

April

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.

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Program Cancellation Policy

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

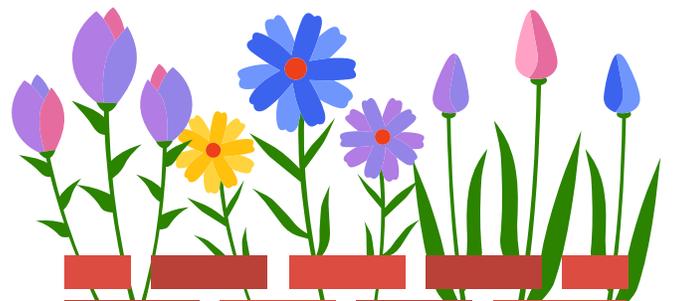
For fee-based programs:

- 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.



April Programs



Old Guys Book & BS Club: "Tailspin"



**Wednesday, April 1st 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 "Tailspin" by John Armbruster for the April meeting. **Spots are limited- Registration is required**



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

April Lunch at The Landing

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

- Apr 1st:** Bibimbap- **\$10**
- Apr. 8th:** Lemon Butter Cod- **\$10**
- Apr. 15th:** Pulled Pork Sandwich- **\$10**
- Apr. 22nd:** Beef Bolognese- **\$10**
- Apr. 28th:** Elegant Chicken- **\$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, April 1st & 8th 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**

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**

April Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

Intermediate & Advanced Bridge Lessons

Special
Interest

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

BrainSavers- Continuing

Health &
Wellness

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

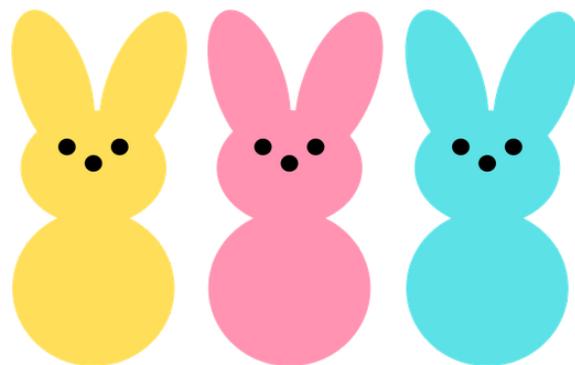
BrainSavers is an evidence-based, Brain + Body Total Fitness program for Healthy aging. This program will help you maintain your enjoyment of independent living, while improving your overall physical & mental well-being. It is designed to help those living with, or at risk for Alzheimer's disease and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

Wausau Wood Carvers

Special
Interest



Thursday, April 2nd at 10:00-11:30am in The Landing Fireside Room

Explore woodcarving with the Wausau Area Woodcarvers and Legacy Woodworking Academy in this beginner-friendly introduction. The session covers selecting wood, understanding grain direction, and using hand and power tools. Presenters will showcase carving styles like chip carving and relief carving, along with a live demonstration of essential techniques. Participants will learn about safety and tool selection, with opportunities for supervised practice. This welcoming event is ideal for beginners and those interested in woodcarving.

Facilitator: Mike Clark | **Members:** FREE

April Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

Aspirus Health Presents: Hospice

Health &
Wellness

**Thursday, April 2nd at 12:00-1:00pm
in The Landing Enrichment Room**

Join Aspirus Health Hospice for a compassionate lecture on Personal Death Awareness, exploring natural responses to mortality and encouraging reflection on life, legacy, and end-of-life planning. Participants will understand emotional aspects of facing death and learn strategies for approaching mortality with awareness and peace. The lecture fosters a supportive environment for discussing personal values and planning, helping individuals navigate these sensitive topics confidently.

**Facilitator: Heidi Kraege & Natalie Bassett
Members: FREE**

Elder Well- Senior Care Navigation Series

Health &
Wellness

**Monday, April 6th at 11:00-12:00pm in The
Landing Fireside Room**

Many older adults may feel uneasy about “being a burden” or receiving help, while caregiving can exhaust spouses, adult children, or friends. This class examines the sensitivity around respite care and its potential to strengthen relationships. Participants will learn to support caregivers, maintain their own well-being, and prioritize independence and dignity.

