The Landing

JUNE 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

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.

June Lunches at The Landing

Wednesdays at 11:30 am - 12:00 pm

Registration due by 4pm Monday of each week.

June 7 – Sloppy Joe's **$10**

Sloppy Joe's are an American family staple. This recipe has a chipotle, smoky BBQ flavor for a fun zing. Served with chips and a double chocolate chip cookie.

June 14 – Pesto Chicken & Ricotta Spinach Ravioli $10

Served with a side salad of lettuce, tomato, cucumber, and shredded cheese. Dessert is Nilla wafer banana pudding.

June 21 – Summer Salad **$5**

If summer was a flavor, this salad would be it. Easy, healthy and so refreshing. This salad features corn, cucumber, cherry tomatoes, avocado, strawberries, basil and crumbled feta. Topped with lemon juice and olive oil, this is a healthy and refreshing salad.

June 28 – Grilled Chicken Pita **$10**

Tasty Greek grilled chicken, grilled peppers and onions, tomato, lettuce and tzatziki and hummus on a pita. Served with a tomato, feta, and kalamata olive salad. Lemon pudding parfait 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!

Julie Streufert

Executive Director of The Landing

About Me:

Hello! I am Julie Streufert, the new Executive Director of The Landing.

I have a bachelor's degree in Social Work and have spent most of my career working in the area of Long-Term Care.

I have had the privilege of working with both children enrolled in The Children's Long-Term Support Waiver program and the aging population enrolled in Family Care services.

I am grateful for the experiences and lessons learned from the families I served. I currently lead the Children's Long-Term Support Team as a supervisor at Social Services.

I know these experiences and gained knowledge will be an asset as I transition into my new role at The Landing.

I am a Wausau native, born and raised in the area. I have many favorite local spots, some include fish fries at Loading Zone, walking downtown along the river's edge, live music at the 400 block, and enjoying nature's beauty from the top of Rib Mountain. In my free time I do enjoy taking walks, biking, baking, listening to live music and taking road trips. I have two sons, ages 21 and 17. They are developing into their own independent adults, but we still enjoy those family dinners and mini getaways.

I am excited to be joining the team at the Landing and look forward to getting to know each of you!!!

Fred Tealey

Group Exercise Instructor

About Me:

Teaching cardio classes at the Y has been an amazing experience for me the last few years. I teach Full Body Fitness and Butts and Guts. My experience goes back to 2000 when I taught cardio kickboxing at Wausau Health and Fitness.

Originally from Eau Claire, I graduated from UW-EC; I then was employed for 3 years at UW-Madison hospitals in the psychiatric unit as a psych tech. Finally, my teaching career began as a high school English and speech instructor in addition to coaching mock trial and debate for over 30 years. After retirement, I worked part time at United Airlines as an agent, long-term subbing at West and East, and now at the YMCA.

My wife Jane passed away a few years ago, and she taught at NTC for 30 years. After her stage 4 diagnosis she opted to redevelop the back yard for a tremendous garden venue vis-a-vie Land Art. I decided to renovate the lower level of the house and start an Airbnb business called Marquardt Hill Gardens. This business has been operating for 8 years; it is particularly busy in winter for skiers, but also the unit is busy in the summer with the gardens as a draw.

Alison Simon is my daughter, and I also have two grandchildren, Fernando and Mayabella, who are students at Wausau East. Attending their concerts, plays, parades and other events is a priority. They are the love of my life.

Being a part of the Landing is just a fantastic experience with the many friends I have made as well as all the exercise programs. Many of us say: if we didn't have The Landing, what would we do?

The Landing

Volunteer Spotlight

"You make a living by what you get.
You make a life by what you give."
Winston Churchill

Special Events Volunteer at The Landing

Volunteer - Christine Alft

About Me:

I've been a Birthday Bash volunteer at The Landing since August of 2022 and really enjoy meeting new people and hearing their stories during the celebrations. I'm the official cake cutter, so, if your slice of cake is smaller than your neighbor's, you may file a complaint at the complaint department. I'm not sure where they moved it after the remodeling.

After a 34-year career as a Registered Nurse, working in Wausau and Madison, I retired and found so much joy in doing whatever made me happy. Staying active and socially involved is a vital part of my life and The Landing is an important part of it. It's like having a second family, and a reason that no one should ever feel alone.

When I'm not at The Landing I enjoy the outdoors and spending time near my hometown. White Lake offers swimming and fishing and the nearby Wolf River and surrounding area is absolutely beautiful. Biking, hiking, kayaking and campfires with friends and family fill my time and leave pleasant memories.

