

The Landing

MAY 2023

NEWSLETTER & PROGRAM GUIDE



The Landing Hours

Monday - Friday 8:00 am - 4:30 pm

Saturday 9:00 am - 1:00 pm

The YMCA will be Closed
Easter Sunday, April 9th

Table of Content

Page 1	May Lunches
Page 2	Staff Spotlights
Page 3	Volunteer Spotlight
Page 4	New & Unique May Programs
Page 14	Sneak Peak
Page 15	Recurring Weekly Programs
Page 17	Group Exercise Classes

How to Register for Programs:

Email: MemberServices@TheLandingWausau.com

Call: 715-841-1855

Online: TheLandingWausau.com/events

In-Person: Visit the Member Service Desk at our Wausau Branch or Aspirus Branch to register.

Registration is required for all Programs & Events, with the exception of in-person Group Exercise.

For multi-session programs, please register prior to the first meeting date and plan to attend from the beginning.

Programs already in progress and registration is closed are noted in yellow.

All fees are noted, where appropriate. If no fee is noted, the program is free to Members, and \$15 for Non-Members.

Lunches may be picked up at the tan/gray door on 4th St. or inside The Landing between 11:30 am and 12:00 pm.

Welcome to The Landing

At The Landing, we re-imagine age as a time for connection, movement and growth.

Whether you want a central place to have coffee with friends, a YMCA facility to improve your fitness, trips and travel opportunities or classes, The Landing offers a full calendar of programs and events.

May Lunches at The Landing

Wednesdays at 11:30 am - 12:00 pm

Registration due by 4pm Monday of each week.

May 3 – Pulled Pork Nachos **\$10**

In celebration of Cinco de Mayo: Pulled pork, corn, sautéed peppers and onions, black beans, cheese and tortilla chips. Served with salsa and sour cream on the side. Served with a cookie for dessert.

May 10 – Turkey, Bacon, Ranch Sandwich **\$5**

Turkey, Bacon, Ranch Sandwich with lettuce, tomato, and red onion. Chips on the side

Landing will be Closed Wednesday, May 17
Lunch will be moved to Friday, May 19

Friday, May 19 – Burgers on the Grill **\$10**

Welcome warmer weather (we hope) – Grilled Burgers (weather permitting), lettuce, tomato, and onion for on top, potato salad, raw veggies/dip and a scoop of ice cream for dessert!

May 24 – Crockpot Hawaiian Chicken Slider **\$10**

Two Sliders served with slaw and chips. Lemon poke cake for dessert.

May 31 – Apple and Chicken Salad **\$10**

A Favorite Salad! Apples, craisins, blue cheese, chicken, red onion, cucumber, and a poppyseed vinaigrette. Served with crusty bread. Caramel pecan brownies for dessert.

Beverages available by request for \$1

The Landing

Staff Spotlights

Each month we highlight members of our staff that make The Landing a welcoming and wonderful place to be.

Thank You!

Robin Nelson

SilverSneakers Group Exercise Instructor

About Me:

Hi! I'm Robin Nelson. I lead the 10:00am SilverSneakers class at the Wausau Branch. I retired from a 30+ year career working as a manufacturing engineer for various industries in Minneapolis & moved to Wausau 5 years ago.



I had been teaching SilverSneakers for 15 years in Minnetonka, Minnesota. I called it the hobby that paid me & knew I wanted to continue after moving to Wausau.

Why do I enjoy instructing at the Y? "The participants! I love that I am directly contributing to their health & wellness. I have focused specifically on senior programming because I believe it is so important to keep moving as we age and keep the body balanced to prevent injury. They provide incredibly positive feedback all the time too."

What do I enjoy doing outside of the Y? "I travel a lot! I also knit, read, ski, do volunteer work and of course workout."

Favorite Healthy Snack? "Honey crisp apples"

Favorite Unhealthy Snack? "Potato chips - any brand & any flavor & anytime."

Graciela Menard

Member Services Administrative Assistant

About Me:

Hi! I'm Graciela, the new administrative assistant at The Landing. I joined the Landing in March of this year.

I grew up in the Chicago area and graduated from college in 2021 with a degree in Teaching English to Speakers of Other Languages.

During college, I taught English to adult immigrants in Chicago, and I loved learning about cultures and working with people from different backgrounds.

I moved to Wausau in August 2021, shortly before marrying my husband, Tom. Prior to joining The Landing, I worked as a barista. I love enjoying a good cup of coffee!

My husband, Tom, and I have two crazy cats, Merry and Pippin. We enjoy spending time with them, as well as being outside, and traveling to new places. My other hobbies include reading, photography, calligraphy, and playing the piano. I also recently started quilting.

I have loved meeting everyone at The Landing. It is such a vibrant and welcoming community.

If I haven't met you yet, please feel free to introduce yourself! And, of course, I'm always happy to help with all of your Landing programs registrations.



The Landing

Volunteer Spotlight

"Volunteers do not necessarily have the time, they have the heart."

Elizabeth Andrew

Volunteering at The Landing

Volunteer - Bill Olson

About Me:

Before my retirement 2 years ago, I earned a B.S. Degree in Business Economics and I was in Banking and a Credit Manager for most of my career.

At age 55, I went back to school and I received an Associates Degree in Human Services. I then worked in activities at an Assisted Living Complex which was a very rewarding experience.

