

# The Landing

OCTOBER 2023

NEWSLETTER & PROGRAM GUIDE



## Welcome to The Landing

Imagine age as a time for connection, movement and growth at The Landing in Wausau. From personal relationships to empowering programs, we're creating more than a local senior center. A place that's yours, where you can explore new passions and embrace every age.

Gather, move and grow with us! 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.

## Table of Contents

Page 2	October Lunches
Page 3	Staff Spotlights
Page 4	Volunteer Spotlight
Page 5-19	New & Unique Programs
Page 20	Looking Ahead
Page 21-23	Reoccurring Weekly Programs
Page 24-26	Group Exercise Classes

## The Landing Hours

Monday-Friday	8:00am - 4:30pm
Saturday	9:00am - 1:00pm

## How to Register for Programs:

**Email:** [memberservices@thelandingwausau.com](mailto:memberservices@thelandingwausau.com)

**Call:** 715-841-1855

**Online:** [thelandingwausau.com/events](http://thelandingwausau.com/events)

**In-Person:** Visit the Receptionist Desk at the Landing, or Member Services Desk at main entrance to our Wausau Branch or Aspirus Branch to register.

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 orange.

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

*Financial Assistance: At the YMCA and The Landing, no one is turned away for inability to pay. Assistance is provided for qualifying participants.*

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

# The Landing

## October Lunch at The Landing

Wednesdays at 11:30 am - 12:00 pm

Registration due by 4:00pm Monday of each week. Your prompt registration allows us to purchase and prepare appropriate quantities of food and minimize waste. THANK YOU!

### October 4th: A Fall Butternut Squash Salad

Welcome Fall with this delicious salad filled with Butternut Squash, Kale, Walnuts, Dried Cranberries & Feta Cheese

\$5



### October 11th: North African Chicken & Rice

Try a new recipe that features Chicken Thighs, turmeric, cinnamon, raisins & pitted green olives. Paired with The Landing's Famous Bourbon Bread pudding will be served for dessert.

\$10



### October 18th: Loaded Quesadilla

Beef and Cheese Quesadillas will be served with sour cream, salsa and fresh guacamole on the side. Served for dessert will be a Tres Leches Cake.

\$10



### October 25th: Beef & Bean Chili

Beef and Bean Chili served with cheese, onions & oyster crackers. Try our delicious Pumpkin Cheesecake dessert.

\$10



Beverages available by request for \$1

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

## Jayne Luce Engagement Staff

Each month we highlight members of our staff that make The Landing a welcoming & wonderful place to be. **Thank you!**



After learning that there was a need for additional help at The Landing, I was eager to be a part of a group of such a great group of people, in a wonderful organization, whose mission includes making connections & fostering relationships. In the short time I have been with The Landing, I have been blessed

to reconnect with a number of people that I have worked with & known in the past.

Originally from Oshkosh, I moved to the Wausau area in 1985 & married my husband, Roger in 1986. As a graduate of UW-Oshkosh, with a degree in Business Administration & Human Resources, my 35-year career in Human Resources was with educational, financial & commercial insurance organizations.

My husband & I have been blessed with 4 sons, 5 grandsons & most recently we welcomed our first granddaughter! As you might imagine, she is going to be very spoiled.

Since I retired in July 2022, I rediscovered my love of playing piano, am volunteering for Ruby's Pantry, resumed playing tennis in the form of learning & playing pickleball, increased my reading & countless cross-stich projects, and am simply enjoying the luxury of having more time to spend with family & special friends.

Looking forward, I hope to also enjoy more of the many fitness, educational & travel opportunities that are available through the YMCA & The Landing.

## **Shout Out to Our Great Landing Cooking Staff!!**

Thank You for Passionately and Deliciously Making Wednesday Lunches!!



**Amber Pender**



**Haley Houghton**



# 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

### Volunteer - Raymond Kraemer

Thanks so much for selecting me to be in the volunteer spotlight. I don't know where to begin but will try to make it brief, and for me when writing, that is practically impossible. Anyway, here goes:

I was born and educated in southwestern. My first profession was being a terminal manager for an asphalt company in Two Rivers. My second profession involved earning an associate's degree from Milwaukee Area Technical College in court reporting and worked in this field in Wausau for 30 years until my retirement a few years back, and the good news is it worked out very well.

All my life, however, my secondary profession was and is playing piano and organ to entertain people either at wedding dances, nightclubs, nursing homes and churches (the latter hopefully not so much entertaining people.)

My other interests are ballroom dancing and expensive cars. I love to dance and frankly have a sense of rhythm that is really strong. When I'm walking on the track and rhythmic music is playing, I absolutely have to walk in sync to it. Regarding the cars, I would be the first to admit I've spent way too much money on cars over the years, but wouldn't change it for a minute.