"I really enjoy meeting new people and hearing their stories during the birthday celebrations."

The Landing

Gather, Move and Grow!

New & Unique Programs

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

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:
June 10th 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.

The Chat Trishaws 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

Location: Leave from The Landing
Facilitator: Halle Veenstra
Members FREE | Non-Members FREE

Medicare 101

Tuesday, June 6th at 10:00 – 11:30 am

As Medicare enrollment time frames are upon us, please join us for this informative Medicare 101 Program. The speaker, Tammy Pestka of Bremax Insurance, will be talking about multiple areas of Medicare enrollment, including the four categories: A-B-C and D of Medicare; eligibility and how to enroll in Medicare; things to consider as you compare health coverage options; and time frames to join, change or leave Medicare health plans.

The presentation that Tammy will be using during this program has been approved by Medicare, and copies of the presentation will be handed out as part of the program

The Landing – Tech/Art Room
Facilitator: Tammy Pestka
Members FREE | Non-Members $15

Wellness Month in The Landing

Tuesday June 6, 13, 20 & 27 at 12:00 - 1:00pm

Join The Woodson YMCA Wellness staff for Wellness Month at The Landing. Learn about the importance of exercise and nutrition and the many benefits they have on our mind and bodies.

Each week they will discuss various components of Health and wellness including:

June 6: Wellness Consultations

June 13: Personal Training, MX4 Active & Group Ex.

June 20: Tour the Wellness Center & Track

June 27: Nutrition

These sessions will be held weekly for the month of June. You can sign up for all or as many as you would like. See flyer for more information regarding each session.

The Landing - Tech Room
Facilitator: Renée Giese
Members FREE | Non-Members FREE

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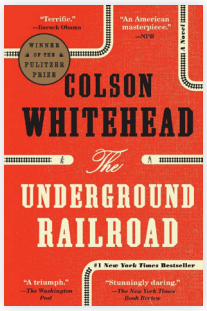
Old Guys Book and BS Club

Wednesday, June 7th at 9:30 – 10:30 am

The Underground Railroad by Colton Whitehead



A club designed for men who are members of The Landing to get together, discuss books, have a donut, and B.S.

Please read prior the June 7th meeting: The Underground Railroad by Colton Whitehead.

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.

July 5th Book: Plainsong by Kent Haruf

The Landing – Tech Room
Facilitator: John DeLaporte
Members FREE | Non-Members $15

Creating Button Jewelry with Marcia

Wednesday, June 7th at 12:30 - 2:30pm

Somewhere in your house do you have a jar or box full of buttons that you have been saving? This class will turn your buttons into unique necklaces, pins, and bracelets. You will learn several different ways to join the buttons together to create jewelry.

The cost of class will include all materials needed to turn your buttons into wearable treasures. So, bring your jar, box, or baggie with buttons. No matter how big or small, modern or vintage, whatever color or material, they all can be used. You may even want to mix or match buttons with other class participants.

Creating Button Jewelry Continued...

If you do not have a button collection to work with, Hobby Lobby, Michaels, and JoAnn all have bags of mixed buttons for purchase. Marcia will also provide some buttons to supplement what you bring.

Marcia will have examples of button jewelry that will be on display on or around May 15th in The Landing Arts & Crafts Room window.

Join us and transform your buttons into beautiful jewelry you made yourself!

The Landing - Art Room
Facilitator: Marcia Kosmerchock
Members: $12 | Non-Members: $27

Monthly Blood Pressure Clinic

Friday, June 9th, please arrive at 10:00 am
Finished when all blood pressures are complete.
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.

The Landing- Tech/Art Room
Facilitator: Rennes Group
Members: Free | Non-Members: $15

New & Unique Programs

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

June Birthday Bash

Friday, June 9th at 11:30 am - 1:00 pm
First Friday of Every Month Except June will be the 2nd Friday of the month.

We are celebrating birthdaysevery month! If it is yourbirthday 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

Wausau Police: Parking in Downtown Wausau and Other Wausau Parking Regulations

Monday, June 12th at 9:00- 10:00am

Parking regulations can be challenging, especially in the Downtown Wausau area.

- What is Passport Parking?
- What is Re-Parking?
- Are there preferred places to park if I'm going to the Grand Theater?
- How has parking changed since the mall has been removed?

Wausau Police Parking Enforcer, Jim Hellrood, will be talking about parking in Downtown Wausau and other Wausau parking regulations. He will be providing helpful information that will be invaluable the next time you're looking for a place to park.

