

May

Program Guide & Newsletter



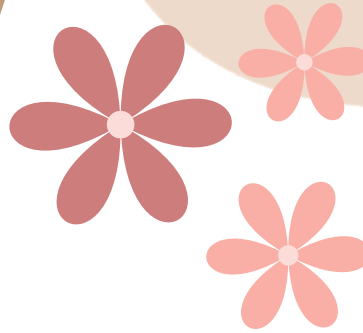
Woodson YMCA
707 N 3rd St, Wausau WI

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.



May Programs



May Birthday Bash

Friday, May 1st 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**

Wausau Symphony Band- Picnic at the Pavilion Concert

Sunday, May 3rd at 4:00-6:00pm at the Rothschild Pavilion

Join us for our Annual Spring Concert and Fundraiser at the Rothschild Pavilion. Free, family-friendly concert with music from both ensembles, food trucks, raffle prizes and more!

**Facilitator: JuliAnn Sklow
Members: FREE**



OATs- FREE Technology Program: Smartphone Course



Mondays, May 4th-June 15th in The Landing Fireside Room | Reg. Deadline: Apr. 30th

Session 1: 9:00-10:30am: iPhones

Session 2: 11:00am-12:30pm: Android

This 5-week course explores the basics of using your smartphone's digital camera. You'll learn how to take pictures, where they're stored on your device, and how to delete them. You'll also go over tips for taking selfies, recording videos and sharing your photos. This course also introduces some fundamental photography principles about composition and lighting.

See flyer for pre-requisites.

**Facilitator: Julie Struefert
Members: FREE**

Samy Presents: Wonders of Egypt- Two Part Series



Monday, May 4th & Wednesday, May 6th at 10:00-11:00am in The Landing Enrichment Room

Join Samy Abadeer for a two-part presentation on Egypt's history and culture. Part One covers Lower Egypt, focusing on the Nile delta, trade, and early civilization, while Part Two explores Upper Egypt's temples and influence on dynasties. The presentations highlight regional connections and shared traditions, offering insights into how these areas shaped ancient Egypt. Experience the captivating landscapes, people, and stories that still resonate today.



**Facilitator: Samy Abadeer
Members: FREE**

May Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

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 fitness program focused on healthy aging, enhancing both physical and mental well-being. It targets individuals living with or at risk for Alzheimer's and dementia, promoting independent living and brain exercise. Currently, registration is not open for new participants.

Facilitator: Becky Zelent

Members: \$25

First Presbyterian Church Presents: Palestine History Exhibit

Offsite
Adventures

Tuesday, May 5th at 12:00-1:00pm at the First Presbyterian Church

"Palestine's History of Displacement and Fragmentation, and Vision for Return" is an impactful art exhibit showcasing diverse works that explore loss, resilience, and hope. Artists reflect on generational displacement, identity, and connection to homeland while also envisioning themes of return and cultural continuity. Join us to experience this collection that encourages reflection and deeper understanding.

Facilitator: Roxann Bornmann

Members: FREE

Creative Cooking with Jackie- Tacos Dorados

Special
Interest

Tuesday, May 5th at 9:00-11:30am in The YMCA Multi-Purpose Room

Join Jackie to learn to make Tacos Dorados, crispy, fried tacos bursting with flavor and a sweet finish of strawberries with cream.

This fun and interactive session will guide you step-by-step, from prep to the perfect fry & assembly. Whether you're a seasoned cook for just love trying new recipes, you'll be able to recreate these dishes at home.