Activities I enjoy volunteering at The Landing are: Social Singles, cards, dine outs, Leigh Yawkey Woodson Art Museum exhibits and golf.

Other activities I enjoy are pickleball, pool and ping pong.



I am so enjoying
"The Landing Experience,"
meeting old and new friends.

The Landing

Gather, Move and Grow!

New & Unique Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Intermediate Bridge Lessons

Wednesdays at 12:30 – 2:30 pm

Starts March 15 – Ends May 24 | 8 Weeks

No Class: April 12, May 3 and May 10

On-going, currently not open for registering.

In this class, we will learn how to develop tricks, manage the trump suit, how to watch out for opponents, and much, much more! You'll receive a copy of the book 'ACBL Defense in the 21st Century' as part of your registration fee.

Landing Tech/Art Rooms

Facilitator: Emalyn Nikstad

Members \$35 | Non-Members \$85

Social Ballroom Dance Lessons

Tuesdays, April 4 – May 9 at 6:30 – 8:00pm

On-going, currently not open for registering.

Social Ballroom Dance Lessons includes Foxtrot, Swing and Line Dance; Open to Ages 18 and up.

Social Ballroom Dance is designed to be used in dance settings we often are part of like weddings, nightclubs, business functions, or informal gatherings. These dance classes are great for all levels from beginners to persons who love to dance. No partner is needed.

Wausau Group Exercise Studio

Facilitators: Marilyn and Randy Reif

Members \$42 | Non-Members \$60

Diego Rivera and Frida Kahlo: Dos Artistas Mexicanos

Tuesday, May 2nd at 10:00 – 11:00 am

Richard Olson, Landing Member and retired Spanish teacher will share the story of two of the most prominent artists of the 20th century, Diego Rivera and Frida Kahlo. The relationship these two artists shared was belabored by the turbulence going on around them, set against the backdrop of a country reshaping its identity, a World War, and political upheaval.

The presentation will include images created by these two renowned artists, along with details about their personal lives, their politics, and their impact on Mexican culture. Join us in this informative program about these prestigious Mexican artists.

The Landing – Tech Room

Facilitator: Richard Olson

Members FREE | Non-Members \$15

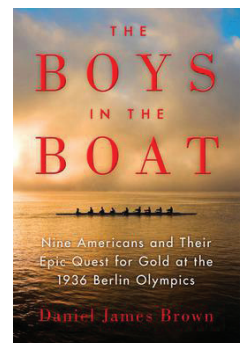
Old Guys Book and BS Club

Wednesday, May 3rd at 9:30 – 10:30 am

"Boys in the Boat" by Daniel James Brown

A club designed for men who are Members of The Landing to get together, discuss books, have a donut, and B.S. Please read the book prior to meeting.

John DeLaPorte, the moderator of the group and an avid reader & has multiple copies of the book. You should not have to purchase the book, unless you want to.



June 7th Meeting: "The Underground Railroad" by Colton Whitehead

The Landing – Tech Room

Facilitator: John DeLaPorte

Members FREE | Non-Members \$15

The Landing

Gather, Move and Grow!

New & Unique Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Golf Lessons with PGA Pro

Wednesday, May 3rd at 4:30 – 5:30 pm

Have you ever wanted to learn to play golf or get some tips to improve your golf game? Help is here from a golf professional. Paul Bjerke, PGA Golf Professional and will be providing a group lesson for The Landing at the Rib Mountain Golf Range!

All levels of golfers will benefit, from beginners to average to good golfers. Cost is \$25 for Members, \$50 for Non-Members. Besides the lessons, your cost includes the fee for a bucket of 60 golf balls to use for the lessons. Golf Clubs will be provided if you do not have your own.

Meet at Rib Mountain Golf Range; 3607 N. Mountain Rd Wausau, WI. This is a great opportunity to learn golfing tips from a pro! Space is limited to 10 participants, so sign up early.

Location: Rib Mt Golf Range

Facilitator: Paul Bjerke

Members \$25 | Non-Members \$50



Lunch & Spa Day at NTC

Thursday, May 4th, 2 Sessions Available

1) Lunch 11 am & Spa Treatment at 12 pm

2) Lunch 12 pm & Spa Treatment at 1:30pm

Join us for a buffet lunch at Spoons Restaurant and a spa treatment at Studio Max; both located in NTC (Northcentral Technical College); 1000 W Campus Dr, Wausau.

This year we will be offering two sessions; one starting with lunch at 11:00am, followed by a spa treatment at 12:00 pm and one starting with lunch at 12:00 pm followed by a spa treatment at 1:30 pm.

We will meet at NTC Spoons restaurant just before the lunch time session you choose. Note, we will not be bussing the group to NTC; everyone's responsible for their own transportation.

Lunch & Spa Day Continued...

The following are the spa treatment choices, please select one treatment option. Have your spa choice ready when registering for the program. Note: if any package with nail treatment is selected, must be free of polish or any artificial nails.

1. Relaxing Scalp Treatment with a Thermal Style

This package includes the perfect service to help nourish your hair and scalp. Exfoliation to the scalp will help unclog pore follicles and release natural oils. Includes a shampoo service. Followed with a blow-dry and a style done with a curling iron or flat iron.

