

# The Landing

**JULY 2023**

NEWSLETTER & PROGRAM GUIDE



## The Landing Hours

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

Saturday 9:00 am - 1:00 pm

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## How to Register for Programs:

**Email:** [MemberServices@TheLandingWausau.com](mailto:MemberServices@TheLandingWausau.com)

**Call:** 715-841-1855

**Online:** [TheLandingWausau.com/events](https://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.

## 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.

## July Lunches at The Landing

**Wednesdays at 11:30 am - 12:00 pm**

Registration due by 4pm Monday of each week.

### **July 5th Smoked Pork with Beans** **\$10**

Celebrate Independence Day with smoked pork with BBQ sauce, pit beans, and corn on the cob. Strawberry short cake for dessert.

### **July 12th Farmer's Market Fresh Greens Salad** **\$10**

Farmer's market salad with fresh greens, tomatoes, cucumbers, carrots, peas and pickled beets with a fresh herb dressing and crusty bread. A brownie for dessert. Toasted walnuts on the side.

### **July 19th Chili Dogs** **\$10**

Chili dogs with the works and chips. Fruit pizza for a refreshing summer dessert!

### **July 26th Club Sandwich** **\$5**

Layers on layers, enjoy this traditional club sandwich served with grapes & a pickle. Nothing hot in this summer selection.

**Beverages available by request for \$1**

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.

# 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!

## Lunches at The Landing

### Haley Houghton

#### Youth & Family Program Director

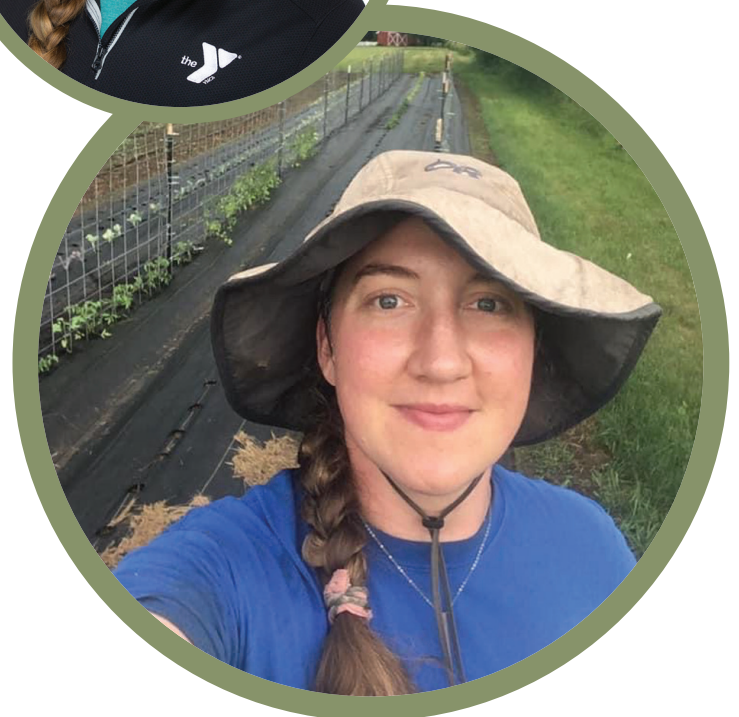
##### About Me:

I am in my 5th year at the YMCA. I was hired into aquatics, moved into the membership role at the Aspirus Branch, and, after a year, I was moved Downtown in charge of membership.

I have just completed my first year as the Youth and Family Programming Director moving between both of the Woodson Y's branches. I maintain the Garden at the Aspirus Branch and facilitate the LIVESTRONG Program.

**I am excited to officially become part of The Landing as the lead in the kitchen, working closely with all Landing staff.**

I have worked in the kitchen in multiple places including 3 years at Downtown Grocery and 6 years with Urban Street Bistro. My goal is to bring consistency, guidance and fun to what is already happening in the Landing kitchen. Please don't ever hesitate to reach out with questions, ideas or concerns!



