

July

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.

LUNCH REGISTRATION DEADLINE

Registration closes at 12:00pm the **FRIDAY** Prior to lunch. No refunds will be given for cancellations after the deadline.

July Programs

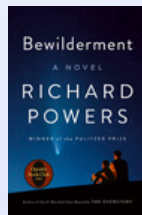


Old Guys Book & BS Club: "Bewilderment"



**Wednesday, July 1st at 9:30-10:30am in
The 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 "Bewilderment" by Richard Powers for the July meeting. **Spots are limited- Registration is required**



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

Lunch at The Landing

**Wednesdays in July- Lunch is served at
12:00pm in the Landing Kitchen**

July 1st: Pub Burgers- \$12

**July 8th: Sliced Turkey, Gravy & Mashed
Potatos- \$12**

July 15th: Cheese & Chicken Pasta Bake- \$12

July 22nd: Sticky Pork Lettuce Wraps- \$12

July 29th: Summer Salad - \$12

**Lunch registration is due the Friday at
Noon Prior to the event. No refunds will
be given after the registration deadline.**

**Facilitator: Amber Pender & Mindy Nelson
Members: \$12**

Improvaholics: What's Your Line



**Wednesday, July 1st & 8th at 11:00am-
12:00pm in The 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.

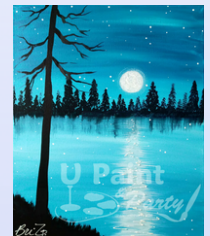
**Facilitator: Anne Dibala & Kathryn Rieckhoff
Members: FREE**

Let's Create with U-Paint: Freedom in Bloom



**Wednesday, July 1st at 12:30-2:30pm in
the Fireside Room**

Unleash your creativity in Let's Create with U-Paint led by Briana LaVonne! This month's canvas project, Moonbeam Lake, features a peaceful moonlit lakeside scene—customized with your own color palette.



With step-by-step guidance, artists of all skill levels can relax, have fun, and create a unique piece to take home. All supplies are provided—just bring your creativity!

**Facilitator: Briana LaVonne
Members: \$28**

July Programs



Hospice- Aspirus Health Presents: Hands on End of Life Care

Health & Wellness

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

Join Jen Yurish from Aspirus Health for an informative & compassionate presentation focused on providing hands-on care during end of life. This session is designed to support caregivers, family members, and anyone wanting to better understand how to offer comfort, dignity, and practical care during this important stage of life.



Facilitator: Gabbie Theilman

Members: FREE



4th of July Hours

9:00am-12:00pm

NOTE: Entrance to The Landing will be through the main YMCA Entrance Only.



Elder-Well Adult Day Care Presents: The Road Map for Paying for Care

**Monday, July 6th at 11:00am-12:00pm in
the Enrichment Room**

If you're considering exploring senior living options, knowing what to look for can make all the difference. Join Zoey from Elder-Well for an informative session designed to help you feel confident and prepared when touring communities. Learn how to spot the details that truly matter and make informed decisions about your future or a loved one's care.



Facilitator: Zoey Vecellio

Members: FREE

Health & Wellness

Creative Cooking with Jackie- Shrimp Fest

Special Interest

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

Join Jackie for a fun, flavor-packed cooking class celebrating all things shrimp with a delicious Mexican twist! Back by popular demand (because it's just that good!), this hands-on experience will guide you through creating a trio of crowd-pleasing dishes that are perfect for entertaining or elevating your weeknight meals.



Facilitator: Jackie Romero

Members: \$36

July Programs



Let's Create with U-Paint: Freedom in Bloom



Wednesday, July 8th at 12:00-2:00pm in Studio C at Aspirus YMCA

Step out of your comfort zone and try this exciting new craft! Join Briana LaVonne, owner of U-Paint and a seasoned art instructor with over 20 years of experience, for a hands-on creative experience. Explore the art of 6 x 6 Kinusaiga fabric mosaics, experimenting with texture, color, and design in a fun and guided setting.



Facilitator: Briana LaVonne
Members: \$28

Mead Wildlife Area Presents: Pond Study



Thursday, July 9th - Meet in Lot A at 8:30am for Shuttle Departure

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 where we will participate in a Pond Study.. We will be heading outdoors—please dress appropriately.