Facilitator: Jackie Romero

Members: \$30



Live Literature- Step into Uncle Vanya

Special
Interest

Tuesday, May 5th - 26th at 1:00-2:30pm in The YMCA Multi-Purpose Room

Join Live Literature, a classic theater program featuring group readings and discussions. This session focuses on Anton Chekhov's "Uncle Vanya," exploring its humor, longing, and memorable characters. Participants will read the play aloud, discussing its themes and characters. No acting experience is needed, just a desire to enjoy the experience. Whether reading a role or listening, it's a fun way to connect with fellow literature enthusiasts. Come be part of the story! **Reg. Deadline: April 22nd**

Facilitator: Sarah Rudolph & Bob Davis

Members: \$25



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKINSON'S DISEASE MANAGEMENT PROGRAM



Rock Steady Boxing is a non-contact boxing program tailored for individuals with Parkinson's Disease, focusing on improving quality of life through exercises that enhance balance, strength, agility, and overall fitness.

Beginning May 5th

Tuesdays & Thursdays

12:00-12:45pm

Group Exercise Studio

**One-time \$35 Fee required-
Registration required**

**Must be a YMCA Member to
Participate**

**Volunteers
Needed**

To register, or for more information contact:
Amber Pender- apender@thelandingwausau.com

May Programs

Registration is
Required

Visit our Member
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Spanish Lessons- Beginner

Educational

Tuesdays, May 5th-June 23rd at 3:30-4:30pm in The Enrichment Room

Master greetings, numbers, colors, family terms, and everyday vocabulary while practicing basic grammar and conversations in an engaging 8-week Spanish course with instructor Celin Mejias. Enjoy interactive lessons featuring games and role-play, focusing on real-world situations like dining and shopping, while exploring Hispanic cultures and traditions.

Facilitator: Celin Mejias

Members: \$160 for all 8 Sessions

Old Guys Book & BS Club: "Short Nights of the Shadow Catcher"

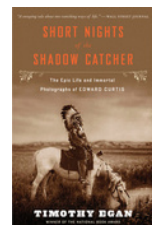
Social
Clubs &
Groups

Wednesday, May 6th 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 "Short Nights of the Shadow Catcher" by Timothy Egan for the May meeting. **Spots are limited- Registration is required**

Facilitator: John DeLaporte & Bill Pogge

Members: FREE



CINCO de Mayo

Wings Grief

Special
Interest

Tuesday, May 5th & 12th at 3:30-4:30pm in The Landing Fireside Room

Grieving has evolved, with younger generations more open to discussing its complexities. "Beyond the ABCs" will explore topics like generational grieving styles, secondary losses, and the importance of hope. It emphasizes grief as a continuous learning process, providing tips to help rebuild a positive future vision. **Registration is required by calling 715-845-4159.**

Facilitator: Nan Zastrow

Members: FREE

Improvaholics: What's Your Line

Special
Interest

Wednesday, May 6th & 13th at 11:00am-12:00pm in The Landing Fishbowl 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

May Programs

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Required

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Sign Up!

May Lunch at The Landing

Wednesdays at 11:30am in The Landing Kitchen

May 6th: Fish Tacos- \$12

May 14th: No Lunch this week

May 20th: Quinoa Salad with Chicken- \$12

May 27th: Build your own Hotdog-\$12

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

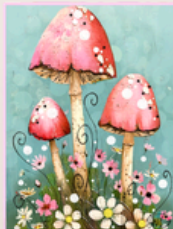
Facilitator: Haley Houghton & Amber Pender

Let's Create with U-Paint: Mushroom Meadow

Special
Interest

Wednesday, May 6th at 12:30-2:30pm in The Landing Fireside Room

Step into a whimsical world of creativity as you bring the charming canvas "Mushroom Meadow" to life! This guided painting class is perfect for all skill levels—no experience needed.



Join Briana LaVonne, owner of U-Paint and a seasoned art instructor with over 20 years of experience. She'll guide you step-by-step in a fun, welcoming environment where you can unwind and let your creativity shine. You'll leave with a beautiful work of art—and a fun, memorable experience to match!

Facilitator: Brianna LaVonne
Members: \$28

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

Offsite
Adventures

Thursday, May 7th Meet at Shuttle at 10:30am in Lot A

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 has closed.