**Facilitator: Zoey Vecellio
Members: FREE**



April Birthday Bash

**Friday, April 3rd at 11:30am-12:30pm in
The Landing Enrichment Room**

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 & Volunteers
Members: FREE**



Creative Cooking with Jackie- Baked Trout

Special
Interest

**Tuesday, April 7th at 9:00-11:30am in
The YMCA Multi-Purpose Room**

Join Jackie for an enjoyable cooking class where you'll learn to prepare baked trout in foil with spicy baby potatoes and cauliflower rice. The class focuses on simple techniques for seasoning and timing, using fresh ingredients that are easy to replicate at home. It's designed for home cooks of all skill levels, aiming to build confidence in the kitchen.



**Facilitator: Jackie Romero
Members: \$25**

April Programs



Honoring Choices

Health & Wellness

Tuesday, April 7th at 9:00-10:00am in The Landing Fireside Room

Join Julie Barge from Aspirus to explore Advance Care Planning (ACP), which helps adults articulate and document their future healthcare decisions through a Health Care Directive. This written plan ensures your wishes are known if you cannot communicate. Advance care planning involves making choices based on personal values and discussions with loved ones. Schedule a One-on-One appointment with Julie to start your Advance Care Plan!

Facilitator: Julie Barge

Members: FREE

Spring Potluck at Weston YMCA

Special Interest

Wednesday, April 8th at 11:30am in Studio C

Join us for a Spring Potluck to celebrate the season with friends, food, and cheer! This community gathering invites guests to share their favorite homemade dishes, enjoy stories, and create lasting memories. Bring a dish, whether it's a family recipe or a spring favorite, and enjoy a heartwarming afternoon of food and laughter!



Facilitator: Tyler Leiskau

Members: FREE

Wellness Way: Immune System

Health & Wellness

Tuesday, April 7th at 11:00am-12:00pm in The Landing Enrichment Room

Join Dr. Chett Grunwald, chiropractor and health restoration coach, for a discussion on the immune system and how lifestyle choices impact wellness. The presentation covers inflammation, thyroid function, and immune health, offering alternative views on supporting the body's natural healing. This engaging talk aims to expand knowledge and explore new wellness strategies.



Facilitator: Dr. Chett Grunwald

Members: FREE

Mead Wildlife Area Presents: Nature Education & Exploration

Offsite Adventures

Thursday, April 9th Meet at Shuttle in Parking Lot A at 8:30am

Join Mead's nature educators for an engaging educational session on "Wisconsin Groundwater" 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: April 2nd

Cancellation Deadline: March 27th

Facilitator: Sam DeRoche

Members: \$15

April Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

Mind Body & Spirit: Raising Your Energy

Special
Interest

**Thursday, April 9th & 16th 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

North Central Master Gardeners Present: Ask your Questions!

Educational

**Thursday, April 9th at 1:30-2:30pm in
The Enrichment Room**

Join plant health experts from North Central Master Gardeners for interactive open-forum sessions every 2nd Thursday from April to September, 1:30-2:30 p.m. Ask questions about trees, shrubs, fruits, vegetables, indoor and ornamental plants, lawns, and more. Experts will offer insights on plant diseases, pests, and general care.



Facilitator: Karen Giese
Members: FREE

Delores Kessel & Samantha Wimmer Present- Sharing our Wisdom

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

This inspiring lecture highlights seniors' unique contributions and how to promote them by engaging in fulfilling activities. It addresses societal perceptions of aging, shaped since the 1935 Social Security Act, which marked age 65 as "old age" and marginalized seniors despite reducing poverty. Participants will explore ways to share their knowledge and creativity while embracing the freedom of life after work, fostering dialogue and practical ideas for meaningful contributions to their communities.



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

Health &
Wellness

Eyemart- Eye Glass Tune-ups & Adjustments

Special
Interest

**Monday, April 13th at 10:00-11:00am in
The Landing Enrichment Room**

Visit Shelley from Eyemart Express for a free eyeglass cleaning, tune-up, and adjustment. As the General Manager, she is dedicated to helping patients look and see their best. Shelley will also provide exclusive coupons for new glasses, making it a great chance to care for your eyewear!

**EYEMART
EXPRESS**

Facilitator: Shelley Turner
Members: FREE

April Programs



OATs- FREE Technology Program: Lecture- Antivirus Options & Malware Removal



Monday, April 13th at 10:00-11:00am in The Landing Fireside Room

Concerned about viruses and malware? Did you know that viruses are only one type of malware that can harm your computer?

In this class, we'll go over different types of malwares and how they work. We'll also introduce some anti-virus programs and malware remover software and go over how these tools can be used to prevent and get rid of malware infections.

Attend this class to learn how to keep your device safe!

