

March

Program Guide & Newsletter



Woodson YMCA
707 N 3rd St, Wausau WI

The Landing

Social & Activities Center
for Members 55+



The Landing Hours

Monday-Friday
8:00am - 4:30pm
Saturday
9:00am - 1:00pm

Welcome to The Landing

Imagine aging as a time for connection and growth at The Landing in Wausau. More than just a senior center, it's a space for personal relationships and empowering programs.

Enjoy coffee with friends, fitness at the YMCA, travel opportunities, and a variety of classes. Gather, move, and grow with us!

How to Register for Programs:

Email: memberservices@thelandingwausau.com

Call: 715-841-1855

Online: thelandingwausau.com

To register for programs, visit the Receptionist Desk at the Landing or the Member Services Desk at the Wausau or Aspirus Branches.

For multi-session programs, register before the first meeting and attend from the start. Closed registrations are indicated in the program description and fees are listed where applicable, and registration is exclusive to YMCA or Landing Social Members.

Financial Assistance is available through Community Supported Memberships (CSM) for qualifying members; schedule an appointment at the Member Services Desk to apply.

Table of Contents

Pages 2-12 March Programs
Pages 13-14 Weekly Programs
Page 15 Program Checklist

Program Cancellation Policy

Program registrations are necessary to secure your spot. If you can't attend, contact The Landing at 715-841-1855 promptly.

For fee-based programs:

- Full refunds for cancellations before the cancellation deadline.
- No guaranteed refunds after the deadline.

Notify The Landing at least two business days in advance to attempt filling your spot from the waiting list if one exists:

- If filled, you will receive a credit or refund.
- If not filled, no credit or refund is issued.

The Landing can modify this policy anytime. Refunds over \$20 may take up to 10 business days for processing.

Thank you to Aspirus Health Plan for sponsoring the Shuttle Trips and our OATS Program in March. This generous support reduces the cost for our members, enhancing their ability to participate in these programs.



March Programs

**Registration is
Required**

Visit our Member
Service Desk &
Sign Up!

Moving for Better Balance

Mon. & Wed. Jan. 19th-April 8th at 2:00-3:00pm 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 is Closed**

Facilitator: Becky Zelent

Members: \$60

BrainSavers- Continuing

Mon. & Wed. March 2nd-May 20th at 12:45-1:45pm in the YMCA Group Exercise Studio

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 for this program is not available to new participants.

Facilitator: Becky Zelent

Members: \$25

Creative Cooking with Jackie- Beef Birria

**Tuesday, March 3rd at 9:00-11:30am in
The YMCA Multi-Purpose Room**

Join Jackie as you prepare Beef Birria, a comforting Mexican dish from Jalisco. In this class, you'll learn to slow-cook beef in a rich red chile broth made with dried chiles, simple spices, and a touch of vinegar until it's tender and full of flavor.



Perfect for home cooks of all skill levels, this class is all about building confidence.

Facilitator: Jackie Romero

Members: \$25

Live Literature- Ambitious Women & Power

Tuesdays, Feb. 3rd-March 17th at 1:00-2:30pm- The YMCA Multi-Purpose Room

Join retired professors Sarah Rudolph and Bob Davis for a reading of two significant plays: "Top Girls" by Caryl Churchill and "Wit" by Margaret Edson. Both plays explore ambitious women navigating oppressive systems and betrayal. Churchill critiques the emotional costs of capitalist feminism, while Edson emphasizes lost dignity in intellectual and medical fields. Together, they argue that success without empathy causes fragmentation. This event promises engaging discussions on women's challenges and the vision of a world where ambition and care coexist.