Facilitator: David Landretti
Members: \$95

Practical Wisdom for Everyday Life

Special
Interest

Thursday, May 7th, 14th, & 21st at 10:30am-12:00pm in The Landing Fishbowl Office

The dignity and uniqueness of every person can add to the rich possibilities of seeking and finding harmony in any relationship. Explore principles that undergird good relationships and guide us through the rough patches. This class offers opportunities to build on your inner knowing and wisdom.

Loretta Ulmschneider CPK draws on 40 yrs. in the practice of kinlein, assisting clients as they build on all that is good & strong within them.

Facilitator: Loretta Ulmschneider, CPK
Members: \$10 for all 3 sessions

May Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

The Board on Aging and Long-Term Care and Your Rights

Health &
Wellness

**Thursday, May 7th at 11:00am-12:00pm
in The Landing Fireside Room**

The Board on Aging and Long-Term Care offers three key programs:



Medigap, the Volunteer Ombudsman Program, and the Regional Long-Term Care Ombudsman Program. They advocate for long-term care consumers in Wisconsin by providing information on rights and educating the public about healthcare systems. Join their experts for guidance on accessing long-term care resources and protecting your rights.

Facilitator: Mary LeMay
Members: FREE

Salad in a Jar Workshop with Becky

Special
Interest

**Thursday, May 7th at 1:00-2:30pm in
The YMCA Multi-Purpose Room**

Discover the secret to fresh, delicious, grab-and-go lunches! Join Becky as she teaches you how to prep 4 different salads in mason jars—perfectly layered, easy to store, and ready to enjoy for days.



Fun, flavorful and practical- this class is perfect for anyone who loves healthy, convenient meals without the fuss. Take home 3 ready-to-eat salads, please the skills to make more at home.

Facilitator: Becky Zelent
Members: \$23

Hospice- Aspirus Health Presents: Palliative Care

Health &
Wellness

**Thursday, May 7th at 12:00-1:00pm
in The Landing Enrichment Room**

Join us for an informative and compassionate presentation led by Dr. Scully, Hospice and Palliative Medical Director, as she explores the role of palliative care in supporting individuals with serious illness. Learn how palliative care focuses on improving quality of life through symptom management, comfort, and thoughtful decision-making.

Facilitator: Heidi Kraege
Members: FREE

PAM Health- Test your Health IQ with Megan

Health &
Wellness

**Thursday, May 7th at 1:00-2:00pm in
The Landing Fireside Room**

Join Megan for a fun, game show-style PAM Program that makes learning about your health interactive and engaging. Test your knowledge, enjoy friendly competition, and gain helpful insights to support your overall well-being—all in an upbeat and memorable format! Learn, laugh, and level up your health—game show style!



Facilitator: Megan Schroeder
Members: FREE

May Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

Spanish Lessons- Intermediate

Educational

Tuesdays, May 7th- June 25th at 3:30-4:30pm in The Fireside Room

Enhance your Spanish skills in this 8-week intermediate course with Celin Mejias. Engage with short stories, songs, conversations, and movies while learning to write your own stories and confidently communicate. The course features clear grammar explanations and diverse exercises to improve your reading, writing, listening, and speaking abilities. It's perfect for those with basic Spanish knowledge seeking to refine their skills.

Facilitator: Celin Mejias

Members: \$160 for all 8 Sessions

Delores Kessel & Samantha Wimmer Present- Parenthood

Health & Wellness

Friday, May 8th at 8:30-10:00am in The Landing Fireside Room

Join us for a thoughtful presentation on Parenthood, held between Mother's Day and Father's Day. Explore the many realities of parenting—there's no perfect way, just many ways to show care and love.

This inclusive conversation also honors those who hoped to be parents, chose a different path, or are learning to embrace their journey. Come reflect, connect, and celebrate the many ways life can be meaningful.