Facilitator: Barb Tesch & Debbie Dahlke
Members: FREE

OATs- FREE Technology Program: Workshop- Gmail Tips & Tricks



Tuesday, April 14th a 8:30am OR 10:15am in The Landing Fireside Room

This hands-on workshop  **OLDER ADULTS TECHNOLOGY SERVICES** is designed for individuals with some experience using Gmail, focusing on more than just sending and receiving emails. **Prerequisites include** having a Gmail address and being comfortable signing in with your username and password. Participants can bring their own smartphone, tablet, or iPad for practice or use one of the available Landing iPads to sign into their Gmail.

Facilitator: Barb Tesch & Debbie Dahlke
Members: FREE

PAM Rehab Presents- The Wausau Fire Department



Monday, April 13th at 11:00am-12:00pm in The Landing Enrichment Room

Join us for an informative presentation in partnership with the Wausau Fire Department highlighting their innovative Community Paramedic Program. Presented by Matthew Kozoski and our team, this session will explore how the program supports individuals who frequently rely on emergency services by addressing the root causes of their medical needs.

Facilitator: Megan Schroeder
Members: FREE

Honoring Choices



Tuesday, April 14th - in The Landing Fishbowl Office

Advance care planning is making decisions about the healthcare you would want to receive if you're facing a medical crisis. These are your decisions to make based on your personal values, preferences, and discussions with your loved ones. Schedule a time with Julie to start your Advance Care Plan.

10:00am | 10:30am | 11:00am | 11:30am
Facilitator: Julie Barge
Members: FREE

April Programs



Registration is Required

Visit our Member Service Desk & Sign Up!

Rick Lohr Presents: Across Canada by Train



Tuesday, April 14th - Enrichment Room & Wednesday April 15th - Fireside Room at 10:00-11:00am

Join Rick Lohr for an exciting rail journey across Canada, from Vancouver to Toronto, showcasing the stunning Canadian Rockies. He shares personal stories and highlights the scenic landscapes, rich geography, and diverse cultures along the historic railroad corridor. Experience the people and places that define the Canadian rail adventure.



Facilitator: Rick Lohr
Members: FREE

FA\$T- Scam Awareness



Tuesday, April 14th at 12:00-1:00pm in The Landing Enrichment Room

Join Jared Clay for an overview of NCHC's FA\$T (Financial Abuse Specialist Team) serving Marathon, Lincoln, and Langlade counties, ideal for newcomers to the program. The session will cover current financial scams, including cryptocurrency and Bitcoin ATM scams, along with common investment fraud schemes, equipping participants to recognize warning signs and protect themselves from financial exploitation.

Facilitator: Jared Clay
Members: FREE

The Landing Social



Tuesday, April 14th at 3:00-5:00pm
450 Orbiting Dr | Mosinee

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

Wings Grief



Tuesday, April 14th, 21st, 28th, May 5th & 12th at 3:30-4:30pm in The Landing Fireside Room

Grieving has evolved, with the new generation more open to discussing its complex emotions and personal impacts. While the healing principles remain unchanged, "Beyond the ABCs" will explore often-ignored topics like generational grieving styles, secondary losses, avoidance, and the importance of hope. It emphasizes that grief is a continuous learning process, equipping individuals for future losses, and offers tips to help rebuild a positive vision for the future. **Must Call 715-845-4159 to**

Register
Facilitator: Nan Zastrow
Members: FREE

April Programs



Monthly Morning Meditation

Special Interest

Wednesday, April 15th 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

Let's Create with U-Paint: Spring Sign

Special Interest

Wednesday, April 15th at 12:30-2:30pm in The Landing Fireside Room

Celebrate the season by creating a 24" "Hello Spring" wooden sign in this fun and creative art class! Guided step-by-step, you'll paint and personalize your sign to match your own style, making it the perfect décor piece for your home or a thoughtful handmade gift.



Facilitator: Brianna LaVonne
Members: \$25

Readers Group

Special Interest

Wednesday, April 15th 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

Bingo in The Landing

Games

Thursday, April 16th 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





YOU'RE INVITED

The Landing Open House

Thursday, April 16th at 4:00-6:00pm

Members of the Woodson YMCA and The Landing are warmly invited to join us for our Expansion Open House!

Explore all three floors, connect with fellow members, and experience our newly expanded spaces. Help us celebrate this exciting new chapter together.

If you know a YMCA member bring them along.

No Registration Required

April Programs



Registration is Required

Visit our Member Service Desk & Sign Up!