# The Landing

## Volunteer Spotlight

"As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others."

Audrey Hepburn

### Special Events Volunteer at The Landing

#### Volunteer - Pat Kluz

##### About Me:

My name is Pat Kluz. My husband Terry, our dog Ike, and I live out near St. Agnes church in Weston. I have one daughter, Hilary, who is married, and I have 8-year-old twin grandchildren, Blake and Natalie. My profession was in Early Childhood as a Special Needs Teacher and a Kindergarten Teacher. After retirement, I led a Nature Explore outdoor program for 4-6-year-olds in the D.C. Everest school district, along with a little subbing and testing.

Presently I enjoy volunteering at my church and a few places in the community. At The Landing, I help with the Birthday Bash each month. I welcome people attending the bash and pass out birthday cards. I am also helping organize a monthly Bingo activity at The Landing and I'm looking forward to getting that going!

Some of my interests include growing microgreens and herbs to eat in just about anything. I absolutely love wildflowers and dragonflies. I also enjoy snowshoeing, snorkeling, kayaking, camping, and going on fishing trips to the Boundary Waters, as well as many years of trips backpacking out West and close and far away trips with family and friends.



#### "Activities from The Landing have become a big part of my week."

Everyone from The Landing team is so nice and have planned such a wonderful variety of activities, of which I have dabbled in many. I sign up for all the Zoom activities and sometimes surprise people by showing up in person. I am so impressed with the talent and knowledge of the exercise instructors and their ability to teach all different levels. Thanks to everyone at the Landing. You provide so much for so many!!

# The Landing

Gather, Move and Grow!

## New & Unique Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Independence Day Potluck Celebrating America!

**Monday, July 3rd at 11:30 am - 12:30 pm**

You may want to put on your red, white & blue for this celebration. Bring a summertime favorite for this potluck that begins with the letter shown below based on your last name.

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 Independence Day Pot Luck:

A - E Bring a Main Dish  
F - L Bring a Dessert  
M - R Bring a Salad  
S - Z Bring a Side Dish

**The Landing**

**Facilitator: Mary Jindrich**

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

### 4th of July Hours at The Landing

**Open 8:00 AM - 12:00 PM**

**No Landing Programs &  
No Group Exercise Classes  
will be held on 4th of July**

**Have a Great Holiday!**

### Cycling without Age Marathon County - Ride on the Chat Trishaw

**Occurs Weekly:**

**Tuesdays at 3:00 - 4:00 pm & 4:15 - 5:15 pm**

**Thursdays at 1:00 - 2:00 pm & 2:15 - 3:15 pm**

**2nd Saturday of Each Month:**

**July 8th at 9:15 - 10:15 am & 10:30-11:30am**

Have a seat and relax in a CWA Trishaw and take in the sights and sounds of downtown Wausau while the breeze blows and the sun shines on you.

You can ride alone or register for two and bring a friend or family member.



Trained pilots will provide the pedal power and the companionship for an hour-long ride around town, including the scenic Riverlife Trail and a stop at Briq's for an ice cream treat.

Chat Trishaw's are uniquely outfitted with a footrest that lowers completely to the ground, making getting into and out of the trishaw safe and easy. Waivers will be with the Trishaw driver and will need to be completed prior to the ride.

Open to any community member, but Registration is Required so that a pilot can be scheduled! Only persons registered will be able to enjoy the ride. Register today by visiting, e-mailing, or calling The Landing at 715-841-1855. Registration Deadline is at least 48 hours in advance.

If you would like more information on how to become a Trishaw pilot, email Cycling Without Age Marathon County at: [cwa.marathoncounty@gmail.com](mailto:cwa.marathoncounty@gmail.com)

**Meet cycle pilot outside Y's Main Entrance**

**Facilitator: Halle Veenstra**

**Members FREE | Non-Members FREE**



# The Landing

Gather, Move and Grow!