Facilitator: Delores Kessel & Samantha Wimmer | Members: FREE



Wausau Wood Carvers

Special Interest

Friday, May 8th at 10:00-11:30am in The Landing Enrichment Room

Discover the art of woodworking in this engaging, beginner-friendly introduction presented by the Wausau Area Woodcarvers and Legacy Woodworking Academy. Learn the basics of selecting the right wood, understanding grain direction and using common hand and power tools. This welcoming session is perfect for beginners and anyone curious about exploring woodcarving.

Facilitator: Mike Clark

Members: FREE



Helke Funeral Home Presents: What's Next?

Educational

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

Planning ahead can make a difficult time a little easier. Join Ingrid with Helke Funeral Home for an informative presentation that covers the types of funeral & memorial services, what to do if a death occurs away from home, financial planning options and support after the funeral.

Learn how advance planning can reduce stress, provide clarity and help your loved ones.

Facilitator: Ingrid Benson

Members: FREE



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Let's Breakfast at Spoons



Tuesday, May 12th at 9:00-10:00am at NTC Spoons Restaurant | 1000 W. Campus Dr.

Join us at Spoons for a delightful brunch featuring a variety of breakfast options crafted by talented culinary students. Menu pricing varies based on individual selections.

Payment will be made directly at the restaurant—please let your server know you would like a separate check, which they are happy to accommodate. Space is limited, so be sure to register in advance. **Walk-ins will not be accepted.**

Facilitator: Spoons Restaurant

Members: Payment made to Restaurant

Rick Lohr Presents: The Columbia & Snake Rivers



Tuesday, May 12th in the Enrichment Room & Wednesday, May 20th in The Landing Fireside Room at 10:00-11:00am

Join Rick Lohr as he takes you on a journey through the Columbia and Snake Rivers, exploring the rich history of the Pacific Northwest.



Discover the adventures of Lewis and Clark, the impact of the Hanford Nuclear Site, and the vital role of salmon fishing in the region's culture and economy.

This fascinating presentation blends history, science, and local stories to bring the rivers of the Northwest to life.

Facilitator: Rick Lohr

Members: FREE

Fireside Chats with Paul from Edward Jones



Tuesday, May 12th at 9:00-10:00am in The Landing Fireside Room

Join Paul Dau, CFP, CKA, 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!

Edward Jones

Facilitator: Paul Dau, CFP, CKA

Members: FREE

New Life Pet Adoption- Adopt & Give Back



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

Learn what it takes to open your heart and home to a pet in need! Join Zoe, a volunteer from New Life Pet Adoption for an informative and engaging presentation on the adoption process. Zoe will share how you can support the organization through donations, highlighting the most needed supplies and materials that help care for the animals.

Facilitator: Zoe Martin

Members: FREE

May Programs

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Required

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The Landing Social

Special
Interest

Tuesday, May 12th at 3:00-5:00pm at The Kelly Club | 4810 Ross Ave, Schofield

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

Let's Create with U-Paint: Kinusaiga Fabric Mosaic Tiles

Special
Interest

Wednesday, May 13th at 12:00-2:00pm in Studio C at Weston YMCA

Step out of your comfort zone and join Briana LaVonne at U-Paint for a hands-on class in creating 6 x 6 Kinusaiga fabric mosaics. With over 20 years of experience, Briana will guide you through experimenting with texture, color, and design. You'll leave with a unique piece of art, having learned new skills in a fun and inspiring environment, suitable for all crafting levels.

Facilitator: Brianna LaVonne

Members: \$28

Uncorked: An Afternoon of Wine & Learning- Vino Latte

Offsite
Adventures

Wednesday, May 13th at 2:00-4:00pm at Vino Latte | 3309 Terrace Court, Wausau, WI

Join us at Vino Latte on Wednesday, May 13th at 2:00 PM for a Wine Education & Tasting Event led by Certified Specialist Ron. Discover wine basics, enjoy a guided tasting of six wines, and indulge in a buffet dinner with salad and various pizzas, including an extra glass of wine. The event covers the class, all wines, dinner, and gratuity—just bring your curiosity and love for wine for an enjoyable afternoon!