Facilitator: Sarah Rudolph & Bob Davis
Registration is Closed

March Programs

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Old Guys Book & BS Club: "Crossing to Safety"

**Wednesday, March 4th at 9:30-10:30am
in The Landing Fireside Room**

A club designed for men who are members of The Landing to get together, discuss books, have a donut and BS. Please read "Crossing to Safety" by Wallace Stegner for the March meeting. **Spots are limited-Registration is required**



**Facilitator: John DeLaporte & Bill Pogge
Members: FREE**

March Lunch at The Landing

**Wednesdays at 11:30am in The Landing
Kitchen**

March 4th: Cabbage Roll- \$10

**March 11th: Broccoli, Cheddar & Spinach
Frittata- \$10**

March 18th: Marinated Beef Sandwich- \$15

**March 25th: Chicken Skewers with Mexican
Street Corn- \$10**

**Registration closes at 4:00pm the Monday
Prior to lunch. No refunds will be given for
cancelations after the deadline.**

Facilitator: Haley Houghton & Amber Pender

Improvaholics: What's Your Line

**Wednesday, March 4th & 11th at 10:30-
11:30am in The Landing Fireside 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.

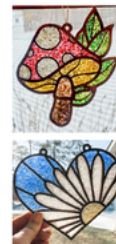
**Facilitator: Anne Dibala & Kathryn Rieckhoff
Members: FREE**

Let's Create with U-Paint: Crushed Glass & Resin Sun Catcher

**Wednesday, March 4th at 12:30-2:30pm
in The Landing Fireside Room**

In this creative and relaxing art class, participants will choose between creating a whimsical mushroom or a charming flower heart design out of colored glass and resin. Guided step-by-step by Brianna, you'll bring your artwork to life in a fun, welcoming and supportive environment.

**Facilitator: Brianna LaVonne
Members: \$25**



March Programs

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Intermediate & Advanced Bridge Lessons

**Wednesdays, March 4th, 18th, 25th &
April 1st, 8th, 15th 22nd & 29th**

Intermediate: YMCA Multi-Purpose Room

Advanced: YMCA School Age Room

Join us for Spring Bridge Lessons!

Intermediate Bridge Lessons: taught by Emalyn Nikstad, a bronze master through the American Contract Bridge League is designed for those who have completed the BEGINNER Lessons and have some Bridge Experience.

Book: "ACBL Commonly Used Conventions in the 21st Century"

Advanced Bridge Lessons: taught by Jim Golz is a retired actuary and is the Director for the Wausau Duplicate Bridge Club & a NABC Master in the American Contract Bridge League. **No Book Needed**

Facilitator: Emalyn Nikstad

Members: Advanced \$20 | Intermediate: \$35 with the book, \$20 without the book

Meet the Artist- Linda Raether- Textile Artist

**Thursday, March 5th at 10:00-11:00am in
The Landing Fireside Room**

This interactive lecture offers a behind-the-scenes look at an artist's creative process through a sensory, science-informed lens. Rather than a traditional slide presentation, the session emphasizes hands-on exploration, discussion and close observation. Participants will view and handle samples of finished artwork, sketchbooks, dye swatches and tools, along with photographs and visual references that illustrate how ideas move from observation to creation.

Facilitator: Linda Raether

Members: FREE

Aspirus Health Presents: Hospice

**Thursday, March 5th at 12:00-1:00pm in
The Landing Enrichment Room**

This compassionate presentation explores the vital role of spiritual care during the final stages of life. Participants will gain insights into the emotional, spiritual and existential needs that often arise at the end of life- for individuals, families and caregivers alike. Through reflection and discussion, we'll look at how honoring personal beliefs, values and life stories can bring comfort, meaning and peace during this tender time.

Facilitator: Heidi Kraege & Natalie Bassett

Members: FREE



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March Birthday Bash

**Friday, March 6th at 11:30am-12:30pm in
The Landing Enrichment Room**

We are celebrating birthdays every Month! If it is your Birthday Month, signup 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 & Volunteers
Members: FREE**

OATs- FREE Technology Program: Lecture- AI All Around

**Monday, March 9th at 10:00-11:00am in
The Landing Fireside Room**

If it seems like AI is showing up everywhere, it's not just you! From searching the web, to attending a Zoom meeting, AI tools are now available to help with most online tasks.



In this class, we'll explore many of the digital platforms and websites where generative AI, such as ChatGPT, Gemini or Copilot are now available. Join us and see how AI is here to help.

**Facilitator: Barb Tesch & Debbie Dahlke
Members: FREE**

Elder Well- Senior Care Navigation Series

**Monday, March 9th at 11:00-12:00pm in
The Landing Enrichment Room**

This class addresses memory loss, distinguishing normal forgetfulness from concerning changes. Participants will learn about common memory changes, strategies to keep the brain active, and available support options, including home-based care, day programs, and memory care communities, presented in an easy-to-understand manner without medical jargon.