## New & Unique Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Old Guys Book and BS Club

**Wednesday, July 5th at 9:30 – 10:30 am**

**First Wednesday of Every Month**

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 following book prior to the meeting date listed below: Plainsong by Kent Haruf for discussion at the July 5th meeting.

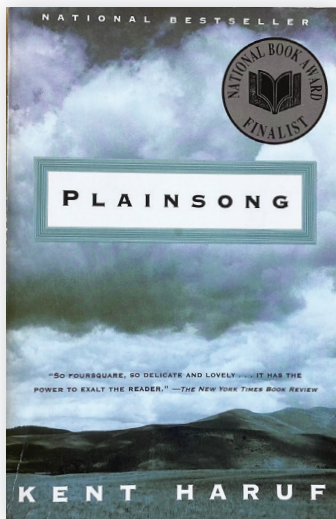
Note: John DeLaporte, the moderator of the group and an avid reader, has been to the library to ensure there are multiple copies of each of these books at the library. Therefore, you should not have to purchase the book, unless you want to own it.

Reading ahead: Out of Sight by Elmore Leonard for discussion at the August 2nd meeting.

The Landing – Tech Room

**Facilitator: John DeLaporte**

**Members FREE | Non-Members \$15**



### Nails 101- Unraveling the Lingo

**Thursday, July 6th at 1:00-2:00pm**

Many questions may be asked when calling to make an appointment to get your nails done. Knowing what you want and what it means can be overwhelming, especially if you don't regularly get nail work done. Manicure or Pedicure? Gel Polish or Regular Polish? Acrylic Nails or Powder Dip Nails? Full Set or Fill? Square or Oval shaped? French Manicure, ombre design, nail art? It can be daunting to understand.

Katty Nguyen of Bella Nails and YMCA Member has many years of nail experience. She, along with her husband Andy, will walk us through the sometimes-confusing world of caring for nails and enlighten us about some of the options available to enhance or personalize the look of your nails.

Cost of program will include a nail "goody bag" for persons registered. Let's "nail" down the lingo in this fun and informative class.

The Landing – Tech Room

**Facilitator: Katty Nguyen- Bella Nails**

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

### July Birthday Bash

**Friday, July 7th at 11:30 am - 1:00 pm**

**First Friday of Every Month**

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**



# The Landing

Gather, Move and Grow!

## New & Unique Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Wausau's Community Partners Building and Wausau Free Clinic

**Monday, July 10th at 10:00 am - 11:00 am**

This informative program will talk about Wausau's Community Partners Building located on Grand Avenue. The presenters will share what community groups are represented in the building and the programs they serve, how it was funded, and who provides the services.

You will hear about the mission of the agencies and how they continue to educate our community on services offered, and the ability to access the services. The presenters have public speaking experience both in their career history and now in the development, fundraising, and promotion of the Community Partners Building and the Free Clinic, so you will not want to miss this informational program!

**Location:** Landing Tech & Art Rooms

**Facilitators:** Jeff Todd and Dr. Oswald

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



**COMMUNITY  
PARTNERS  
CAMPUS**

Supporting non-profits in a shared space.



### Ironbull: Biking Trillium and Mountain Bay Trails

**Tuesday, July 11th at 10:00 am - 12:00 pm**

We will meet at Doepke Park, in parking lot on the north side of South Mountain Road, in Rib Mountain at 10:00am.

We will kick off our ride on Wausau's newest paved bike trail, Trillium Trail in Rib Mountain (from Doepke Park). From the Trillium Bike and Pedestrian Trail, which is approximately .8 of a mile in length, we will then cross Highway 51 to where it connects with the Mountain Bay Trail. Upon crossing the Wisconsin River, (approximately 1 hour into the ride), we will take a short break at River Park in Rothschild before tracing our ride back to Doepke Park.