Facilitator: Harley Peterson
Members: \$15

Music on the Patio with George



Wednesday, July 8th at 12:30-1:30pm in the Enrichment Room & Patio

Join us for a relaxing early afternoon on the patio as George spins classic records and feel-good tunes that set the perfect mood. Sip on a fresh cup of coffee, or glass of lemonade while you soak up the atmosphere, and enjoy great company in a welcoming outdoor space



Facilitator: George Houghton
Members: FREE

Salad in a Jar Workshop with Becky



Thursday, July 9th at 12:00-1:30pm in the YMCA Multi-Purpose Room

Discover the secret to fresh, delicious, grab-and-go lunches! Join Becky for a hands-on workshop where you'll learn to prep 4 different salads in mason jars—perfectly layered, easy to store, and ready to enjoy all week. Fun, flavorful, and practical—this class is perfect for anyone who loves healthy, convenient meals without the fuss!



Facilitator: Becky Zelent
Members: \$25

July Programs



Ask a Master Gardener



Thursday, July 9th 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

Delores Kessel & Samantha Wimmer Present: Reading for Mental Wellness

Friday, July 10th at 8:30-10:00am in the Fireside Room

The July topic focuses on reading as a tool for mental health. Reading—whether nonfiction for knowledge or fiction for comfort—offers benefits like stress reduction, empathy growth, and coping mechanisms for anxiety, depression, and grief. It helps us understand universal struggles by showing how others handle difficult situations.



Health & Wellness

Facilitator: Delores Kessel & Samantha Wimmer | Members: FREE

Iola Car Show & Swap Meet

Friday, July 10th - Meet at 8:30am in Lot A for Shuttle Departure

See for yourself what makes Iola truly “America’s Car Show & Swap Meet” This world-class event is one of the Midwest’s premier gatherings for auto enthusiasts, featuring celebrity guests, social vehicle unveilings, and much more. Hop on The Landing Shuttle and join your friends at The Landing at Iola for a fun filled day.

Facilitator: David Landretti

Members: \$49

July Birthday Bash

Friday, July 10th 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**

July Programs



OATs- FREE Technology Program: Passwords, Passkeys and More



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

Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure.



Facilitator: Barb Tesch & Debbie Dahlke
Registration is closed

The Landing Social



Tuesday, July 14th at 3:00-5:00pm at Sconnis | 1239 Schofield 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!

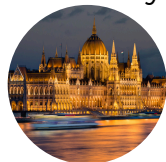


Facilitator: Cheryl Johnson-Domino
Members: FREE

Rick Lohr Presents: Hungary

Tuesday, July 14th in the Enrichment Room & Wednesday, July 15th in The Fireside Room at 10:00-11:00am

Join Rick Lohr as he recounts his 2015 trip to Budapest, Hungary, showcasing the country's rich history, vibrant culture, and stunning architecture. This engaging presentation is perfect for travel enthusiasts and those interested in history and new cultures, inspiring viewers to explore more of the world.



Facilitator: Rick Lohr
Members: FREE

Readers Group



Wednesday, July 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

July Programs



Lavender & Butterflies



Thursday, July 16th - Meet in Lot A at 8:00am for Shuttle Departure

Visit the fragrant lavender fields and wildflower meadows at New Life Lavender & Cherry Farm, enjoying a scenic wagon ride and a stop at the farm store. After lunch at Baraboo Burger Company, continue to Brilliant Butterflies, a peaceful, hands-on experience where visitors can see butterflies in a walk-through greenhouse and learn about their life cycle in the interactive gallery.



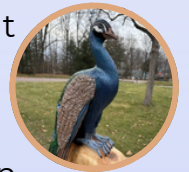
Registration Deadline: July 10th | Cancellation Deadline: July 3rd
Facilitator: Dwight Ammeson
Members: \$70

Chainsaw Creations: Live Wood Carving Experience



Thursday, July 16th at 10:00-11:30am at the 404 Franklin Parking Lot

Experience the excitement of art in motion as talented wood carvers John Drews and Mike Clark transform raw logs into stunning works of art—using electric chainsaws! Watch as creativity, skill, and precision come together in this high-energy, live demonstration that brings each piece to life right before your eyes.