Facilitator: Loreen & Ron Glaman

Members: \$72



Golf Lessons with PGA Pro Paul Bjerke

Offsite
Adventures

Wednesday, May 13th 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

May Programs

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Mead Wildlife Area Presents: Birding Basics



**Thursday, May 14th - Meet at Shuttle at
8:30am in Lot A**

Join us as we explore the breathtaking Mead Wildlife Area, a vast 33,000-acre, state wildlife area spanning Marathon, Portage and Wood counties.

Enjoy an engaging experience by Mead's nature educators, featuring an educational session on "Birding Basics."

We will be heading outdoors- please dress appropriately.

Facilitator: Harley Peterson

Members: \$15



Ask a Master Gardener



**Thursday, May 14th at 1:30-2:30pm in
The Enrichment Room**

Join plant health experts from North Central Master Gardens 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

Mind Body & Spirit: Attracting More Abundance into Your Life



**Thursday, May 14th & 21st at 9:30-
11:00am in The Landing Fireside Room**

Many of us feel blessed but seek better health, friendships, money, and happiness. This class will cover basic principles of the Law of Attraction and share techniques from various authors, including helpful meditations. We'll discuss potential blocks and effective affirmations to overcome them. Resources for personal use will be provided to celebrate spring and foster a positive mindset.



Facilitator: Debby Krenz

Members: \$19 per session

Blood Pressure Clinic with MCW

**Thursday, May 14th at 3:00-5:00pm 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



You're invited to join us for a Ribbon Cutting Ceremony as we celebrate the opening of our newly expanded space. Come tour the facility, connect with our community, and help us mark this exciting milestone.

Thursday, May 14th

12:00-1:30pm

The Landing at the Woodson YMCA

We look forward to celebrating with you!

May Programs

Registration is
Required

Visit our Member
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Team Trivia Smackdown



Friday, May 15th 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



Coffee with The Landing Staff

Monday, May 18th at 9:00-10:00am in The Landing Social Area

The Landing Staff will be present in the Landing Social Area 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



Elder Well- Senior Care Navigation Series

Health &
Wellness

Monday, May 18th at 11:00-12:00pm in The Landing Enrichment Room

Where you live matters—and having choices matters even more. This session explains the different types of senior housing and what they offer, from independent living to assisted living and memory care. We'll talk about what each environment is like, how to decide what level of support is right for you, and how to make a move feel positive rather than scary. This session empowers you to understand your options before you need them.

Facilitator: Zoey Vecellio

Members: FREE



Monthly Morning Meditation

Special
Interest

Wednesday, May 20th 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



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Readers Group

Special
Interest

**Wednesday, May 20th 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

Modern Woodmen- Protecting yourself from Identity Fraud

Special
Interest

**Wednesday, May 20th at 12:30-1:30pm in
The Landing Enrichment Room**

Protecting your personal information is more important than ever. Join Modern Woodmen and Michael Jahnke for a senior-focused session on identity theft—learn how it happens, spot warning signs, and take simple steps to stay safe and secure.

Facilitator: Michael Jahnke
Members: FREE

Ascend Funeral Home & Cremation Care- Planning Made Clear

Educational

**Wednesday, May 20th at 11:00am-12:00pm
in The Landing Enrichment Room**

Join Lucas Gajewski from Ascend Funeral Home & Cremation Care for an informative presentation on the cremation process, funeral planning, and community support. The team will cover the entire process from the initial call to final arrangements, including service options and pre-planning. Attendees can ask questions and receive honest answers in a supportive environment.



Facilitator: Lucas Gajewski
Members: FREE

Golf Social at Rib Mountain Golf Course

Offsite
Adventures

**Wednesday, May 20th at 2:00-3:30pm at
Rib Mountain Golf Course**

Attention Golfers! Let's get together and golf 9 holes at Rib Mountain Golf Course; 3607 N. Mountain Road, Wausau.