The Landing - Tech/Art Room
Facilitator: Jim Hellrood
Members: FREE | Non-Members: $15

Ironbull: Big Eau Pleine County Park Bird Walk

Tuesday, June 13th, with two time choices:
10:00 am - 12:00 pm OR 1:30 - 3:30 pm
Please choose one time only.

Join forester Dave Flickinger and Susan Haug of the Wausau Bird Club on this hike, as they share insights on Marathon County's Largest Park. Big Eau Pleine Park is a sizable park, containing 1,450 acres of second-growth mixed hardwoods forming a two-mile peninsula thrust deep into the waters of the Big Eau Pleine Reservoir. Most of the park was gifted to Marathon County in 1937 by Consolidated Waterpower Company.

We will meet at the parking lot next to the Park Manager's building on Park Road for this 2-hour hike. The location has a shelter and restrooms. Good hiking shoes are a must, as well as weather appropriate attire. The hike is approximately 3 miles of easy walking, but be prepared for marshy areas. We will hike rain or shine!

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

Location: Big Eau Pleine County Park
Facilitator: Bill Bertram
Members: Free | Non Members: $15

New & Unique Programs

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

History with Rick Lohr: China 1980

Tuesday, June 13th at 10:00 - 11:00 am
Second Tuesday of Every Month

Rick will talk about his visit to China with the first US teacher exchange delegation to visit China. The group traveled to China four years following the death of Mao Zedong and Zhou Enlai. They visited many of the major cites of Northeast China, including Shanghai, Beijing, Changchun, Harbin, Shenyang and Xian.

In this presentation we will visit the Forbidden City, The Great Wall, and the Tomb of Qin Shi Huang. We will also observe the Chinese culture of the early 1980's.

Join us as Rick takes us on this fascinating journey through the wonders of China.

The Landing - Art/Tech Rooms
Facilitator: Rick Lohr
Members: Free | Non-Members: $15

Getting to Know Classic Films: Fury (1936)

Wednesday, June 14th 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 June 14th meeting, we will be watching Fury, which is a 1936 American drama film directed by Fritz Lang that tells the story of an innocent man (Spencer Tracy) who narrowly escapes being burned to death by a lynch mob and the revenge he then seeks.

Joe Wilson (Spencer Tracy) and Katherine Grant (Sylvia Sidney) are in love, but he doesn't have enough money for them to get married, so Katherine moves across the country to make money. En route to meet his fiancée, Katherine, things go disastrously wrong for Joe when he stops in a small town and is mistaken for a wanted kidnapper.

Fun fact: Spencer Tracy was born in Milwaukee; he is a graduate of Ripon College and is buried in Glendale.

The Landing - Art/Tech Rooms
Facilitator: Scott Schutte
Members: Free | Non-Members: $15

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Under the Trench Coat

Thursday, June 15th at 10:00 am - 12:00 pm

Introductions to Private Investigations: What do you wish you knew about Private Investigators? This session looks at a variety of issues to provide clarity about the reality of Private Investigations.

We will explore what is required to be a Private Investigator in the state of Wisconsin, the differences between Law Enforcement and PI's, how Private Investigators fit in the criminal justice system, the types of cases Private Investigators work, the "tools" of the trade, and what Hollywood typically gets wrong.

The Landing - Tech Room
Facilitator: Jill Goffin & Colleen Belongea
Members: Free | Non-Members: $15

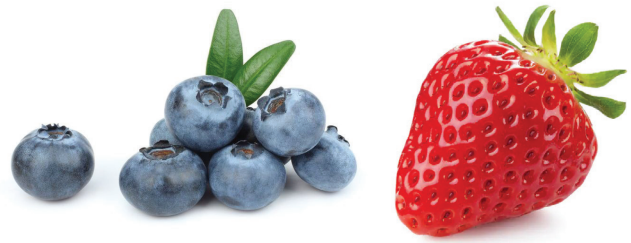
Baking with Paula: Fruit Trifle

Thursday, June 15th at 1:00 - 2:30 pm

A great way to ring in the warm weather with a dessert that can include many of your favorite warm-weather fruits (strawberries, peaches, blueberries... you get the idea) in an elegant combination of fruit, cake, custard and whipped cream.

Register today to learn how to make this refreshing dessert.

Location: Wausau Multi-Purpose Room
Facilitator: Paula Peters
Members: $10 | Non-Members: $25



Dinner Club: Shanghai Grill

Thursday, June 15th at 5:30 - 7:30 pm
Third Thursday of Every Month

June Dinner Club will be held at Shanghai Grill. Shanghai Grill features Chinese & Japanese cooking, sushi & vegetarian dishes. 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.