You're welcome to bring a lawn chair for your comfort; otherwise, this will be a standing-room event.

Facilitator: John Drews & Mike Clark
Members: FREE

Bingo in The Landing

Thursday, July 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



Premier World Discover Travel Show



Thursday, July 16th at 10:00-11:00am in The Fireside Room

Join Lawanna, our Premier World Discovery Representative as we highlight the Christmas tour we have set for 2027-Christmas in New York.



Registration is required.

Facilitator: Lawanna Lambert
Members: FREE

July Programs



Team Trivia Smackdown



Friday, July 17th at 11:30am-12:30pm in The Landing Fireside 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.

Be sure to wear Red, White and Blue to Celebrate America's 250th Birthday and get bonus points!

**Facilitator: Maryellen Marnholtz
Members: FREE**

Through the Glass: The Art & Process of Marilyn Meyn



Wednesday, July 22nd at 11:00am-12:00pm in The Enrichment Room

Explore the beauty of glass art with artist Marilyn Meyn, who shares her journey from studying glass in Louisiana to becoming a full-time artist. Discover her unique kiln-fusing techniques and gain insight into her creative process and inspiration in this engaging presentation, ideal for art lovers and the creatively curious.



**Facilitator: Marilyn Meyn
Members: FREE**

OATs- FREE Technology Program: Cloud Storage



Monday, July 20th at 10:00-11:00am in The Fireside Room

In this lecture, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.



**Facilitator: Barb Tesch & Debbie Dahlke
Registration is closed**

Wisconsin Dells Unleashed- Duck Boat Rally & Alligator Alley



Thursday, July 23rd - Meet in Lot A at 7:45am for Shuttle Departure

Prepare for an adventurous day in Wisconsin Dells with scenic beauty and exciting wildlife!

- Start with the Original Wisconsin Duck Boat Tour for 1.5 hours of exploration on land and water.
- Enjoy lunch at B-Lux Grill & Bar.

After lunch, visit Alligator Alley Adventures to see a variety of exotic reptiles and amphibians up close.

**Registration Deadline: July 17th |
Cancellation Deadline: July 8th**

**Facilitator: Harley Peterson
Members: \$95**



July Programs



Woodchucks Outing



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

Come cheer on the Wausau Woodchucks as they take on the Green Bay Rockers. Price includes admission to game, ballpark buffet and unlimited soda and water.



Join us for a great day of food, fun and freinds at the Ballpark.

Facilitator: Casey Waldvogel

Members: \$37

Coffee with The Landing Staff

Monday, July 27th 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

Marathon County Historical Society Presentation



Thursday, July 23rd at 1:00-2:00pm in the Enrichment Room

Discover the widespread use of "Marathon" in local place names, exploring its origins and adoption across municipalities over nearly 200 years. This program covers:

- Origins of the name "Marathon"
- Its spread across municipal levels
- Overlapping local histories

The influence of Wisconsin's Great Pinery on these communities.

Facilitator: Ben Clark

Members: FREE

Book Club



Monday, July 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 **"The Correspondent" by Virginia Evans** for July's meeting.



Facilitator: Connie Heidemann

Members: FREE

July Programs



New Member Welcome Session

Educational

Monday, July 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

Golf Social at Trappe River Golf Course

Offsite Adventures

Monday, July 27th at 1:00-3:00pm at Trappe River Golf Course- 243124 County Rd WW

Attention Golfers! Let's get together and golf 9-holes at Tribute Golf Course. No lessons will be given- just get together and golf 9-holes with Landing Friends.



Registration Deadline: July 20th

Facilitator: Bill Olson

Members: Fees to golf will be paid at the golf course

Wellness Way- Mold Exposure- Understanding the Risk

Health & Wellness

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

Join Dr. Chett, a chiropractor with Wellness Way, to explore the hidden health impacts of mold exposure, which can lead to symptoms like fatigue, headaches, respiratory issues, and brain fog. This presentation will cover how mold affects the body, signs of exposure, and ways to identify it in your environment. You'll also learn practical, natural strategies to support your health and create a healthier living space, leaving with increased awareness and protective tools.