E-Bikes welcomed. Helmets highly recommended. Rain date is July 13th.

Let's take in the day, the season and the comradery as we enjoy this Ironbull sponsored bike ride!

**Location:** Meet at Doepke Park in Rib Mountain

**Facilitator:** Bill Bertram

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



# The Landing

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## New & Unique Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### History with Rick Lohr: Galapagos

**Tuesday, July 11th at 10:00 - 11:00 am**

Occurs the 2nd Tuesday of Every Month

In this presentation, Rick will walk us through a number of the Galapagos Islands. We will observe the evolution of the islands from the barren lava terrain to the developing flora and fauna on the older islands. We will observe the lives of land and sea iguanas and the abundant birdlife

This is one of the most fascinating ecological environments in the world. Register today; you won't want to miss this one!

The Landing - Art/Tech Rooms

**Facilitator: Rick Lohr**

Members: Free | Non-Members: \$15

### Getting to Know Classic Films: The Narrow Margin, 1952

**Wednesday, July 12th 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.

On July 12th, we will be watching and discussing the classic 1952 film The Narrow Margin. This film is directed by Richard Fleisher and is about a tough detective, Walter Brown (Charles McGraw), that is assigned to protect a gangster's widow, Mrs. Frankie Neal (Marie Windsor), as she rides the train from Chicago to LA, en-route to testify at a grand jury testimony that the mob will stop at nothing to prevent.

Join us to watch this classic nail-biter.  
Register soon!

The Landing - Art/Tech Rooms

**Facilitator: Scott Schutte**

Members: Free | Non-Members: \$15





### Monthly Blood Pressure Clinic

**Friday, July 14th at 10:00 am**

**Second Friday of Every Month**

The Rennes Group will be conducting Blood Pressure Clinics at the Landing each month on the 2nd Friday of 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.

**Please arrive at 10:00 am. Blood pressure checks will be completed on a first come, first serve basis. Once all are completed, Rennes staff will be leaving.**

**Wausau Multi-Purpose Room**

**Facilitator: Rennes Group**

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



### Exploring Self-Healing Energies with Bernie

**Monday, July 17th at 10:00-11:30am**

**Third Monday of Every 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**



### Super Sundae Bar: National Ice Cream Day

**Monday, July 17th at 11:30 am - 12:30 pm**

There is no better way to celebrate National Ice Cream Day than at The Landing's Super Sundae Bar! We will have many delicious toppings to create your own stupendous sundaes. There will also be ice cream cones if you would prefer a cone.

Don't miss out on National Ice Cream Day; more important, don't miss out on ice cream! Register!

**Location: The Landing**

**Facilitator: Mary Jindrich**

**Members: \$5**

**Non-Members: \$20**





**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Horticulture with Janell: Composting 101 Don't Waste Your Thyme

**Wednesday, July 19th at 1:00 - 2:00 pm**

Third Wednesday of Every Month

Learn the best practices to effectively manage yard trimmings and other organic materials generated at your home. This class will be interactive in nature. We will cover the composting process, materials and methods, using the compost and other options for managing yard trimmings and food scraps.

**Location:** Wausau Multi Purpose Room

**Facilitator:** Janell Wehr

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

### Bingo at The Landing

**Thursday, July 20th at 1:00 - 2:30 pm**

Occurs the 3rd Thursday of Each Month

Let's play bingo! Come out and play bingo with your old and new friends. No daubers or number covers needed as we will be using the sliding window bingo cards.

There will be prizes and laughter, all we need is you! Register today!

**The Landing Art/Tech Rooms**

**Facilitator:** Mary Jindrich

**Members:** \$3 | **Non-Members:** \$18



### Baking with Paula: Strawberry Rhubarb Crisp

**Thursday, July 20th at 1:00 - 2:30 pm**

Occurs the 3rd Thursday of Each Month

Pick or gather that rhubarb when it's in season, then pick or buy some strawberries, and get ready to make a seasonal favorite: Strawberry Rhubarb Crisp.