2. Face Wax Services with a Thermal Style

This package includes the removal of hair at the brow, lip, nose, ear or chin. Followed with a shampoo, blow-dry, and styling done with a curling iron or flat iron.

3. Spa Manicure with Regular Polish

This package includes clean-up of cuticles, nail-shaping, exfoliating scrub masque with hot towels, hand massage and polish application.



4. Spa Pedicure with Regular Polish

This package includes clean up of cuticles, nail shaping, foot filing of calluses, exfoliating scrub masque with hot towels, foot massage and polish application.

5. Haircut with a Blow-Dry

This package includes a haircut, shampoo and blow-dry.

Register Soon – Limit of 10 for each group.

**Location: Northcentral Technical College
1000 W Campus Dr., Wausau**

Facilitator: Barb Tesch

Members: \$40 | Non-Members: \$55

May the 4th Be With You!!! Let's Celebrate Star Wars

Thursday, May 4th at 11:30 am - 2:00 pm

Join us in the fun of celebrating May the 4th - with a Star Wars theme party featuring The Empire Strikes Back! Add to the fun by wearing your favorite Star Wars attire or accessories!

The Landing - Tech/Art Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members: \$15

Birthday Bash

Friday, May 5th at 11:30 am - 1:00 pm

We are celebrating birthdays every month! If it is your birthday month, sign up to enjoy cake, music, and the chance to win fun prizes!

The Landing - Tech/Art Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members: \$15

Leigh Yawkey Woodson Art Museum: Views of the Vault Guided Tour

Friday, May 5th at 12:30 pm - 1:30 pm

• Meet at the museum at 12:20

Join us at Leigh Yawkey Woodson Art Museum where a museum curator will guide us through a behind-the-scenes tour of the museum's permanent collection. Like many museums, the majority of the Woodson's collections are not on public display. Stewarding roughly 14,000 objects, unexpected and intriguing pieces populate the collection.

This is a special opportunity to observe the permanent collection up close.

REGISTER SOON as participation is limited.

Location: Leigh Yawkey Woodson Art Museum

Facilitator: Holly Van Eperen

Members: Free

Lunch with WCM Adult Flute Choir

Saturday, May 6th at 11:30 am - 1:00 pm

The Flute Choir will be led by Dr. Jacob Roseman. Dr. Roseman is a well tenured flutist and has been featured in multiply prestigious solos throughout his illustrious career. He has also been the Principal Flutist with the Green Bay Symphony Orchestra. Dr. Roseman and his Flute Choir will be entertaining us while we enjoy a light lunch of Chicken Salad on a Croissant with chips, pickle, and a dessert. We will start lunch service at 11:45 so we have our food and can enjoy the flute choir which will start at noon. Please join us in this delightful program.

The Landing

Facilitator: Olivia Hill

Members: \$10 | Non-Members: \$25

Wausau West Planetarium

Tuesday, May 9th at 10:00 am - 11:00 am

The story of our home planet, answering the age old question: how did our planet come to support life? Going back billions of years to the Milky Way galaxy, this giant screen science documentary employs advanced data-driven, cinematic-quality visualizations to explore some of the biggest questions in science today: How did we become a living planet, and what does history tell us about finding other life in the universe among a billion other Earth-size planets scientists believe exist today? Attend this planetarium program to find out!

REGISTRATION DEADLINE: May 2. Don't 'space out' on this one. Register soon for this intriguing and fun event.

Location: Wausau West High School Planetarium

Facilitator: Chris Janssen

Members: \$10 | Non-Members: \$25

The Landing

Gather, Move and Grow!

New & Unique Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Getting to Know Classic Films: Two Guys from Milwaukee

Wednesday, May 10th at 12:30 pm – 2:30 pm
Second Wednesday of Every Month

The 2nd Wednesday of each month, Scott Schutte, a classic films buff, will be sharing his knowledge both by showing classic films and/or discussing the history of classic films.

For the May 10th meeting, we will be watching **Two Guys from Milwaukee** a 1946 American comedy film directed by David Butler, and starring Dennis Morgan, Jack Carson and Joan Leslie.

The film is about a Balkan Prince Henry (Dennis Morgan) who arrives in New York City, determined to see how the “ordinary” man lives and works. Since his travel companions are unaware of his bold plan, he has to sneak away. He takes a taxi and gets to know the driver, Buzz Williams.

Henry makes up a background story for himself, claiming to be from Milwaukee, but it turns out the taxi driver was born and grew up there, which makes it harder for Henry to maintain his lie.

Fun fact: Dennis Morgan was born in Prentice, WI. He attended High School in Marshfield, then on to Carroll College in Waukesha. He began his career as a radio announcer in Milwaukee and went on to broadcast Green Bay Packers football games, prior to launching his acting career.

The Landing- Art & Tech Rooms

Facilitator: Scott Schutte

Members: Free | Non-Members: \$15



Angel Circle: Light Workers

Thursday, May 11th at 9-10:30am

The May Angel Circle session will be the last session of the season until the fall. We will listen to a talk by Kyle Gray about light workers; what are they and how you may be recruited to spread light to others.

There will be time for discussion afterwards, and a chance to fill out a survey about what subjects you might like to cover when we start up again in the fall.