And the last chapter of my life is with all of you at the YMCA Landing where we have a wonderful social life with all of you folks and also playing for events and dances at The Landing. I guess you could say The Landing is now our social life, mine and Richard's, who is and has been my wonderful partner for 33 year. I also have a daughter who lives in Atlanta, who I also have a great relationship with. And now I have all of my friends here at The Landing. I guess I am quite fortunate.





Registration is Required

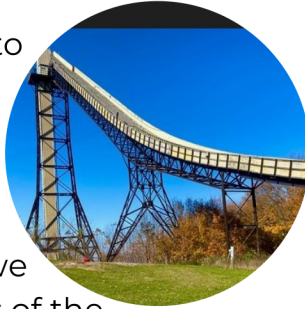
Visit our Member Service Desk & Sign Up!

### Copper Peak & Fall Colors 2023

Monday, October 2nd

Bus departs at 8:30am

We are heading up north to enjoy peak color season with views from Copper Peak. Our first stop is Ironwood's Historical Ironwood Theater where we will experience the sounds of the magnificent Barton Organ in the beautifully remodeled theater. Finishing up our downtown Ironwood visit at the Suffolk St. Eatery for lunch. After our lunch break we head to Copper Peak where the excitement begins! Our last stop will be a scenic walk at Black River Harbor only moments from Copper Peak.



We will depart from The Landing at 8:30am on a Lamer's Bus and return around 7:30 pm. We will grab dinner before we leave Ironwood, this meal is not included in the cost.

Lamer's motor coaches feature Wi-Fi Internet Services, climate control, PA systems, reclining seats, and clean restrooms!

The trip includes lunch, tickets to attractions, and of course the bus.

Bus departs at 8:30pm from The Landing

Facilitator: Mary Jindrich

This is a prepaid event and registration is closed.

### Ironbull- Rib Mountain Fall Colors Hike- Turkey Vulture Trail

Tuesday, October 3rd at 10:00-12:00pm  
& 1:30-3:30pm

Fall colors walk on Rib Mountain with forester Dave Flickinger. Dave is back again with one of his "color" walks on Rib Mountain. We will meet at Grouse Lane at 10:00am for those registered for the morning hike, and at 1:30pm for those registered for the afternoon hike.

We will hike the Turkey Vulture Trail to the top of the quarry and hike one of the Homestead Trails back to Grouse Lane. Approximately 2.5 miles of hiking and a lifetime of storytelling by Dave.

This hike is considered moderate, but we would recommend hiking poles and good hiking shoes. IRONBULL will provide water and a snack. Rain date is October 5th.

Get your comfortable shoes for hiking, grab your hiking poles if you have them and join us for this atmospheric walk with our knowledgeable guide, through the beautiful scenery that is Rib Mountain trails!



Meet at Grouse Lane- Heading to Turkey Vulture Trail

Facilitator: Bill Bertram

Members: FREE | Non-Members: \$15

# The Landing

Gather. Move . Grow

## New & Unique Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

### Cycling Without Age of Marathon County- Ride on the Chat Trishaw

Occurs Weekly:

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

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

2nd Saturday of each month:

9:15-10:15am & 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 pre-registration is a must 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.

Meet the CWA Pilot outside Y's Main Entrance  
Facilitator: Halle Veenstra

### Old Guys Book and BS Club

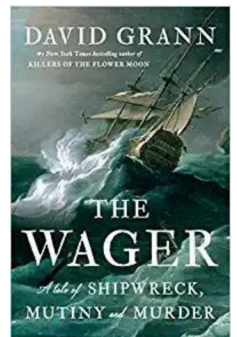
Wednesday, October 4th at 9:30-10:30am

Occurs on the First Wednesday of each 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 book**

**The Wager by David Grann**  
**for discussion at the**  
**Oct. 4th meeting**



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

**Reading ahead: "Bad Monkey" by Carl Hiassen for the November 1st meeting.**

The Landing Tech Room

Facilitator: John DeLaPorte

Members: FREE | Non-Members: \$15



### Registration is Required

Visit our Member Service Desk & Sign Up!

## Brain Basics with the ADRC

Wednesday, October 4th at 1:00-3:00pm

Even if you're healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, which can be important for maintaining our independence

Join the ADRC (Aging & Disability Resource Center) as they share this educational opportunity for anyone interested in learning more about taking care of the brain. This session will identify important options and choices in life that promote a healthy brain.

The Landing Tech & Art Room

Facilitator: ADRC of Central Wisconsin

Members: FREE | Non-Members: \$15

## Introduction to Traditional Rug Hooking

Two Sessions: Thursdays October 5th & October 12th at 1:00-3:00pm

Linda Raether, will walk us through techniques for traditional rug hooking. Linda has created some beautiful rugs and other art pieces using rug hooking, and comes to us with much experience.