This sweet/tart crisp really takes advantage of these summer fruits. It's good warm or cold; and it tastes great with ice-cream or whipping cream to ramp up the dessert sensation! Register today to learn how to make this seasonal favorite!

**Location:** Wausau Multi-Purpose Room

**Facilitator:** Paula Peters

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

### Dinner Club: Carmelo's

**Thursday, July 20th at 5:30 - 7:30 pm**

Third Thursday of Every Month

July Dinner Club will be held at Carmelo's Italian Restaurant: 149841 County Rd NN; Rib Mt, WI. Located at the base of Granite Peak, Carmelo's is a long-standing Italian restaurant in Wausau with excellent reviews.

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

Space is limited. 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.

**Carmelo's:** 49841 County Rd. NN, Rib Mountain

**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!

### What Does this Tarot Card Mean?

**Friday, July 21st at 11:00 am - 12:00 pm**

Third Friday of Every Month

Mona Mahrtyn, a Landing member, 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 2 of the 22 "major" tarot cards each month and discussing their meanings.

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.

**The Landing - Tech Room**

**Facilitator: Mona Mahrtyn**

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

### New Member Meet and Greet

**Monday, July 24th at 11:00 am - 12:00 pm**

Fourth 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**

Say  
Hello!

### Book Club

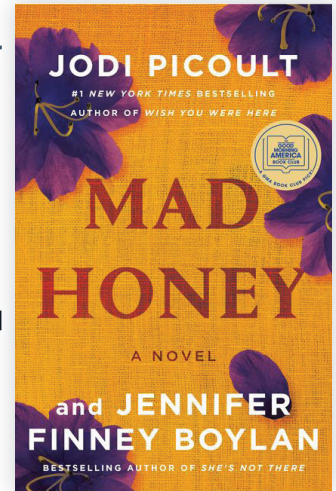
**Monday, July 24th at 11:30 am - 12:30 pm**

Fourth Monday of Every Month

**July 24: Mad Honey - Jodi Picoult & Jennifer Finney Boylan**

Our book club meets monthly 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. Please read and enjoy conversation about the following books for each month:



#### Reading Ahead:

**Aug. 28:** Women Talking by Miriam Toews

**Sept. 25:** The Secret Life of Sunflowers by Marta Molnar

**Oct. 23:** Nordic Theory by Anu Partanen

**Nov. 27:** Seed Keeper by Diane Wilson

**Dec. 18:** Lord of the Flies by William Golding

**The Landing - Art Room**

**Facilitator: Connie Heidemann**

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

BOOK CLUB

# The Landing

Gather, Move and Grow!

## New & Unique Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Edward Jones: Making Your Money Last

**Tuesday, July 25th at 11:00am – 12:00 pm**

You've worked hard to build your retirement cushion, and now it's time to enjoy it. This presentation discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement.

Join us for tips on how to stretch your nest egg and manage your budget in retirement.

**The Landing - Tech Room**

**Facilitator: Edward Jones**

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

### Social Singles

**Tuesday, July 25th at 4:00 - 5:00 pm**

**Join us at Gulliver's in Wausau**

Join us for social singles and stay for dinner if you'd like. 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!

**Meet at Gulliver's, 151701 Gadwall Lane,  
Wausau, WI 54401**

**Facilitator: Mary Jindrich**

**Members: Free**

**Non-Members: Free**



### Healthy Eating Habits

**Wednesday, July 26th at 10:00 – 12:00 pm**

As we age, our nutrition needs to change—and many older adults don't eat as well as they should. The good news is that it's never too late to develop better nutrition habits that can help you reduce your risk for illness and stay active and independent for longer. Join staff members from The Rennes Group for this informational clinic, where they will be sharing information, facts, and guidance on choosing healthy foods and what it does for your overall health long-term.

Register today for this informative program to uncover some steps you can take to reap the benefits of healthy eating.