Wausau Multi-Purpose Room

Facilitator: Debby Krenz

Members: \$14 | Non-Members: \$30

Angel Card Readings

Thursday, May 11 & 18 at 11:00 am - 2:30 pm

Each Session is 45 minutes:

11:00 – 11:45 am | 12:30 – 1:15 pm | 1:45 – 2:30 pm

An Angel Guide facilitates an open, loving, and healing space for someone to open up to the energy and support of the Angels. Debby is a certified Angel Guide through the Kyle Gray Angel Guide course and is dedicated to assisting you with respect and integrity. Find out more on the flier.

Wausau - Programming Office

Facilitator: Debby Krenz

Members \$45 | Non-Members \$60

No refund will be issued if a Member cancels less than 48 hours before the scheduled reading.



Monthly Blood Pressure Clinic

Friday, May 12th at 10:00 am - 12:00 pm

Occurs the second Friday of every month

The Rennes Group will be conducting Blood Pressure Clinics at the Landing each month on the 2nd Friday of the month. Two Rennes Group staff members will be taking blood pressures of anyone interested in a blood pressure check, and their accompanying nurse will provide education on what good blood pressures are, what to watch for, and answer questions.

There are health benefits in being screened for high blood pressure (BP) regularly. Maintaining a healthy blood pressure can reduce various health risks. Join us for these regular blood pressure checks and to learn more about how blood pressure affects our well being.

The Landing- Tech/Art Room

Facilitator: Rennes Group

Members: Free | Non-Members: \$15

1:1 Tech Support

Fridays, May 12, 19 & 26 at 3:30 & 4:00 pm

Get 1 on 1 tech help for 30 minute sessions so you can gain confidence in using your laptop, tablet or smartphone.

You can even receive help to get comfortable using Zoom.

The Landing-Art Room

Facilitator: Nick Close

Members: \$5 | Non-Members: \$20

Exploring Self-Healing Energies with Bernie

Monday, May 15th at 10:00-11:30am

On the 3rd Monday of each month

Bernie Corsten is a Reiki Master Practitioner, and will be sharing her knowledge of self-healing modalities. You will learn how to understand your wisdom from within, through various spiritual practices. Each month we will discuss a different book related to mysticism and open up conversation about the book.

Join us for this fascinating and informative personal wellness program.

The Landing- Art Room

Facilitator: Bernie Corsten

Members: Free | Non-Members: \$15

Mother's Day Potluck

Monday, May 15th at 11:30 am - 12:30 pm

Let's remember our Mothers by bringing a dish your Mother loved or loves!

Don't know what to bring for the Potluck? Like a little diversity in the menu? We have the solution! Using a fun method of rotating Potluck Categories each month to determine who should bring what, based on the first Letter of your last name, as shown below!

Based on the first letter of your last name, Please bring a dish in the following category for the Mother's Day Pot Luck!

A - E Bring a salad.

F - L Bring a side dish.

I - P Bring a main dish.

Q - Z Bring a dessert.

The Landing

Facilitator: Mary Jindrich

Members: Free | Non-Members: \$15



Knitting a Summer Sweater Using Icelandic Yarn

**Monday, May 15th at 1:00 - 2:00 pm &
Monday, May 22nd 1:00 - 3:00 pm**

This program meets twice. Due to the dual-coated nature of Icelandic wool, you can actually knit with the unspun single strand. A single-strand, this light weight wool yarn is wonderful for lace or summer sweaters. Basic knitting knowledge is recommended.

Class 1: May 15th, 1:00 pm – 2:00 pm

**Prelude to Class: How to Order Icelandic Yarn
and Identification of Materials Needed**

Deb Olson, who has worked a lot with the Unspun Icelandic Yarn, will introduce the type of sweater that we will be knitting, and Deb will walk us through how to order this unique yarn. You will pay for the materials you need, and Deb will pick up everyone's order prior to the instructional class that will take place the following week on May 22nd. You will also need to have your own knitting needles which Deb will discuss during Class 1.

Class 2: May 22nd, 1:00 pm – 3:00 pm

Knitting a Summer Sweater Using Icelandic Yarn

Deb will get everyone on the road to knitting the summer sweater. She will guide you through the steps of the pattern and will offer help and guidance as needed to get you to a comfortable path in your sweater creation.

Let's unravel the magic of this unspun yarn one stitch at a time, towards a wearable creation you can take pride in.

The Landing- Art Room

Facilitator: Deb Olson

**Cost: Materials to knit
a sweater; as identified
and ordered at our
first class.**



History with Rick Lohr: Kampuchea to Cambodia

Tuesday, May 16th at 10:00 - 11:00 am
Occurs the 3rd Tuesday of Every Month

Rick will talk about his visit to Angkor Wat. He will then talk us through a visit to Toul Sleng, the "Killing Fields" Museum. We will also go to Ratanakiri Providence in northeast Cambodia with Brian Heidel, an NGO working with hill tribes.

In June 1982, the Khmer Rouge formed the Coalition Government of Democratic Kampuchea (CGDK) with two non-communist guerrilla factions, which retained international recognition. The state was renamed as Cambodia in 1990 in the run-up to the UN-sponsored 1991 Paris Peace Agreements

Join us as Rick takes us on this fascinating journey through his presentation and knowledge of these territories.