Facilitator: Dr. Chett Grunwald

Members: FREE

Rennes Group Presents: Fraud Protection

Health & Wellness

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

Stay one step ahead of scams and learn how to safeguard your personal and financial information in this important presentation led by Rennes Group. This session is designed to help you recognize common fraud tactics and give you the tools to protect yourself and your loved ones.



Facilitator: Michaela Block

Members: FREE

July Programs



Owl Insights with Lynn Barber

Special Interest

Wednesday, July 29th at 1:00-2:00pm in The Enrichment Room

Join Lynn Barber for a fascinating and educational presentation all about owls! Discover the unique characteristics, behaviors, and habitats of these incredible birds of prey. Lynn will share her knowledge and passion while offering an up-close look at what makes owls such skilled hunters and important members of our ecosystem.



Facilitator: Lynn Barber
Members: FREE

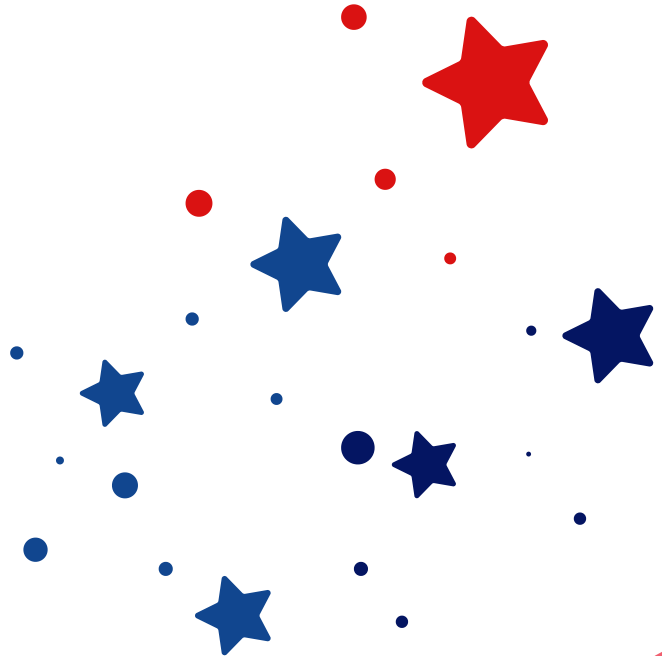
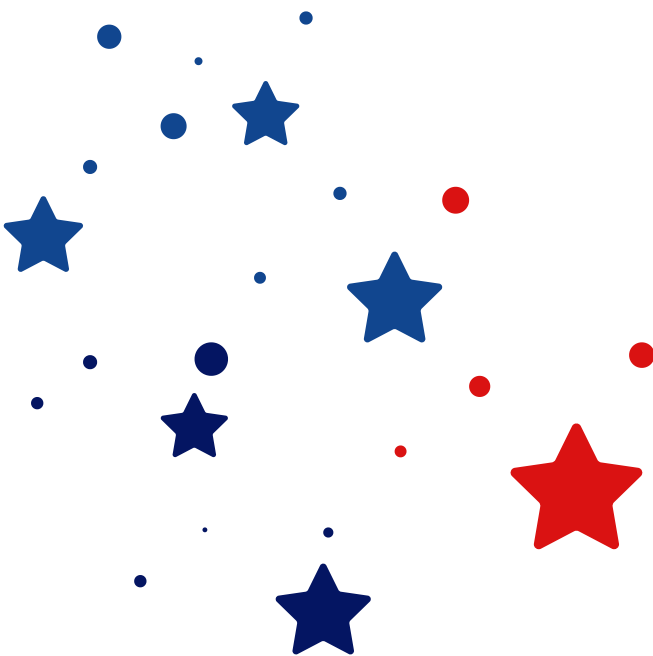
Ho-Chunk Gaming Casino Trip

Offsite Adventures

Friday, July 31st - Ho-Chunk Shuttle Departs from Parking Lot A at 11:45am

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



Looking Ahead

Registration is Required

Visit our Member Service Desk & Sign Up!