**Facilitator: Zoey Vecellio
Members: FREE**

Rick Lohr Presents: Key West & Dry Tortugas- A 2019 Adventure

**Tuesday, March 10th - Enrichment Room
& Wednesday March 18th - Fireside Room
at 10:00-11:00am**

Join Rick Lohr for a captivating lecture on Key West, Florida, & Dry Tortugas National Park from 2019. He will share his experiences exploring the region's rich history, stunning landscapes, & unique wildlife. This presentation caters to travel enthusiasts, history buffs, and those curious about America's beautiful destinations. Through engaging stories, Rick brings the area's culture, natural beauty, & fascinating history to life, offering a unique perspective on this remarkable region.

**Facilitator: Rick Lohr
Members: FREE**

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How to Protect Yourself from Medicare Fraud

**Tuesday, March 10th at 1:00-2:00pm in
The Landing Enrichment Room**

This presentation teaches participants to identify common Medicare fraud scams and protect personal information. It covers warning signs of fraud, monitoring medical bills, and practical steps to secure Medicare benefits. Using real-world examples and tips, attendees will learn to spot suspicious activity, avoid mistakes, and confidently report concerns.



Facilitator: Susan Krolow
Members: FREE

Let's Create with U-Paint: Tulips for Sale!- At Weston YMCA

**Wednesday, March 11th at 12:00pm in
Studio C at the Weston YMCA**

Join Brianna from U-Paint for a guided art class to create the charming painting "Tulips for Sale" on an 11 x 14 canvas. With over 20 years of teaching experience, Brianna provides clear instruction in a relaxed environment suitable for all skill levels. You'll receive creative support to bring the floral scene to life and leave with a finished piece to display proudly.



Facilitator: Brianna LaVonne
Members: \$25

The Landing Social

**Tuesday, February 10th at 3:00-5:00pm
1239 Schofield Ave | Schofield, WI**

Join us for a relaxed gathering to meet singles, make friends, and enjoy conversations in a welcoming atmosphere. Share ideas for future meetups while sipping and socializing—we'd love your suggestions!



Facilitator: Cheryl Johnson-Domino
Members: FREE

Mead Wildlife Area Presents: Nature Education & Exploration

**Thursday, March 12th- Meet in Lot A for
Departure at 8:30am**

Join Mead's nature educators for an engaging educational session on "Wisconsin Mammals" followed by a winter exploration hike. Dress appropriately for outdoor activities, and snowshoes or trekking poles will be available for use. Participate in this nature education and hiking program!



Reg. Deadline: March 6th
Cancellation Deadline: March 2nd
Facilitator: Sam DeRoche
Members: \$15



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Mind Body & Spirit: Raising Your Energy

**Thursday, March 12th & 19th at 9:30-
11:00am in The Landing Fireside Room**

Our universe and everyone in it is composed of energy that vibrates intensely, influencing our feelings and interactions. Join us in a book club focused on Kyle Gray's "Raise Your Vibration," where we'll learn tools to maintain high energy, even during stress. The tools include affirmations, chakra clearing techniques, and steps to develop a spiritual practice to attract positivity. Debby will share her helpful techniques as well.



Facilitator: Debby Krenz
Members: \$17 per session

History with Professor Leigh- Russian Revolutions of 1917

**Thursday, March 12th at 1:00-2:30pm in
The Landing Enrichment Room**

Join Jeff Leigh, Professor of History at UWSP, for a presentation on the lessons from the Russian Revolutions of 1917. As the Tsar's authority weakened, various groups attempted to establish a new state based on competing ideals. The Bolsheviks' unexpected rise to power reveals important insights about Russia's history and the dynamics of revolution and extremist movements.

Facilitator: Jeff Leigh
Members: FREE

Delores Kessel & Samantha Wimmer Presentation

**Friday, March 13th at 8:30-10:00am in
The Enrichment Room**

Taking the first step toward therapy can bring up many questions. This supportive discussion will help clarify the therapy process and walk participants through what typically happens during a first appointment. Delores and Samantha will explore both the practical and emotional aspects of beginning therapy, with an emphasis on understanding, compassion, and hope.