**Landing Tech Room**

**Facilitator: Rennes Group**

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





# The Landing

Gather, Move and Grow!

## New & Unique Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Strategies to Effectively Communicate with Someone with Dementia

**Thursday, July 27th at 8:30-9:30am**

As dementia progresses, it affects a person's ability to communicate with family and friends. In this workshop, explore effective communication strategies that can be helpful for someone with dementia and learn how to decode messages through attitude, tone of voice, facial expressions and body language

Julie St. Pierre of the Alzheimer's Association will be conducting this informative class about how Alzheimer's, and other dementias that cause memory issues and thinking and behavior problems 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.

**The Landing - Tech/Art Rooms**

**Facilitator: Julie St. Pierre**

**Members & Non-Members \$0**

### The Landing Motorcycle Riding Group

**Thursday, July 27th at 10:15 am – 5:00 pm**

The Landing Motorcycle Riding group will meet at the First Presbyterian Church parking lot on the last Thursday of the month. We will meet at 10:15 and depart at 10:30 am. There is no set return time for day of riding, but generally we return before dinner.

We will stop along the ride for lunch. Everyone is responsible to order off the menu and pay for their own meal.

There is the limited option of riding on someone's backseat if you do not have your own bike but you **MUST** let The Landing know you would like to ride with someone. We cannot guarantee we can make backseat requests happen but will do our best to do so.

Note: We will discuss as a group what we would like the next month's ride route to be, so come with thoughts or ideas where you might like to ride to next month.

**Meet at First Presbyterian Church Parking Lot**

**Facilitator: Stacy Ascher-Knowlton**

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



# 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, July 28th at 12:30 – 5:00 pm**

**Last Friday of Every 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 at approximately 1:15pm. We will be boarded back onto the shuttle from the casino at 4:15pm and will arrive back at the Landing at 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.

**Location: Ho Chunk Gaming Casino**

**Meet at The Landing at 12:30 pm**

**Facilitator: Kathryn Boettcher**

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

### Team Trivia Smackdown

**Friday, July 28th at 11:30am – 12:30 pm**

Trivia Smackdown – team based! You do not need to have a team to enter, and we will create or add to teams as needed. Teams are generally made up of 4 individuals but may vary based on number of persons registered.

The format of the program will be run in 4 different trivia categories, to allow for variations in trivial facts known across a team. There will be a traveling trophy to the winning team that will be displayed within the Landing, along with the names of persons from the winning team.

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.

**Landing Tech Room**

**Facilitator: Mary Ellen Marnholtz**

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



**HO-CHUNK GAMING**  
WITTENBERG

# The Landing

Gather, Move and Grow!

Looking Ahead!

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

## The Fireside Theater & Lunch Scrooge the Musical Lamer's Motor Coach Bus Trip

**Thursday, December 7th**

**Registration Deadline: November 3rd  
or when bus is full**

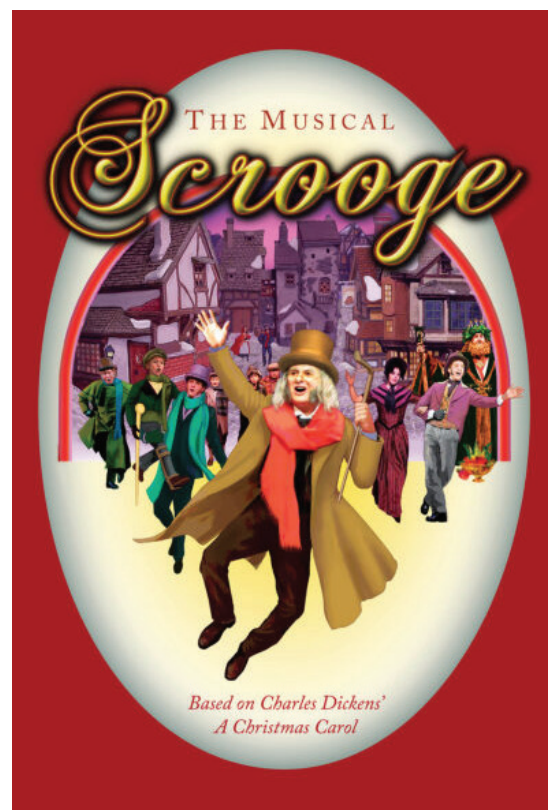
Join us for this merry, sparkling, tuneful, boisterous Broadway musical version of the world's most beloved Christmas story – Dickens' A CHRISTMAS CAROL.