The Landing- Art/Tech Rooms

Facilitator: Rick Lohr

Members: Free | Non-Members: \$15

Horticulture with Janell: Growing Blueberries in Containers

Wednesday, May 17th at 1:00 - 2:00 pm
Occurs the 3rd Wednesday of Every Month

Blueberries are a favorite summer treat but can be challenging for home growers due to the low soil pH requirements. Growing blueberries in containers is an alternative option for the backyard grower. In this program, we will cover growing medium preparation, cultivar selection, fertilization, and overwintering containerized blueberry bushes.

Location: Wausau Multi Purpose Room

Facilitator: Janell Wehr

Members: Free | Non-Members: \$15

Registration is Required

Visit Our Member Service Desk & Sign Up!

Exploring Spirituality: Summary of Past Topics

Thursday, May 18th at 9:00 - 10:30 am

In this final Spirituality Class of the season, until classes resume again in fall, there will be lots of time for discussion and sharing in support of each other and the path we are on.

A summary of some of the topics that were presented this year will be included, and meditations will be shared and experienced to remind us to connect with our inner selves and to stay balanced and rounded. We will also discuss topics we may like to cover when classes resume in the fall.

Location: Wausau Multi-Purpose Room

Facilitator: Debby Krenz

Members: \$12 | **Non-Members:** \$27

Baking with Paula: Coconut Macaroons

Thursday, May 18th at 1:00 - 2:30 pm

Back by popular demand – Paula will be showing the class how to make her popular Coconut Macaroons!

You will learn techniques to make these delightfully tasteful gems and receive the recipe to take home, and (best of all) get to taste the final result!

Register soon – Participation is Limited. You won't want to miss this one!

Location: Wausau Multi-Purpose Room

Facilitator: Paula Peters

Members: \$10 | **Non-Members:** \$25

Dinner Club: Wish

Thursday, May 18th at 5:30-7:30pm

Meets the 3rd Thursday of Every Month

May Dinner Club will be at Wish Steakhouse

Wish Steakhouse features classic American steaks, chops & seafood, which can be paired with craft beer or whiskey; in an unpretentious environment.

We will meet at the Restaurant at 5:30 pm. Join us for an opportunity to have dinner and socialize with old friends and meet new friends.

Registration is required – Space is Limited.

Note: We make reservations for each restaurant, if you are registered but no longer able to attend, please let us know as soon as possible so we can make the restaurant aware

Location: Wish Steakhouse

5006 E. Jelinek Ave., Weston

Facilitator: Mary Jindrich

Members: Free | **Non-Members:** \$15



The Landing

Gather, Move and Grow!

New & Unique Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Healthy Heart for All of Us

Informational Program

Friday, May 19th at 10:00 - 11:00 am

Enrollment Assistance Program

Friday, May 26th 10:00 am - 12:00 pm

The All of Us Research Program will be conducting a presentation regarding the program goals and benefits on Friday, May 19th; with a follow up session on Friday, May 26th for persons that would like help to register for enrollment in the program. If you wish to register for enrollment on your own, the information to do so is listed below.



Heart disease is the number one cause of death in the United States. Scientific advances are key to fighting these conditions and improving outcomes. All of Us research program and the people that enroll in the program will help provide data to achieve those scientific advances. Register today to attend the May 19 informational presentation to learn more about this program.

Persons wishing to enroll in the All of Us research program on their own, after hearing the informational presentation on May 19, can either wait until May 26 to get help to enroll with a member All of Us staff on site at The Landing; or you may enroll on your own by:

- Go to [Marshfield.JoinAllofus.org](https://marshfield.joinallofus.org) to create an account
- Agree to share your electronic health records
- Complete Consents
- Answer Health Surveys

Healthy Heart Continued...

Note: Once you enroll, an All of Us staff member may contact you for an in-person appointment to have your measurements taken and to give blood and urine samples. After completing these steps, you will receive a \$25 gift card. You can also call 888-633-9987 or e-mail allofus@marshfieldresearch.org to set up an appointment where All of Us staff can walk you through the enrollment process.

The Landing- Art & Tech Rooms

Facilitator: Marshfield Clinic Research Institute

Members: Free | Non-Members: Free

What Does this Tarot Card Mean?

Friday, May 19th at 11:00 am - 12:00 pm

3rd Friday of Each Month

On the 3rd Friday of each month, Mona Mahrtyn, a Landing Member, who has combined her training in Energy Healing along with her degrees in Health and Coaching and Registered Hospice Nurse, in developing her Energetic Wellness expertise. She will be highlighting two new Tarot Cards each month and discussing their meanings.

We will be exploring 2 of the 22 'Major' cards each month. The Major cards represent life's karmic and spiritual lessons. It is important to note there are no 'right' or 'wrong' meanings of the Tarot cards, but there are traditional interpretations of what the Tarot cards mean, and that is what we will be discussing: the traditional meanings of these cards.

Join us in this interactive and intriguing class to be held on the 3rd Friday of each month.

The Landing- Tech Room

Facilitator: Mona Mahrtyn

Members: \$10 | Non-Members: \$35

The Landing

Gather, Move and Grow!

New & Unique Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Community Dance Party: May the Groove Be with You

Friday, May 19th at 6:30 - 8:30 pm

What better way get in the groove than with Music and Dance!