**Facilitator: Delores Kessel &
Samantha Wimmer | Members: FREE**



Movie Monday- Movie Marathon

**Monday, March 16th beginning at 9:00am
in The Landing Fireside Room**

"Hidden Gems"

1. Running on Empty- 1 hour & 56 min.
2. Cry, The Beloved Country- 1 hour & 46 min
3. Walkabout- 1 hour & 40 min.

Facilitator: Oona Younger
Members: FREE



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PAM Rehab Presents- Jeopardy with Matt & Megan

**Tuesday, March 17th at 9:00-10:00am in
The Landing Enrichment Room**

Put your knowledge to the test in this fun and interactive Jeopardy-style game! Join Matt & Megan as we tackle questions covering healthcare topics, PAM-related information, and a mix of miscellaneous trivia. Play along, learn something new, and enjoy a lively session full of friendly competition and laughs.

Facilitator: Megan Schroeder
Members: FREE



Monthly Morning Meditation

**Wednesday, March 18th at 8:15-8:45am
in The Landing Fireside Room**

Start your day with calm and clarity by joining Debby Krenz for monthly meditation sessions, suitable for both experienced meditators and beginners. Each free session includes an introduction to meditation benefits and guided practices for home use, providing a peaceful way to begin your morning.

Facilitator: Debby Krenz
Members: FREE

Readers Group

**Wednesday, March 18th at 9:30-11:00am in
The YMCA Multi-Purpose 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 & Sue Reed
Members: FREE



GI Associates Presents: Colon Cancer- What to Know

**Wednesday, March 18th at 12:30-1:30pm
in The Landing Enrichment Room**

This educational presentation offers an overview of colon cancer, covering risk factors, symptoms, and the significance of early detection. Attendees will learn about screening and lifestyle choices that aid in prevention and treatment. Led by a medical professional, the session will also address current screening guidelines, diagnostic methods, and treatment options, empowering participants to take charge of their colon health.

**Facilitator: Carla Rhyner &
Veronika Gagovic, MD**
Members: FREE

**GI
ASSOCIATES**



March Programs

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Aviation Museum & Military Veteran Museum Tour

**Thursday, March 19th Meet in Lot A at
7:45am for Shuttle Departure**

Come & explore the world-class displays & galleries at the Aviation Museum. Check out their collection of over 200 Airplanes and other galleries & displays. Following lunch, we will head to Military Veterans Museum & education center for a guided tour.

Reg: Mar. 12th | Canc: Mar. 5th

Facilitator: David Landretti

**Members: ~~\$45~~ \$30 Thanks to Aspirus Health
Plan for your sponsorship.**

Marathon High School Presents: East Street Jazz Band

**Thursday, March 19th at 10:00-11:00am in
The Landing Enrichment Room**

Experience the vibrant sounds of the Marathon High School East Street Jazz Band as they perform an exciting blend of jazz & blues favorites. With their energetic style & engaging stage presence, the band delivers a fun & lively performance. This 45–60 minute concert offers an enjoyable morning filled with rhythm, melody, and toe-tapping music. Come join in the fun and enjoy a morning of great music, lively energy, & community spirit!

Facilitator: Sara Sternberg

Members: FREE

Let's Go Fishing

**Thursday, March 19th at 11:30am-12:30pm
in The Landing Fireside Room**

Join Bernie Lakus for a discussion on how Let's Go Fishing provides healing experiences in nature for seniors, veterans, and individuals with disabilities through fishing and boating. The lecture highlights the organization's mission to enrich lives with safe, accessible excursions that foster community connections and lasting memories. Attendees will learn about the program's inclusive features, including handicap-accessible pontoons, fishing gear, volunteer guides, refreshments, and an emphasis on fun and well-being.



Facilitator: Bernie Lakus

Members: FREE

Bingo in The Landing

**Thursday, February 19th at 1:00-2:30pm in
The Landing Enrichment Room**

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.