Tony Omernik Presents: Secrets of Planning a Happy Retirement



Friday, April 17th at 10:00-11:00am in the Landing Fireside Room

Join Tony Omernik, an experienced retirement coach, as he leads this program that helps people develop their personalized non-financial plan for a happy retirement plan!



Retirement is not just about finances, it's also about maximizing your life experiences around you and your objectives in having a happy retirement.

Facilitator: Tony Omernik

Members: FREE

Volunteering 101 with Tony Omernik



Monday, April 20th at 10:00-11:00am in The Landing Enrichment Room

Tony will discuss the value of volunteering in retirement, covering:

- Health benefits
- Community needs and volunteer impact
- Finding the right fit
- Getting started
- Available resources

Participants will receive a "Right Fit for You Volunteering" guide to help them choose suitable opportunities based on their time, interests, skills, and desired involvement.

Facilitator: Tony Omernik

Members: FREE

Team Trivia Smackdown



Friday, April 17th at 11:30-12:30am in The Landing Enrichment Eoom

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



Monarchs with Mel



Tuesday, April 21st at 10:00-11:00am in The Landing Fireside Room

Pollinators like monarchs are declining in the U.S. due to pollution, pesticides, pests, pathogens, land use changes, and climate change. However, we can help reverse this trend.

Learn how fascinating these beautiful creatures are and how you too can become a Monarch Herder

Facilitator: Mel Marnholtz

Members: FREE

April Programs



CVA Art Tour- Community & Contemporary Voices



Tuesday, April 21st at 11:00am-12:00pm at the CVA

Head to the CVA for a guided art exhibit tour featuring two compelling exhibitions. Explore the **Wisconsin Visual Artists North Wi Chapter Member Show**, a diverse collection showcasing the creativity, techniques and perspectives of regional artists. **Same as it Ever Was**, a solo exhibition by Jessica Edgar featuring striking three-dimensional works. This tour offers insight in the artists processes, themes and intentions.

Facilitator: Madison Hager
Members: FREE

The Link to Oral Health & Social Connection



Wednesday, April 22nd at 12:00-1:00pm at the Weston YMCA- Studio C

As we age, changes in vision, hearing, and dental health can affect comfort and quality of life. Good oral hygiene supports nutrition, speech, and overall health, while reducing discomfort. RDH Communications and Elder-Well Adult Day Program emphasize the importance of oral health and social engagement for older adults to enhance confidence and vibrancy in their lives.

Facilitator: Zoey Vecellio & Jenny Maxwell
Members: FREE

St. Croix- Rooted in Wellness



Wednesday, April 22nd at 11:00-12:00pm in The Landing Fireside Room

Join UW-Madison Extension and St. Croix Hospice for a unique hands-on wellness event. Led by horticulture educator Janell Wehr, the African Violet propagation workshop will focus on nurturing growth and reflecting on how hospice supports comfort and dignity throughout life's stages.



Facilitator: Janell Wehr
Members: FREE

Fireside Chats with Paul from Edward Jones



Thursday, April 23rd at 9:00-10:00am in The Landing Fireside Room

Join Paul Dau, CFP®, for an informal discussion to boost your confidence in investing. Ask questions and learn about investments, markets, life insurance, and more in a relaxed environment. This is a great opportunity to expand your financial knowledge through shared insights and participant questions. Don't miss out on this engaging conversation about investing!



Facilitator: Paul Dau, CFP
Members: FREE

April Programs



Marathon County Historical Society Presentation



Thursday, April 23rd at 1:00-2:00pm in The Landing Enrichment Room

Join Ben Clark from the Marathon County Historical Society for an engaging presentation on Wausau's electric streetcar system, operational from 1906 to 1940. This modern trolley service connected neighborhoods, supported local businesses, and influenced community growth. Through historic photos and stories, Ben will discuss the trolley's operation, popularity, and eventual decline, offering a unique insight into this little-known aspect of local history.

Facilitator: Ben Clark

Members: FREE

Ho-Chunk Gaming Casino Trip



Friday, April 24th - 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

Members: FREE

The Wausau Conservatory Adult Flute Choir



Saturday, April 25th at 11:15am in The Landing Enrichment Room

Join us for an afternoon of flute choir music featuring the Wausau Conservatory Adult Flute Choir. We will perform music from the Baroque Era through the present.



Dr. Roseman has led the Wausau Conservatory Adult Flute Choir for the past 28 years. This is our 3rd year performing at the Landing.