Come with your best 70's groovy attire if you choose, but just be sure to come. It's a great time for family and friends, or by yourself, to dance and celebrate the joy of dance. Join us at our open community dance with Randy and Marilyn, who always bring the fun. This is the last community dance event until the fall.

All dance levels and experiences welcome! Hip hop, line dance, ballroom, and more! We'll be sure to play your favorites! Celebrate Spring with friends, family and dance.

Open to All Ages (Under 16 with a parent)

Please be sure to Register for this fun event!

Location: Wausau Group Exercise Studio

Facilitator: Marilyn and Randy

Members: Free | **Non-Members:** \$15



New Member Meet and Greet

Monday, May 22nd at 11:00 am - 12:00 pm

Occurs the 4th Monday of Every Month

Join us for a fun and informational session to welcome you to The Landing! You'll meet new Members, hear about our popular programs, learn how to register for programming, and get the lay of the land(ing)! Snacks provided.

Registration is required. We hope you'll join us!

The Landing- Tech Room

Facilitator: Mary Jindrich

Members: Free

Book Club

Monday, May 22nd at 11:30 am - 12:30 pm

Occurs the 4th Monday of Every Month

May 22: Lady Clementine by Marie Benedict (WWII Novel)

Our book club meets monthly (4th Monday) and is led by Connie Heidemann with Marathon County Literacy (McLit). All group members will read the book and join a lively discussion led by Connie about the themes, characters, and takeaways from each.

The Landing- Art Room

Facilitator: Connie Heidemann

Members: Free | **Non Members:** \$15



2024 Travel Show with Collette

Tuesday, May 23rd at 10:00am-12:00pm

Join us on May 23 to hear from a tour company representative about our NEW 2024 extended trips!

You will have the opportunity to ask questions in person and register on the spot - this is your chance to get the best price! Registration required.

See flyer for details about each trip.

The Landing- Art & Tech Rooms

Facilitator: Kate Ganshert

Members: Free

Non Members: Free



Registration is Required

Visit Our Member Service Desk & Sign Up!

Ironbull Ice Age Trail Hike

Tuesday, May 23rd at 10:00 am - 12:00 pm

Ice Age Trail hike on the North Plover River Segment is considered by some as one of the prettiest sections of the Ice Age Trail in Marathon County. This segment includes hardwood and cedar forests, lowlands and spring ponds along the Plover River, a Class 1, high-quality trout stream. Hiking highlights will be provided by Gail Piotrowski, and Ice Age Trail Ambassador.

We will meet at the trail head located off Highway 52, east of the Dells of Eau Claire County Park. Parking is on the north side of the road. Take Highway 52 east toward Antigo. The hike is approximately four miles in length and is considered moderate. Good hiking shoes and poles are recommended; along with weather appropriate clothing. Rain date is May 25th.

Ironbull will provide water and a snack. Register today; participation is limited.

Location: Ice Age Trail Head- Located off HWY 52

Facilitator: Bill Bertram

Members: Free | **Non Members:** \$15

Social Singles

Tuesday, May 23rd at 2:00-3:00 pm

This month's Social Singles will be at Clean Slate Coffeehouse in Rothschild.

Get to know fellow singles and make new friends in a similar life stage over lively conversation while you enjoy experiencing fun places around the community. Your suggestions for future activities for this group are welcomed!

Location: Clean Slate Coffeehouse

1027 E Grand Ave., Rothschild, WI, 54474

Members: Free | **Non Members:** Free

Alzheimer's Association: Healthy Living for Your Brain and Body

Thursday, May 25 at 8:30 – 9:30 am

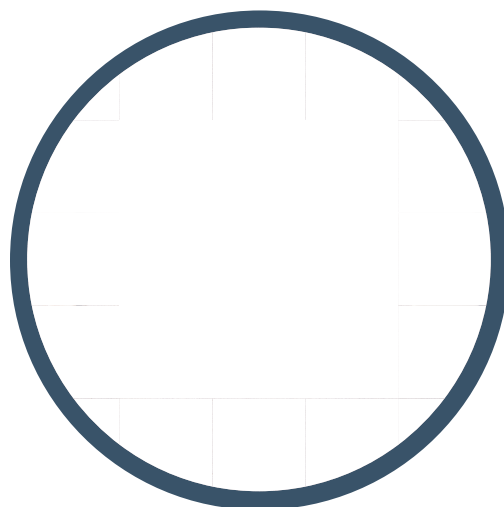
For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use tools to help you incorporate these recommendations into a plan for healthy aging

Julie St. Pierre of the Alzheimer's Association will be conducting this informative class about how Alzheimer's, and other dementias, cause memory issues, thinking and behavior problems that interfere with daily living that impacts not only the person with Alzheimer's or dementia but also family members and caregivers. Join us for this informative program.

Landing Tech/Art Rooms

Facilitator: Julie St. Pierre

Members & Non-Members \$0



The Landing

Gather, Move and Grow!

New & Unique Programs

Registration is Required
Visit Our Member Service Desk & Sign Up!

Ho-Chunk Gaming Casino Trip

Friday, May 26th at 12:30 - 5:00 pm

Occurs the Last Friday of Each Month

Join in the fun of these monthly shuttle trips to Ho-Chunk Gaming in Wittenberg, on the last Friday of each month.