**Thank you to Cornerstone caregiving for
sponsoring Bingo every month.**

Facilitator: Pat Kluz

Members: FREE



March Programs

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Team Trivia Smackdown

**Friday, March 20th at 11:30am-12:30pm in
The Landing Enrichment Room**

Bring all your facts, knowledge, wisdom, or lucky guesses to this event. It's a great way to meet new people along with old friends, with much fun to be had by all, so Register Today.

Facilitator: Maryellen Marnholtz

Members: FREE



Coffee with The Landing Staff

**Monday, March 23rd at 9:00-10:00am in
The Landing Social Area**

The Landing Staff will be present in the Tech Room for coffee and casual conversation on the last Monday of each month. Join us to ask questions, gain insights about the team, or simply engage in light-hearted chatter with the staff at The Landing.



Facilitator: Landing Staff

Members: FREE

Team Trivia- At the Weston YMCA

**Friday, March 20th at 11:30am-12:30pm in
The Landing Enrichment Room**

Bring all your facts, knowledge, wisdom, or lucky guesses to the Weston YMCA. It's a great way to meet new people along with old friends, with much fun to be had by all, so Register Today.

Facilitator: Amber Pender

Members: FREE



Book Club

**Monday, March 23rd at 11:30am-12:30pm
in The Landing Fireside Room**

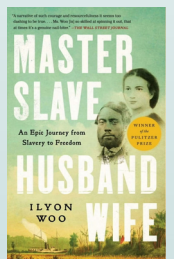
Our book club is led by Connie Heidemann with Marathon County Literacy.

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 **"Master Slave Husband & Wife"** by Ilyan Woo for March's meeting.

Facilitator: Connie Heidemann

Members: FREE



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New Member Welcome Session

**Monday, March 23rd at 11:30am-12:30pm in
The Landing Enrichment 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 programming and get a tour of The Landing and The YMCA.

Facilitator: Pat Kluz

Members: FREE

W E L C O M E

Wellness Way: Understanding Inflammation

**Tuesday, March 24th at 11:00am-12:00pm
in The Landing Enrichment Room**

Join Dr. Chett Grunwald, a chiropractor and health restoration coach, for a discussion on alternative health approaches. The lecture will cover inflammation and how nutrition, movement, stress, and environment affect healing. Discover The Wellness Way's unique methods for identifying root causes and promoting long-term health, especially when traditional treatments are ineffective. Participants will gain practical insights for improving health from within.

Facilitator: Dr. Chett Grunwald

Members: FREE



Explore & Re-Store in Marshfield

**Wednesday, March 25th - Meet in Lot a
for departure at 8:45am**

Get ready to unearth some hidden treasures as we explore Marshfield's shopping gems and thrift havens! Many spots are just a hop, skip, and a jump away from each other, but brace yourself for a bit of a stroll between some. Don't forget to dress for the weather. **Reg.: Mar. 18th | Canc. Mar. 11th**

Facilitator: Harley Peterson

Members: \$20



Rennes Group Presents: Understanding Power of Attorney

**Wednesday, March 25th at 10:00-11:00am
in The Fireside Room**

Join Rennes Group & Hougum Law Office for a clear, easy-to-understand lecture on Understanding Powers of Attorney. This session will explain what a Power of Attorney is, why it's important, and how it can protect your wishes if you're unable to make decisions yourself. Learn about the different types, when they take effect, and common mistakes to avoid—so you can feel confident planning for the future.

Facilitator: Michaela Block

Members: FREE

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Marathon County Historical Society Presents: Bicentennial

**Thursday, March 25th at 1:00-2:00pm in
The Landing Enrichment Room**

The program showcases the remarkable 1976 Bicentennial, marking the 200th anniversary of the Declaration of Independence with various celebrations like parades, fireworks, and plays. In Marathon County, this event ignited a unique interest in American and local history, fostering a sense of community pride and engagement that is unlikely to be replicated.