Facilitator: Jacob Roseman

Members: FREE

Leigh Yawkey Guided Tour- Tiffany or Ti-Phony



Friday, April 24th at 12:30-1:30pm at Leigh Yawkey Art Museum

The exhibition "Tiffany or Ti-phony?" features 45 lamps from The Neustadt's collection, marking the largest traveling display of Tiffany lamps. It explores the distinction between genuine Tiffany lamps and imitations through innovative research, comparisons, and interactive elements. Visitors will learn to identify the true nature of these artworks and the significance of spotting fakes.

Facilitator: Rachel Hausamann Schall

Members: FREE

April Programs



Coffee with The Landing Staff

Monday, April 27th 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

New Member Welcome Session

Educational

Monday, April 27th 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

Book Club

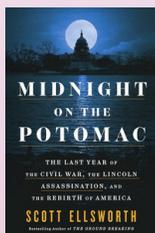
Special Interest

Monday, April 27th 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 **"Midnight on the Potomac"** by **Scott Ellsworth** for April's meeting.



Facilitator: Connie Heidemann

Members: FREE

Greens, Gardens & Greenhouses Galore!

Offsite Adventures

Tuesday April 28th OR Thursday, April 30th- meet at 7:45am in Lot A for Departure

Let's head out and enjoy a 'Breath of Spring' as we visit multiple greenhouses. Annuals, perennials and shrubs. Hanging baskets & Planters. Potting soil, bedding, mulch and vegetable flats. We will experience it all and more.

Join in this blooming-gardens tour as we explore multiple greenhouses West of Wausau

Reg. DL: April 26th | Can. DL: April 15th.

Facilitator: Harley Peterson & David Landretti

Members: \$25

April Programs



Alzheimer's Association- Recognizing to 10 Warning Signs

Health & Wellness

**Tuesday, April 28th at 11:00am-12:00pm in
The Landing Enrichment Room**

Learn how to spot the 10 common warning signs of Alzheimer's disease and other forms of dementia. This informative program explains what the disease is, how these warning signs differ from typical age-related changes, and when it may be time to seek a professional evaluation. You'll also learn next steps for getting a diagnosis and accessing helpful resources for yourself or a loved one.

Facilitator: Julie St. Pierre
Members: FREE

Glaser Dental Presents: Replacing Missing Teeth

Health & Wellness

**Wednesday, April 29th at 12:00-1:00pm in
The Landing Enrichment Room**

Join us for a discussion on advancements in tooth replacement technology, including dental implants, fixed and removable appliances, and implant-supported dentures. Attendees will discover how these solutions restore function, comfort, and confidence, along with factors influencing the best approach for individual needs. This session provides practical insights for those interested in dental innovations or considering tooth replacement.

Facilitator: Karin Vermack & Kylee Wilde
Members: FREE



Rennes Group Presents: Body in Motion

Health & Wellness

**Wednesday, April 29th at 10:00-11:00am in
The Landing Fireside Room**

Join Rennes Group for a presentation aimed at older adults: "Body in Motion: Functional Fitness for Life." It focuses on safe movements that enhance strength, balance, flexibility, and mobility for daily activities. Participants will learn practical tips and gentle exercises to ease tasks like walking and climbing stairs, promoting independence and reducing fall risks for overall well-being at any life stage.



Facilitator: Michaela Block
Members: FREE

Golf Lessons with PGA Pro Paul Bjerke

Offsite Adventures

**Wednesday, April 29th at 4:30-5:30pm at
Rib Mountain Golf Course**

Paul Bjerke, a PGA Golf Professional, will conduct a group lesson at The Landing, Rib Mountain Golf Course Driving Range. Golf clubs are available for those without their own. Suitable for all skill levels, the lesson costs \$30, which includes a bucket of 60 golf balls for practice.

Facilitator: Paul Bjerke
Members: \$30

April Programs



Ask the Bank- Q&A with Associated Bank



Thursday, April 30th at 1:00-2:00pm in The Landing Fireside Room

Join us for a relaxed conversation with Associated Bank, where members can ask banking and financial questions. Learn about topics like banking services, budgeting, fraud prevention, and loans in a judgment-free environment. Members can also schedule 15-minute one-on-one appointments with a bank representative for personalized assistance.