Based on the popular musical movie starring Albert Finney, SCROOGE THE MUSICAL tells this time honored tale of redemption and love as only The Fireside can – with a beautiful and rousing musical score (including the well-known "Thank You Very Much"), breath-taking dancing, beautiful period costumes, uproarious comedy, and heart-warming drama. If you have to choose only one Christmas show this season you must come see SCROOGE THE MUSICAL at The Fireside.

**See the flyer in The Landing for delicious lunch options and travel itinerary.**

The Fireside Dinner Theatre  
1131 Janesville Avenue, Business Hwy 26 South  
Fort Atkinson, WI 53538

**Members: \$180 | Non-Members: \$205**





# The Landing

Gather, Move and Grow!

## Weekly Programs

**Registration is Required**

Visit Our Member Service Desk & Sign Up!

### Movie Mondays

#### 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.

**July 3rd 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.

**July 10th The Starling:** After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

**July 17th The Dig:** In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. He and his team discover a ship from the Dark Ages while digging up a burial ground.

**July 24th Loving:** Interracial couple Richard and Mildred Loving fell in love and were married in 1958. They grew up in Central Point, a small town in Virginia that was more integrated than surrounding areas in the American South. Yet it was the state of Virginia, where they were making their home and starting a family, that first jailed and then banished them. Richard and Mildred relocated with their children to the inner city of Washington, D.C., but the family ultimately tries to find a way back to Virginia.

**July 31st Operation Mincemeat:** Operation Mincemeat is set in 1943 as the Allies are determined to launch an all-out assault on Fortress Europe. But they face an impossible challenge - to protect a massive invasion force from entrenched German firepower and avert a potential massacre.

### Kings in the Corner

#### 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)

#### 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

#### 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

#### 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

#### 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

#### 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

#### The Landing Art Room

**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

#### The Landing Game Room

**Wednesdays 1:30 - 3:30 pm FREE**

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

### Laughter Club

#### 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

#### The Landing Game Room

**Tuesdays 12:30 - 3:00 pm FREE**

**Fridays 12:30 - 3:00pm 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

#### 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!

### Tai Chi Beginning Series / 7 Week Class

#### Wausau Branch Group Exercise

July 17th to August 28th

**Mondays 12:15 pm to 1:00 pm**

**Instructor: Colleen Peters**

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

**Register Soon!**

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

### Zumba Gold

#### 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

#### 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

#### Aspirus Branch

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

**Wednesdays 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

#### Aspirus Branch

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

**Tuesday 11:15 am - 12:15 pm Studio B Kay**

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

**Thursday 11:15 am - 12:15 pm Studio B Kay**

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

**Instructor: Cindy Marquis & Kay Pickar**

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.



# The Landing

Gather, Move and Grow!

## Group Exercise

**For Virtual Classes  
Registration is Required**

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### Wise Y

#### Aspirus Branch

Tuesdays 10:00 - 11:00 am Studio B

Thursday 10:00 - 11:00 am Studio B

Friday 10:00 - 11:00 am Studio B

**Instructor:** Kay Pickar

Low Impact Strength and Cardio

### SilverSneakers Splash

#### 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

#### 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.

### SilverSneakers Yoga

#### 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

#### 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

#### 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

#### 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

#### 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!