Shanghai Grill, 3910 Schofield Ave. #10, Weston
Facilitator: Mary Jindrich
Members: Free | Non-Members: $15

What Does this Tarot Card Mean?

Friday, June 16th at 11:00 am - 12:00 pm
Third Friday of Every 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 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

The Landing

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New & Unique Programs

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Exploring Self-Healing Energies with Bernie

Monday, June 19th 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

Father's Day Potluck

Monday, June 19th at 11:30 am - 12:30 pm

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 Father's Day Pot Luck!

A - E Bring a Dessert
F - L Bring a Salad
M - R Bring a side Dish
S - Z Bring a main Dish

The Landing
Facilitator: Mary Jindrich
Members: Free | Non-Members: $15

Woodchucks Baseball Outing

Monday, June 19th at 5:30 pm

Enjoy a luxury suite at the ballpark, with premium indoor and outdoor seating options available for great views of the game against the Wisconsin Rapids Rafters!

Included with your ticket will be all-you-can-eat brats, burgers, chicken, chips, beans, and cookies, and craft beer, wine, soda and water on offer through the 7th inning. Additional items, including gluten free items, are available for purchase upon request.

Meet at the ballpark as early as 5:30pm.

Location: Wausau Woodchucks Ball Park
Facilitator: Kaitlyn Pederson
Members: $50 | Non-Members: $65

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New & Unique Programs

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Honoring Choices Presentation

Tuesday, June 20th at 9:00 - 10:00 am

Join Heidi from Aspirus to learn about Advance Care Planning (ACP): the process which helps you think about, talk about, and write down your choices for future health care decisions. While it's not an easy topic to consider, it is important for every adult to have a Health Care Directive - a written plan for loved ones and health care providers to follow - so that your wishes are known if a time comes when you cannot speak for yourself.

The Landing- Tech Room
Facilitator: Heidi Kraege
Members: Free | Non-Members: $15

Honoring Choices 1:1

Tuesday, June 20th at 10:00 am - 12:00 pm

Book your 1:1 appointment with Heidi to begin work on your Advance Care Plan!

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

The Landing- Tech Room
Facilitator: Heidi Kraege
Members: Free | Non-Members: $15

Horticulture with Janell: Growing Veggies in Containers

Wednesday, June 21st at 1:00 - 2:00 pm
Third Wednesday of Every Month

Short on space, but still want to grow some fresh vegetables? In this program, we will cover selecting appropriate crops and varieties, container selection, soil, watering and fertilizing, as well as pest and disease management.

Location: Wausau Multi Purpose Room
Facilitator: Janell Wehr
Members: Free | Non-Members: $15

The Landing

Gather, Move and Grow!

New & Unique Programs

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

Edward Jones: Creating Your Estate Plan

Thursday, June 22nd at 11:00am – 12:00 pm

Creating your estate plan is a topic people tend to put off or ignore, but one of the most important things you can do is develop a sound plan for your estate. Doing so lets you take a giant step toward a more secure future.

At this program you will learn more about:

- What to consider when creating your will
- The benefits of trusts in estate planning
- How to help reduce taxes on your estate
- How insurance can help protect your family

Join us for this informative program packed with answers to "planning your future security strategies" questions.

The Landing - Tech Room
Facilitator: Edward Jones
Members: Free | Non-Members: $15

Piece of Mind Seminar

Friday, June 23rd at 10:00 am - 12:00 pm

We invite you to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremations, burials and more. Box lunches will be available to enjoy while attending the seminar. Please be sure register for this seminar by June 16th, 2023 if you wish to attend.

Call the Funeral Home to Register: 715-201-8841

The Landing - Tech & Art Room
Facilitators: Lisa Lanier & Debbie Maly
Members: Free | Non Members: $15

New Member Meet and Greet

Monday, June 26th 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.

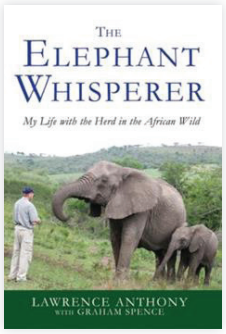
Registration is required. We hope you'll join us!

The Landing - Tech Room
Facilitator: Mary Jindrich
Members: Free

Book Club

Monday, June 26th at 11:30 am - 12:30 pm
Fourth Monday of Every Month

June 26: Elephant Whisperer by Lawrence Anthony



Our book club meets 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.