As an introduction to traditional rug hooking, participants will be creating a cute little pumpkin mat (about 5 in in diameter) for rug hooking practice.

The Program will be held in two, 2-hour sessions; on Thursdays, October 5th & 12th from 1:00 – 3:00pm.

Rug hooking continued...

In Session 1, October 5th, Linda will be covering:

- Brief history and display, much of which will occur as participants are working, to introduce traditional rug hooking
- Instruction in how to do the stitch, with emphasis on common beginner issues and troubleshooting advice
- Description of materials and supplies used in the process

In Session 2, October 12th, Linda will be covering:

- Instruction and guidance in finishing the pumpkin
- Overview/demonstration on various ways of finishing mats.
- Instruction sheet for these various methods of finishing.

Cost of the Program will be \$30, and will include instructions and information as listed above for the 2 sessions, a kit to create your pumpkin mat as shown in the picture on the flyer, instruction sheets and information on the rug hooking community and where to find supplies, and of course the festive little pumpkin mat that you will be creating.

**REGISTRATION DEADLINE IS SEPTEMBER 21ST – to allow time to order supplies for participants**

The Landing Art Room

Facilitator: Linda Raether

Members: \$30 | Non-Members: \$45





### October Birthday Bash

Friday, October 6th at 11:30am-12:30pm

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 Rooms

Facilitator: Mary Jindrich

Members: FREE | Non-Members: \$15

### Coffee Mug or Snowman Creation with Clay Corner Studio

Monday, October 9th at 11:00 until complete

Let's have fun making gifts for persons on your list, or create something for yourself. We will meet at Clay Corner Studio, 1801 Sherman St., Wausau, to paint and personalize either a coffee mug or a snowman.

Clay Corner staff will be available to offer guidance and answer questions. You will start with a blank ceramic snowman or coffee mug, then you personalize it by painting it your way. You can paint on names and/or designs of your choice to make it an original by you.



The cost will be \$25, that will include the mug or snowman, supplies needed to paint, staff guidance if needed, glazing and firing, and insuring the coffee mug is food safe. *Deadline to Register is October 4th.*

*Continued in the next column.....*

### Registration is Required

Visit our Member Service Desk & Sign Up!

You will leave your painted ceramic at Clay Corner so they can fire and glaze it, which takes 4-6 days. Clay Corner will deliver the completed products to The Landing, or you can go back to Clay Corner Studio to pick it up. Registration deadline is October 6th.



Join us for this fun holiday artistic adventure that will be uniquely you.

Clay Corner Studio; 1801 Sherman St. Wausau

Facilitator: Martina Strehlow

Members & Non-Members \$25

### Honoring Choices: Advanced Care Planning

Tuesday, October 10th at 9:00-10:00am

Tuesday, October 24th at 10:00-12:00pm: 1:1

Join Heidi from Aspirus to learn about Advanced 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.

Then, make sure to book your 30-minute, 1:1 appointment with Heidi on October 24th to begin work on your Advanced Care Plan, starting at 10:00am in The Landing Art Room. The 1:1 appointments are on a first-come first serve basis so register early.

The Landing- Tech Room

Facilitator: Heidi Kraege- Aspirus

Members: FREE | Non-Members: \$15

### Hair 101

Tuesday, October 10th at 9:00-10:00am

There are so many products out there for hair today and so much media on what you must have for your hair. Larissa Engel, owner of Hair by Larissa, has been in the hair industry for 4 years and loves to educate on hair care. She will talk about how to create an effective hair care routine. We will start with the basics, how to and how often to wash our hair. Do we do it differently if our hair is colored or permed? Do you use a scalp brush? Should you? Are there better towels for hair?



Join us in this informative program where we will talk about shampoos and conditioners, you will also learn about scalp brushes and Microfiber towels for hair and their use.

The cost of the program includes your choice of either a scalp brush or microfiber towel; along with handouts on hair care. When registering for the program, please indicate if you wish to receive the scalp brush or microfiber towel.

Registration due by Monday, October 2nd

**Note: If you wish to leave with both the towel and scalp brush, there will be an additional fee of \$6.00.**

YMCA Multi-Purpose Room

Facilitator: Larissa Engel

Members: \$15 | Non-Members: \$30

Registration is Required

Visit our Member Service Desk & Sign Up!

### Rick Lohr:

### Three Gorges Dam, China

Tuesday, October 10th at 10:00-11:00am

Rick will be taking us on an amazing journey in this program.

We'll cross into China from Laos at the border city of Mengla. From there we proceed North to Kunming roughly retracing the steps of the Hmong clans that fled China in the 19th century. We will get to Yichang and observe the construction of the gigantic Three Gorges Dam. Then we board a cruise boat with all Japanese-speaking tourists on a Yangtze cruise of the Three Gorges. Join in the journey to the Three Gorges Dam in China, you won't be disappointed! Register today.