The Ho-Chunk Gaming Shuttle will be picking us up at 12:30 from the Landing, and we will arrive at the Casino approximately 1:15pm. We will be boarded back onto the shuttle from the casino at 4:15pm, and will arrive back at the Landing approximately 5:00pm. Note: The shuttle is not handicap accessible.

The casino offers many different slot options and electronic table games, including Texas Hold Em, Craps, Blackjack and Roulette, all played with virtual dealers / dice throwers.

There are free coffee and soda stations along with a cash bar, and the snack bar is open to buy a burger, a sandwich or just a snack.

You will receive a \$10 Rewards Card as soon as you earn 10 points once you begin playing.

REGISTER SOON

SEATS ON THE SHUTTLE ARE LIMITED

Pick up at The Landing at 12:30 pm

Facilitator: Edward Jones

Members: \$5 | Non-Members: \$20

Edward Jones: Focus on Fixed Income

Tuesday, May 30 at 11:00am – 12:00 pm

In this program, you'll learn the basics of bonds, the concept of laddering and how fixed income may make sense as part of your investment strategy. Join us for this informative financial planning program.

Landing Tech Room

Facilitator: Edward Jones

Members: Free | Non-Members: \$15

Boost Balance and Mobility by Rennes Group

Wednesday, May 31 at 10:00 – 12:00 pm

Do you struggle with balance issues? The ability to balance is something we might take for granted. As we age it becomes apparent that balance is a key part to living a safe, and mobile life.

The Rennes Group will be conducting this informational clinic to share information, facts and guidance on how to stay mobile.

Registration is required.

Landing Tech Room

Facilitator: Rennes Group

Members: Free | Non-Members: \$15

Future Trips and Outings Stay Tuned More to Come!

Woodchucks Baseball Outing

Monday, June 19th at 5:30 pm

Your ticket includes all-you-can-eat brats, burgers, chicken, chips, beans, and cookies and craft beer, wine, soda and water through the 7th inning.

Only 20 Spots!

Members \$50 | Non-Members \$65

See flyers on these events, or talk to a Landing associate for more details!



Brewers Game Lamers Bus Trip

Wednesday, August 9th

Registration Deadline June 23rd

Members \$125 | Non-Members \$150

See flyers on these events, or talk to a Landing associate for more details!



The Landing

Gather, Move and Grow!

Weekly Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Movie Mondays

Location: The Landing Game Room

Mondays 12:45 - 3:30 pm FREE

Join Oona Younger and The Landing for Movie Mondays. Oona will lead a 15 minute introduction prior to the movies and then host a 30 minute discussion after the movie.

May 1st – Spaceballs: A star-pilot for hire and his trusty sidekick must come to the rescue of a princess and save Planet Druidia from the clutches of the evil Spaceballs

May 8th– Lion: A five-year-old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his family

May 15th – Parenthood: Three Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows that the process brings.

May 22nd – Philomena: In 1952, Irish teenager Philomena (Judi Dench) became pregnant out of wedlock and was sent to a convent. When her baby, Anthony, was a toddler, the nuns took Philomena's child away from her and put him up for adoption in the United States. For the next 50 years, she searched tirelessly for her son.

May 29th – The Wonder: Set in The Irish Midlands in 1862, the story follows a young girl who stops eating but remains miraculously alive and well. English nurse Lib Wright is brought to a tiny village to observe eleven-year old Anna O'Donnell. Tourists and pilgrims mass to witness the girl who is said to have survived without food for months.

Kings in the Corner

Location: The Landing Game Room

Mondays & Thursdays 11:00 - 12:30 pm FREE

Only 1 deck of cards is used in this game with a maximum of 4-5 players per table. Players try to get rid of their cards by playing them in a solitaire-like layout of 8 piles, built of alternate red & black cards in descending order. The Ace is low. The Kings are placed in the corner to start a run from King to Ace.

Beginners Welcome!

Bridge (Closed Group)

Location: The Landing Game Room

Mondays 1:00 - 3:00 pm

Interested members should contact Bonnie Mealy for more information on joining this group.

Leader: Bonnie Mealy

American Mahjong

Location: The Landing Game Room

Mondays & Fridays 1:00 - 3:00 pm FREE

We are setting aside space for mahjong play – we hope you'll join us! Up to 16 players if using only The Landing's mahjong sets. Bring your own cards.

Euchre

Location: The Landing Game Room

Tuesdays 10:00 am - 12:00 pm FREE

Come with a partner or on your own and join us for a rousing round or two of euchre! You must already know the rules of play; no one will be instructing.

The Landing

Gather, Move and Grow!

Weekly Programs

Registration is Required

Visit Our Member Service Desk & Sign Up!

Tuesday Crafters

Location: The Landing Art Room

Tuesdays 12:00 - 2:00 pm FREE

Work on your craft project among friends! Bring your unfinished project and get the motivation you need to complete it by enjoying the company of fellow crafters. You might even get a few tips and tricks to take your work to the next level!

Mexican Train

Location: The Landing Dining Room

Tuesdays 12:30 - 3:30 pm FREE

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". The game's most popular name comes from a special optional train that belongs to all players.

Advanced Party Bridge

Location: The Landing Art Room

Cancelled May 17th - The Landing will be Closed

Wednesdays 9:00 - 11:30 am FREE

Experienced bridge players are invited to play bridge each Wednesday. Players need to talk with Jean prior to joining the group.