Facilitator: Ben Clark
Members: FREE

Blood Pressure Clinic with MCW

**Thursday, February 26th at 5:00-7:00pm
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.



knowledge changing life

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

Ho- Chunk Gaming Casino Trip

**Friday, March 27th 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
Members: FREE

Edward Jones Presentation

**Tuesday, March 31st at 11:00am-12:00pm
in The Landing Enrichment Room**

This engaging lecture covers The Four Pillars of the New Retirement: health, family, purpose, and finances, promoting a holistic approach to retirement beyond just financial planning. Attendees will learn how these pillars contribute to a balanced and fulfilling retirement experience. The session includes guided reflection and practical discussions to empower participants to assess their goals and challenges, encouraging proactive decision-making and providing tools for impactful actions that enhance their quality of life and confidence in retirement.

Facilitator: Paul Dau, CFP
Members: FREE

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Movie Monday

Mondays at 1:00pm in The Landing Fireside Room

We will be showing a movie every Monday afternoon starting at 12:45 pm in The Landing Fireside Room.

Mar. 2nd: The Kid | **Mar. 9th:** Red Joan

Mar. 16th: Movie Marathon Day

Mar. 23rd: Local Hero | **March 30th:** All About Eve

Facilitator: Oona Younger

Members: FREE

Monday Bridge (Closed Group)

Mondays at 1:00-3:00pm in The Landing Enrichment Room

This group is not open to new members.

Euchre

Tuesdays at 10:00am-12:00pm 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.

Kings in The Corner

Mondays & Thursdays from 11:00- 12:30pm in The Landing

This game uses one deck of cards for 4-5 players. Players aim to discard cards in a solitaire-style layout of 8 piles, alternating red and black in descending order, starting from Kings in the corners. Aces are low, and beginners are welcome!

Tuesday Crafters

Tuesdays at 12:00-2:00pm In The Landing Fireside Room

Join friends to work on your craft project! Bring your unfinished work for motivation and enjoy the company of fellow crafters, while also picking up useful tips and tricks.

American Mahjong

Mondays & Fridays at 12:00-3:00pm 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.

Scrabble

Tuesdays at 2:00-4:00pm in The Landing Dining 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.

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Mexican Train

**Tuesdays at 12:30pm-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 at
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.

Advance Chicago Style Bridge

**Wednesdays at 9:00-11:30am in The
Landing Enrichment Room**

Experienced Players Only – will need to contact Karen Tallisch to join the group.

Cribbage

**Wednesdays at 1:00-3:00pm in The
Landing Enrichment Room**

Come join your friends at The Landing for a fun game of Cribbage! This is a non-judgmental, fun time to come and play.

Laughter Club

**Thursdays at 10:00-11:00am in
The Landing Enrichment Room**

Laughter Club offers a fun and uplifting experience where members engage in laughter exercises through charades, improv, storytelling, and humor.

Fun Bridge

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

Beginner Bridge players are invited to play Bridge every Wednesday.

Sheepshead

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

All levels of players are welcome, even beginners

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Utilize this checklist as a helpful guide for the programs you wish to enroll in. Simply circle or highlight the programs you wish to register for and bring it to the Landing Staff for registration.

- Creative Cooking with Jackie
- Old Guys Book & BS Club
- Improvaholics
- Lunch at The Landing
- Let's Create with U-Paint (Wausau)
- Bridge Lessons
- Meet the Artist- Linda Raether
- Aspirus Health Presents: Hospice
- March Birthday Bash
- OATS- FREE Tech Program
- Elder-Well Navigation Series
- Rick Lohr Presentations
- How to Protect From Medicare Fraud
- The Landing Social
- Let's Create with U-Paint (Weston)
- Mead Wildlife Shuttle Trip
- Mind, Body & Spirit
- History with Professor Leigh
- Delores Kessel Presentation
- Monday Movie Marathon
- PAM Rehab Jeopardy
- Monthly Morning Meditation
- Readers Group
- GI Associates Presentation
- Aviation Museum & Vet. Museum Shuttle Trip
- Marathon High School Jazz Band
- Let's Go Fishing
- Bingo!
- Team Trivia Smackdown (Wausau)
- Team Trivia (Weston)
- Coffee with Landing Staff
- Book Club
- New Member Welcome Session
- Wellness Way
- Explore & Re-Store Shuttle Trip
- Rennes Group Presentation
- Marathon Historical Society Presentation
- Blood Pressure with MCW
- Ho-Chunk Casino Shuttle Trip
- Edward Jones Presentation