Facilitator: Jacob Cyr
Members: FREE

Blood Pressure Clinic with MCW

Thursday, April 30th at 2:00-4:00pm in The YMCA Multi-Purpose Room

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



Get checked by a Central Wisconsin Medical College student to learn your numbers and take the first step toward better health. These checks are open to all ages and no registration required

Facilitator: Medical College of Wisconsin
Members: FREE

Ask the Bank- Q&A with Associated Bank



Thursday, April 30th at 2:00-3:00pm in The Landing Fireside Room

Join us for a relaxed conversation with Associated Bank, where members can ask banking and financial questions. Members may also sign up for 15-minute one-on-one appointments with an Associated Bank representative for private conversations tailored to individual needs.

Facilitator: Jacob Cyr
Members: FREE



April Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

Looking Ahead

Clauson Family Dinner Theatre- The Music of Elvis, Roy & Buddy

Offsite
Adventures

Thursday, May 7th - Meet at 10:30am at Shuttle - REGISTRATION DEADLINE: APR 14
Join us for a show celebrating early Rock 'n' Roll legends Elvis Presley, Roy Orbison, and Buddy Holly. Before the performance, enjoy a buffet dinner featuring three meat entrées, sides, fruit salad, dessert, and beverages, all freshly prepared to match the show's theme.
Registration/Cancellation Deadline: April 14th
Facilitator: David Landretti
Members: \$95

Annual Brewers Trip

Offsite
Adventures

Thursday, August 6th - Meet in Lot A at 7:20am for Departure
Save the Date for our Annual Lamers Trip to see the Brewers take on the Pittsburgh Pirates.
Stay Tuned for More Information
Facilitator: Casey Waldvogel
Members: \$130

Woodchucks Outing

Offsite
Adventures

Thursday, July 23rd - Game Time: 12:05pm
Save the Date to cheer on the Wausau Woodchucks as they take on the Green Bay Packers.
Stay Tuned for More Information
Facilitator: Casey Waldvogel
Members: TBD



Weekly Programs



Movie Monday

Mondays at 1:00pm in The Landing Fireside Room

Apr. 6th: All Saints | **Apr. 13th** A Quiet Passion
Apr. 20th: Movie Marathon- Air Force One, Indiana Jones & The Dial of Destiny, The Mosquito Coast | **April 27th:** Sleepless in Seattle

Facilitator: Oona Younger

Members: FREE

Kings in The Corner

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

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

American Mahjong

Mondays & Fridays at 12:00-3:00pm in The Landing Dining Room

Join us for MahJong. Up to 16 players if using only The Landing's Mahjong sets. Bring your own Mahjong card.

Monday Bridge (Closed Group)

Mondays at 1:00-3:00pm in The Landing 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.

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.

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.

Weekly Programs



Mexican Train

Tuesdays at 12:30pm-3:30pm in The Landing Dining Room

Mexican Train is a domino game where players aim to play all their tiles onto one or more chains, or "trains," from a central hub. Its popular name originates from a special optional train that all players share.

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 Game Room

Come join us 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 Friday.

Sheepshead

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

All levels of players are welcome, even beginners

April Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

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.

- Old Guys Book & BS Club
- Improvaholics
- Lunches at The Landing
- Wausau Wood Carvers
- Aspirus Health Presents- Hospice
- April Birthday Bash
- ElderWell- Navigation Series
- Creative Cooking with Jackie
- Honoring Choices
- Wellness Way
- Spring Potluck at Aspirus YMCA
- Mead Wildlife Shuttle Trip
- Mind, Body & Spirit
- Master Gardeners
- Delores Kesses Mental Health
- EyeMart- Eye glass tune-ups
- OATS Tech Classes
- OATS Workshop
- PAM Rehab Presentation
- Honoring Choices | 1:1 Sessions
- Rick Lohr Presents Canada
- Greens, Gardens & Greenhouses
- Alzheimer's Association Presentation
- Ask the Bank- Associated Bank
- Blood Pressure Clinic with MCW
- FA\$t- Scam Awareness
- The Landing Social
- Wings Grief
- Monthly Morning Meditation
- Readers Group
- Let's Create with U-Paint
- Bingo at The Landing
- Tony Omernik- Happy Retirement
- Team Trivia
- Volunteering 101 with Tony
- Monarchs with Mel
- CVA Art Tour
- St. Croix- Rooted in Wellness
- The Link to Oral Health- Aspirus YMCA
- Fireside Chats with Edward Jones
- Marathon CTY Historical Presentation
- Leigh Yawkey Art Tour
- Ho-Chunk Casino Trip
- Wausau Conservatory Flute Choir
- Coffee with Landing Staff
- Book Club
- New Member Welcome Session
- G;aser Dental Presentation
- Golf Lesson with PGA Pro