Facilitator: Jean Burgener

Cribbage

Location: The Landing Dining Room

Wednesdays 1:30 - 3:30 pm FREE

Come play cribbage with new friends and old at The Landing – every Wednesday!

Laughter Club

Location: The Landing Art Room

Thursdays 10:00 - 11:00 am FREE

Laughter Club members participate in 30 minutes of laughter exercises with using charades, improv, stories, and humor. The Laughter Club participants will feel the health benefits and feel the social benefits from the very first session. We encourage you to drop in to sample the class!

Facilitator: Bernie Corsten

Hand and Foot

Location: The Landing Game Room

Fridays 1:00 - 3:00 pm FREE

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.

Beginners Welcome!

Sheepshead

Location: The Landing Dining Room

Fridays 1:00 - 3:00 pm FREE

Players must already know how to play; we won't be teaching the rules of the game.

Beginners Welcome!

Facilitator: Howard Opal

The Landing

Gather, Move and Grow!

Group Exercise

**For Virtual Classes
Registration is Required**

Visit Our Member Service Desk & Sign Up!

Zumba Gold

Location: Wausau Branch + Virtual

Mondays 9:00 - 9:45am **Program Gym**

Fridays 11:15am - 12:00pm **Program Gym**

Instructor: Pam Murphy

Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. How It Works: the design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

SilverSneakers Circuit

Location: Wausau Branch + Virtual

Mondays 10:00 - 10:45am **Program Gym**

Instructor: Robin Nelson

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Suitable for nearly every fitness level. Chairs are available for support.

Low Impact Strength and Stretch

Location: Aspirus Branch

Mondays 10:00 - 11:00 am **Studio B**

Wednesdays 10:00 - 11:00 am **Studio B**

Fridays 10:00 - 11:00 am **Studio B**

Instructor: Cindy Marquis

A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor.

SilverSneakers Classic

Location: Aspirus Branch

Mondays 11:15 am - 12:15 pm **Studio B**

Wednesdays 11:15 am - 12:15 pm **Studio B**

Fridays 11:15 am - 12:15 pm **Studio B**

Instructor: Cindy Marquis

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

SilverSneakers Splash

Location: Wausau Branch

Tuesdays 9:00 - 9:45 am **North Pool**

Instructor: Karen Singsheim

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

55+ Strong

Location: Wausau Branch + Virtual

Tuesdays 10:15 - 11:00 am **Program Gym**

Instructor: Lori Haight

The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance.

The Landing

Gather, Move and Grow!

Group Exercise

**For Virtual Classes
Registration is Required**

Visit Our Member Service Desk & Sign Up!

Gentle Cycle

Location: Wausau Branch

Wednesdays 9:00 - 9:30 am Cycling Studio

Instructor: Pam Henkel

This beginner friendly indoor cycling class is going to help YOU build confidence, endurance, and strength! We hope you'll join us for this gentle ride!

SilverSneakers Yoga

Location: Wausau Branch + Virtual

Wednesdays 9:45 - 10:30 am Group Ex. Studio

Thursdays 11:00 - 11:45 am Group Ex. Studio

Instructor: Wed. Pam Henkel & Thur. Lee Koch

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. This class incorporates a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Flexibility, Balance, and Breath

Location: Wausau Branch + Virtual

Wednesdays 10:45 - 11:30 am Group Ex. Studio

Instructor: Pam Henkel

Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise.

Butts and Guts

Location: Wausau Branch + Virtual

Thursdays 9:00 - 9:45 am Group Ex. Studio

Instructor: Fred Tealey

This 30-minute workout utilizes a stability ball, mat, weights and a small resistance band. It is low impact, but works your glutes with bridges and squats, and your abs with the stability ball.

SilverSneakers Enerchi

Location: Wausau Branch + Virtual

Thursdays, 10:00-10:45am Group Ex. Studio

Instructor: Lee Koch

Tai chi aimed at improving overall well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance, and focus. Chair support can be used to facilitate standing stability and seated exercise options.

Full Body Fitness

Location: Wausau Branch + Virtual

Fridays 10:15 - 11:00 am Program Gym

Instructor: Fred Tealey

Join Fred for Full Body Fitness each Friday! A fun mix of cardio moves, strength conditioning, kickboxing, and abs to whip you into shape!

The Landing

Gather, Move and Grow!

Group Exercise

**For Virtual Classes
Registration is Required**

Visit Our Member Service Desk & Sign Up!

Tai Chi Beginning Series with Colleen

Location: Wausau Branch Group Ex

May 8th to June 19th | 6 Weeks, No class May 29

On-going, currently not open for registering.

Mondays 11:15 am to 12:00 pm

This program is to continue the ongoing Tai Chi for Beginner Series, that started March 1 and runs through May 3rd. Tai Chi and Qi Gong are traditional Chinese exercises developed from Chinese martial art forms.

Tai Chi is a gentle standing, moving exercise proven through scientific study to:

- Increase flexibility, mobility, muscle strength and balance.
- Promote correct or optimal body posture and balance.
- Reduce pain, stiffness, stress, fatigue and falls.
- This Tai Chi class will also encourage mindfulness and brief self-meditation

Instructor: Colleen Peters

Members: \$17.50 | Non-Members: \$40