It will take approximately 1 hr 45 min to about 2 hours to complete the 9 holes, depending on pace of group, and level of expertise of golfer. No golf lessons will be given.

All fees to golf will be paid at the golf course.
Facilitator: Bill Olson
**Members: Fees to be paid at the
course**

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Manitowoc Lighthouse & Maritime Museum Tours



**Thursday, May 21st - Meet at Shuttle at
7:30am in Lot A**

The Manitowoc Breakwater Lighthouse has protected Manitowoc, WI, since 1918 and is privately owned by Phil Carlucci, who has renovated it to preserve its historic look. The Wisconsin Maritime Museum aids in its preservation and interpretation. After touring the lighthouse, visitors will take a shuttle to the Maritime Museum for a guided tour, offering engaging exhibits and learning opportunities for all ages. **Reg. Deadline: May 12th |**



Can. Deadline: May 7th

Facilitator: Harley Peterson

Members: \$50

Bingo in The Landing



**Thursday, May 21st 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



★ **MEMORIAL DAY** ★

**Holiday Hours:
8:00am-12:00pm**

**All Normally Scheduled Programs
including Group Exercise will be
Cancelled.**

Understanding the Court System: Bonds, Sentencing & Community Impact

Educational

**Tuesday, May 26th at 11:00am-12:00pm in
The Landing Enrichment Room**

Join Attorney Michael Hughes for a clear and engaging look at the role of the court system in our community. He will explain the difference between cash and signature bonds in pending criminal cases and review the key factors courts must consider when imposing sentences. This informative session will help attendees better understand how judicial decisions are made and how they impact the community, with time for questions and discussion.



Facilitator: Michael Hughes

Members: FREE

May Programs

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Book Club

Special
Interest

**Tuesday, May 26th 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 **“The Second Mrs. Astor: A Heartbreaking Historical Novel of the Titanic”** by Shana Abe for May’s meeting.

Facilitator: Connie Heidemann
Members: FREE

Rennes Group Presents: Nutrition and Aging

Health &
Wellness

**Wednesday, May 27th at 10:00-11:00am in
The Landing Fireside Room**

Join Carisa, RDN, for an informative session on the impact of nutrition on aging. She will provide practical tips and science-backed insights to help you maintain energy, support healthy aging, and feel your best. Whether you want to make small changes or overhaul your eating habits, this session will empower you to enhance your health and well-being at any age.



Facilitator: Michaela Block
Members: FREE

Through the Glass- The Art & Process of Marilyn Meyn

Special
Interest

**Wednesday, May 27th at 11:00am-12:00pm
in The Landing Enrichment Room**

Discover the beauty and brilliance of glass art in this engaging presentation with artist Marilyn Meyn. Marilyn will showcase a selection of her stunning work while sharing the story behind each piece, offering insight into the inspiration, techniques and creative decisions that share her art.



Facilitator: Marilyn Meyn
Members: FREE

Green Bay Botanical Gardens & Train Museum

Offsite
Adventures

**Thursday, May 28th - Meet at 7:30am at
the Shuttle in Lot A**

We will be receiving a guided tour of these amazing plants & gardens, with native plantings, wooded trails, and more. After Lunch at Stadium View Restaurant, we will head to the National Railroad Museum, where we will enjoy a guided tour of the museum then head out for a train ride around their grounds.



Reg. Deadline: May 10th
Can. Deadline: May 14th

Facilitator: Dwight Ammeson
Members: \$65

May Programs

Registration is
Required

Visit our Member
Service Desk &
Sign Up!

