaged, and connected with others.

Enjoy classic favorites like mahjong, cribbage, Scrabble, and a variety of card games, or bring your own suggestions to share with the group.

Registration is required so we can be sure to have enough tables and chairs ready for everyone.



Facilitator: Tyler Leiskau | Cost: FREE

Medicare 101



Wednesday, October 8th at 12:30-1:30pm in The Landing Tech Room

Thursday, October 23rd at 9:30-10:30am in The Landing Tech Room

Tuesday, October 28th 9:30-10:30am in The Landing Tech Room

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

October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Mind Body Spirit- Angel Series Classes

Special
Interest

**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. See Flyer for Full Details

Cancellation Deadline: 1 week prior to class

Facilitator: Debby Krenz | Cost: \$17 per class



Delores Kessel Presents: The Superpower of Music

Health &
Wellness

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

As far as we know, music has always existed. There is music all around us in nature and people love it so much, they have come up with amazing, creative ways to create human music with noises and instruments.



Music can help lift our mood, help us sleep, feel feelings and has many other health benefits.

Facilitator: Delores Kessel | Cost: FREE

Knee and Hip Surgery Recovery

Health &
Wellness

Monday, October 13th at 9:00-10:00am in The Landing Tech Room

Many things have changed over the years, but one thing that remains the same is the importance of physical therapy. A physical therapist will assess and provide treatment to help patients increase mobility, strength, balance and coordination.

Join Physical Therapist, Teri Bueding of Aspirus at Home for this important program. Teri has been treating people that have had knee or hip surgery for 35 years..



Facilitator: Teri Bueding | Cost: FREE

Seeking Inner Harmony with Bernie

Health &
Wellness

Monday, October 13th & 27th 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 | Cost: FREE

October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Nifty Thrifting East of Wausau

Thursday, October 14th - Meet at The YMCA Lobby at 7:30am for Departure



Off we go, treasure hunting in Shawano, then bringing home the bacon in Wittenberg, with a stop at Nueske's Smoke Meats.

Registration Deadline: October 10th | Cancellation Deadline: October 1st

Facilitator: Halle Veenstra | Cost: \$20

Rick Lohr Presents: Southeast Danube



**Tuesdays, October 14th & Wednesday, October 15th at 10:00-11:00am
In The Landing Tech & Art Rooms**

Rick will explore the history, culture and natural beauty he and Joyce saw on a river boat cruise down the Danube. Locations visited include: Croatia, Serbia, Bulgaria and Romania.



Facilitator: Rick Lohr | Cost: FREE

Social Singles- Sconnis



Tuesday, October 14th at 3:00-5:00pm at Sconnis | 1239 Schofield Ave | Schofield

Join us for a fun and relaxed gathering where you can meet fellow singles, make new friends, and enjoy great conversations in a welcoming atmosphere! Come sip, socialize, and share ideas for future meetups—we'd love to hear your suggestions for upcoming activities!



Facilitator: Cheryl Johnson- Domino | Cost: FREE

Monthly Morning Meditation



Wednesday, October 15th 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, October 15th 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

October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Bingo at The Landing!



Thursday, October 16th 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 | Cost: FREE

Special Thanks
Bingo Sponsor



Team Trivia Smackdown



Friday, October 17th 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. October Theme- Wear your Halloween Costume- Not just bits and pieces- Full Garb to earn your team extra points.

Facilitator: Maryellen Marnholtz | Cost: FREE

Special Thanks
Trivia Sponsor



Wausau Police Presents: Investigations Division



Monday, October 20th at 9:00-10:00am in The Landing Tech & Art Room

Join Detective Nicholas Walters of the Investigations Division of the Wausau Police to gain an understanding of the structure and what it means to be a detective in the Investigations division.

Join Detective Walters to dive a little more into the Investigations Division and learn more of what it is all about - what do they do, how do they do it, and how the technology is used vastly different than what you see on your favorite cop shows!

Facilitator: Wausau Police Department | Cost: FREE



Wings Grief: Healing The Wounded Heart- 3 Week Series



Tuesdays, October 21st, 28th & November 4th at 3:30-4:30 in The Landing Tech Room

Grief isn't just an emotion. We may feel as though our heart is wounded & that affects every part of us. The pain can't be denied or ignored.

When we understand the two forces that signal how we manage our pain, we can soften our approach to healing and live in a more heart-centered way.

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

HEALING
THE
WOUNDED
HEART



October Forever Well Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Movie Wednesday at The Aspirus YMCA in WESTON

Special
Interest

Wednesday, October 22nd at 12:30pm in The Aspirus Weston YMCA Commons

Come join us for an afternoon at the YMCA cinema for the showing of a fan favorite Grease.

Registration is required so we have enough spaces for everyone. Spots may fill fast!



Facilitator: Tyler Leiskau | Cost: FREE

Senior Safaris- From Prairie to Dairy

Offsite
Adventures

Thursday, October 23rd Meet at The Landing at 8:05am for Shuttle Departure

We will explore the prairies of Navarino by covered trolley. Marvel in the fall colors and fall migration through the Prairie loop and wildlife area at Navarino Nature Center.

After a stop at Hilltop Pub & Grill for lunch we will head to Herrschners in Stevens point, the premier supplier of unique, quality needlework, designer fabrics and craft kits.

Our last stop will be at the Wisconsin Dairy State Cheese Company to relish in a diverse range of cheese varieties.



Registration Deadline: October 16th | Cancellation Deadline: October 8th

Facilitator: David Landretti

Cost: ~~\$40~~ Reduced Cost to \$30 Thanks to Sponsor: Aspirus Health Plan

Marathon County Historical Society Presents: A History of Health Care in Marathon County

Educational

Thursday, October 23rd 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



October Forever Well Programs

Registration is Required

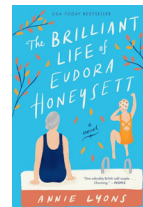
Visit our Member Service Desk & Sign Up!

Book Club



Monday, October 27th 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 **"Brilliant Life of Eudora Honeysett"** by Annie Lyons for September's meeting.



Facilitator: Connie Heidemann | Cost: FREE

New Member Welcome Session



Monday, October 27th 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

Rennes Group Presents: Understanding Your Insurance



Wednesday, October 29th at 10:00-11:00am in The Landing Tech Room

When looking to the future, it's impossible to predict if you or your loved one will require a nursing facility care. Another major unknown for many is if the insurance they or their loved one carry will actually cover a nursing home. Before you sign up for a policy, there's a lot to learn.

Join in this program to help sort out some of the complexities about insurance coverage on skilled nursing facilities.

Facilitator: Rennes Group | Cost: FREE

Ho-Chunk Gaming Casino Trip



Friday, October 31st - 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

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.

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