Annual Brewers Trip

Offsite Adventures

Thursday, August 6th - Meet in Lot A at 7:20am for Departure

Let's hope aboard a comfortable Lamer's Motor Coach and head to American Family Field to watch the Brewers take on the Pittsburgh Pirates.



Registration Deadline: July 3rd
Cancellation Deadline: July 3rd
Facilitator: Casey Waldvogel
Members: \$130

Music of Johnny Cash- Clauson Family Dinner Theatre

Offsite Adventures

Tuesday, September 15th OR Thursday, September 17th - Meet in Lot A at 10:30am for Shuttle Departure

An afternoon of spectacular entertainment awaits at the Clauson Family Music Show, held at the Historic Barn Theater in Coloma. Before the show, guests are treated to a delicious buffet-style dinner freshly prepared and themed to compliment the style of the performance. Enjoy the production celebrating timeless music of country legend Johnny Cash.

Registration Deadline: August 19th
Cancellation Deadline: August 7th
Facilitator: Barb Tesch
Members: \$98

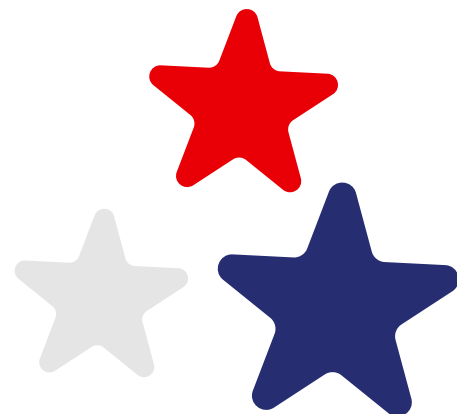
Legacy Theatre Presents- Monster Mash Spooktacular

Offsite Adventures

Thursday, October 22nd - Meet in Lot A at 10:30am for Shuttle Departure

This isn't your average dinner show. It's a full-scale theatrical celebration where Broadway meets Halloween. Your Monster Mash ticket also includes a delicious three-course dinner experience that's all-you-can-eat and fearlessly flavorful. Sit back, dig in, and enjoy a hauntingly good dinner show!

Registration Deadline: October 8th
Cancellation Deadline: October 1st
Facilitator: Barb Tesch
Members: \$125



Weekly Programs



Movie Monday

Mondays at 1:00pm in The Landing Fireside Room

July 6th: Julius Caesar

July 13th: A League of Their Own

July 20th: This is my Father

July 27th: Wallace & Gromit Shorts & The Curse of the Were-Rabbit

Facilitator: Oona Younger

Members: FREE

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.

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!

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.

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.

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.

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.

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.

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

Checklist



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 Guy Book & BS Club
- Improvaholics
- Lunch at The Landing
- Let's Create with U-Paint (WAUSAU)
- Hospice Presentation
- Elder-Well Presentation
- Creative Cooking with Jackie
- Let's Create with U-Paint (ASPIRUS)
- Music on the Patio with George
- Mead Wildlife Shuttle Trip
- Salad in a Jar Workshop
- Ask a Master Gardener
- Delores Kessel & Samantha Wimmer
Mental Health Presentation
- Iola Car Show Shuttle Trip
- July Birthday Bash
- OATS- Passwords, Passkeys & More
- Rick Lohr Presentations
- The Landing Social
- Reader Group
- Chainsaw Creations- Live Wood Carving
- Premier World Discover Travel Show
- Lavender & Butterfly Shuttle Trip
- Bingo at The Landing
- Team Trivia Smackdown
- OATS-Cloud Storage
- Through the Glass
- Wisconsin Dells Unleashed Shuttle Trip
- Woodchucks Outing
- Marathon County Historical Society
Presentation
- Coffee with Landing Staff
- Book Club
- New Member Welcome Session
- Golf Social at Trapp River Golf Course
- Wellness Way - Mold Exposure
- Rennes Group Presentation
- Owl Insights with Lynn Barber
- Ho-Chunk Gaming Shuttle Trip
- Annual Brewers Trip
- Music of Johnny Cash Shuttle Trip
- Legacy Theatre - Monster Mash Shuttle
Trip