Marathon County Historical Society Presentation



**Thursday, May 28th at 1:00-2:00pm in
The Landing Enrichment Room**

Over the years, Rib Mountain went from being a very large hill that served as prominent natural landmark, to becoming the 8th State Park in Wisconsin, a symbol for the growing communities in its shadow, and one of the leading destinations in the Midwest for skiing. In this program Ben Clark, historian at the Marathon County Historical Society, will look back at the long and varied history of Rib Mountain as it raised in prominence from a hill of quartzite to a Granite Peak.

Facilitator: Ben Clark
Members: FREE

Clay Corner- Pottery Painting



**Friday, May 29th at 11:00am-12:30pm in
The Landing Enrichment Room**

Unleash your creativity in a relaxing pottery painting experience with Clay Corners! Create your own hand-painted cup, plate, or bowl in a fun, supportive environment suitable for all skill levels. After glazing and firing, your masterpiece will be returned to you, ready to enjoy or gift. Connect and create something uniquely yours!

Facilitator: Kallista Steinke
Members: \$22

Ho- Chunk Gaming Casino Trip



**Friday, May 29th - Ho-Chunk Shuttle
Departs from Parking Lot A at 1:15pm**

Join in on the fun of these monthly shuttle trips to Ho-Chunk Gaming in Wittenberg. The casino offers many different slot options and electronic table games, including Texas Hold Em, Craps, Black Jack and Roulette.

Facilitator: Kathryn Boettcher
Members: FREE

Looking Ahead

Woodchucks Outing



Thursday, July 23rd- Game Time: 12:05pm

Save the Date to cheer on the Wausau Woodchucks as they take on the Green Bay Rockers. Stay Tuned for More Information

Facilitator: Casey Waldvogel
Members: TBD

Annual Brewers Trip



**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.

See Flyer for Full Details

Facilitator: Casey Waldvogel
Members: \$130

May Programs

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Movie Monday

**Mondays at 1:00pm in The Landing
Fireside Room**

May 4th: Where the Crawdads Sing

May 11th: The Hours

May 18th: Crossing Delancey

May 25th: No Movie- Memorial Day

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

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

Looking to play Bridge? See the Landing Front Desk for more information.

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 for a craft project! Bring your unfinished work for motivation, enjoy fellow crafters' company, and learn 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.

May Programs

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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.

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.

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.

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.

Advance Chicago Style Bridge

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

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

Sheepshead

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

All levels of players are welcome, even beginners

May Programs

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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.

- May Birthday Bash
- OATS Photo Series
- Wonders Of Egypt
- Movie Mondays
- Creative Cooking with Jackie
- Frist Pres. Presentation
- Live Literature
- Spanish Lessons: Beginner & Intermediate
- Wings Grief
- Old Guys Book & BS Club
- Improvaholics
- Let's Create with U-Paint (Wausau)
- Lunch at The Landing
- Practical Wisdom
- Board of Aging & Long Term Care
- Hospice- Aspirus Health
- Salad in a Jar with Becky
- PAM Rehab with Megan
- Delores Kessel Presents: Parenthood
- Wausau Wood Carvers
- What's Next?- Helke Funeral Home
- Fireside Chats with Paul CFP
- Rick Lohr Presentations
- New Life Pet Adoption with Zoe
- The Landing Social
- Let's Create with U-Paint (Aspirus)
- Vino Latte Wine Tasting
- Golf Lessons
- Mead Wildlife Shuttle Trip
- Mind, Body & Spirit
- Ask Your Gardening Questions
- Team Trivia Smackdown
- Coffee Chats with Landing Staff
- Elder-We;; Presentation
- Monthly Morning Meditation
- Planning Made Clear- Ascend Funeral Home
- Modern Woodmen
- Golf Social
- Bingo!
- Maritime Museum & Lighthouse Tour Trip
- Understanding the Court System
- Book Club
- Rennes Group
- Marilyn Meyn- Glass Presentation
- Green Bay Botanical Garden and Train Museum Trip
- Historical Society Presentation
- Clay Corner- Pottery Painting
- Ho-Chunk Shuttle Trip