Planning ahead:
July 24th Book: Mad Honey by Jodi Picoult & Jennifer Finney Boylan

The Landing - Art Room
Facilitator: Connie Heidemann
Members: Free | Non Members: $15

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New & Unique Programs

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Managing Medications

Wednesday, June 28th at 10:00 – 12:00 pm

Managing medications can be one of the most challenging tasks for adults or their caregivers. It can be a complex process and oftentimes medications and quantities change. It is critical that you only take the medications prescribed, exactly as prescribed.

Medication management is especially important for patients with multiple health care diseases and illnesses. It is important to avoid possible medication complications. The Rennes Group will be conducting this informational clinic to share information, facts, and guidance on how to stay organized with multiple medications.

Registration is Required!

The Landing - Tech Room
Facilitator: Rennes Group
Members: Free | Non-Members: $15

Social Singles

Wednesday, June 28th at 3:00 - 4:00 pm

This month's Social Singles will be at Whitewater Music Hall in Wausau.

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 Whitewater Music Hall
130 1st St., Wausau, 54403
Facilitator: Bill Olson
Members: Free | Non-Members: Free

Alzheimer's Association: Dementia Conversations

Thursday, June 29th at 8:30 – 9:30 am

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

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 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.

The Landing - Tech/Art Rooms
Facilitator: Julie St. Pierre
Members & Non-Members $0

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

The Landing Motorcycle Riding Group

Thursday, June 29th 10:30 am – 7:00 pm

The Landing Motorcycle Riding Group will meet at the First Presbyterian church parking lot on the last Thurs. of the month. Gathering at 10:15 and departing at 10:30 with no set return time for the event filled day. We will be going to Thorp with a stop at Marieke Gouda. They have a cafe on site with free self-guided tours of the cheese factory and a gift shop.

Marieke Gouda, 200 W. Liberty Dr. Thorp

Everyone is responsible to order off the menu and pay for their own meal. Most activities will be free or a fee will be posted. There is the limited option of riding on someone's backseat if you do not have your own bike but you MUST make this clear at time of registration and you are not guaranteed a seat for the ride.

The Landing – Offsite
Facilitator: Stacy Ascher-Knowlton
Members FREE | Non-Members $15

Ho-Chunk Gaming Casino Trip

Friday, June 30th 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

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

Looking Ahead!

Brewers Trip Ages 10+

Wednesday, August 9th at 7:15 am - 9:00 pm
Return time depends on when the game ends.

Take a trip to see the Brewers play the Rockies at American Family Field!

The motor coach will take us from The Landing right to the stadium, with a stop at Alma's Café along the way for a heaping breakfast buffet.

The group will be seated together in the ballpark, where first pitch is at 1:15pm. After the game, we will stop for fast food (purchased on your own) before arriving back at The Landing.

Lightsnacks and water will be provided on the ride there and back.

Registration Deadline June 23rd

Meet at The Landing: Bus Departs at 7:15 am
Members $125 | Non-Members $150

Additional Programs "In-the-Works"

Watch for more details to follow for:

Bingo & Team Trivia

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.

June 5th – K-Pax: A mysterious patient (Kevin Spacey) at a mental hospital who claims to be from a distant planet called K-PAX. As his psychiatrist (Jeff Bridges) tries to figure out exactly how to help the patient, he gradually begins to realize that the so-called alien is having a remarkable effect on the mental health of the hospital's other patients.

June 12th – The Hiding Place: A 1975 film based on the autobiographical book of the same name by Corrie ten Boom that recounts her and her family's experiences before and during their imprisonment in a Nazi concentration camp during the Holocaust during World War II.

June 19th – The Curious Case of Benjamin Button: Born under unusual circumstances, Benjamin Button (Brad Pitt) is born an elderly man and ages in reverse. Twelve years after his birth, he meets Daisy, a child who flickers in and out of his life as she grows up to be a dancer (Cate Blanchett). Though he has all sorts of unusual adventures over the course of his life, it is his relationship with Daisy, that drives Benjamin forward.

June 26 – The Secret Garden: When a young girl is sent to live with her uncle after the death of her parents, his manner and sorrow leaves her feeling bitterly alone. Neglected once again, she begins exploring the estate and discovers a garden that has become hidden and, aided by one of the servant's boys, begins restoring it to its former glory.

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.

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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

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

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
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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.

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.

The Landing

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Group Exercise

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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.

Gentle Cycle

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

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!

For Virtual Classes
Registration is Required
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Tai Chi Beginning Series with Colleen

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