The Landing- Tech and Art Rooms

Facilitator: Rick Lohr

Members: FREE | Non-Members: \$15



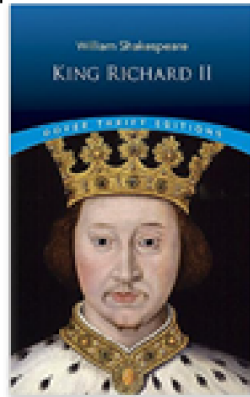
Registration is Required

Visit our Member Service Desk & Sign Up!

### Play Reading -Richard II

Tuesdays beginning October 10th until November 14th at 1:00-2:30pm

Gather with Sarah Rudolph and other theatre enthusiasts in the Landing to read and discuss Shakespeare's play, Richard II. The play is about the life and death of King Richard the Second, commonly called Richard II. It is a history play by William Shakespeare believed to have been written around 1595. based on the life of King Richard II of England (ruled 1377-1399), it chronicles his downfall and the machinations of his nobles



The play reading will take place Tuesdays for 6 weeks from 1:00 – 2:30pm; October 10th to November 14th.

Cost of program includes the play reading book. Register today for this interactive sharing of Shakespeare's play.

**Registration deadline is September 29th.**

The Landing Tech Room

Facilitator: Sarah Rudolph

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

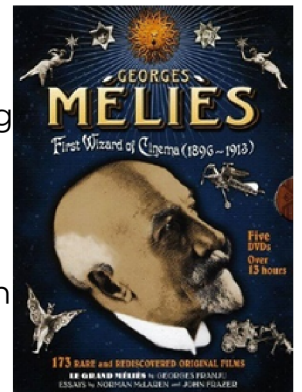


### Getting to Know Classic Films: "The Wonderful, Often Unknown, Development of the Cinema"

Wednesday, October 11th at 12:30-2:30pm

We will explore a history of color in silent films by looking at short films that use different styles of color, including hand painting, tinted and toning, stencil processing and more. The variety is amazing and fascinating.

Among several of the film shorts we will be watching will be some George Méliès films. Georges Méliès, early French experimenter with motion pictures, the first to film fictional narratives.



Georges was also a popular magician, and is considered the first wizard of film. He created hundreds of films in every genre imaginable from 1896 to about 1913; he led many technical and narrative developments in the earliest days of cinema. Interesting fact: The film we will be watching on October 25, "Hugo", highlights the film maker, Georges Méliès, as a major character.

Join us for this captivating and informative walk through the development of color in film.

The Landing- Tech Room

Facilitator: Scott Schutte

Members: FREE | Non-Members: \$15



### Mind, Body & Spirit with Debby Krenz

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Thursdays, October 12th & 19th at 9:00-10:30am

Debby Krenz has been teaching the Angel Circle and Exploring Spirituality Classes with The Landing for the past 3 years. She will be teaching the same concepts, but has changed the class names to one common title name "Mind, Body & Spirit Classes" with Debby Krenz.

#### October 12th: 'You Already Know the Answer'

This class will give you practical tips for getting in touch with your inner knowing. There will be some fun pairing up with each other as we hone our intuitive skills. Interesting instructions on how to use pendulums for clarification will be included. Bring along a pendulum if you own one, or they are available for purchase from Bill's Moonstone and Crystals (325 N. 1st Ave.) ranging in price from \$12-18. This is not a requirement for the class, but will be most helpful and more fun if you have one to use. Don't miss this fascinating class!

#### October 19th: 'How Oracle Cards Help to Strengthen Your Intuition'

Topics to be covered include, the many different kinds of oracle cards, how to care for and use these cards as part of a spiritual practice, how to understand their meanings. You are encouraged to bring along some of your favorite sets of cards, as we will take time to share with others and have a great discussion!

YMCA Multi-Purpose Room  
Members: \$12 | Non-Members: \$27

### Registration is Required

Visit our Member Service Desk & Sign Up!

### Angel Card Readings

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Thursdays, October 12th & 19th beginning at 11:00am

The role of an Angel guide is to facilitate an open, loving, and healing space for someone to open up to the energy and support of the Angels. There are three main parts to the angel guide session: 1.) Connection - Debby will hold the space in prayer and call the angels in. There's time to chat and talk about what you are looking for in this session as well as loving insight will be given from any Divine guidance that Debby receives. 2.) Debby will share an angel card reading with you to provide insight, inspiration and guidance. 3.) Healing is available depending on what the client is comfortable with.

Debby can offer hands-on energy healing so you can feel the angel energy. Debby is also an accomplished musician and can play a recording of her beautiful piano music along with a visualization.

Debby is a certified Angel guide through the Kyle Gray Angel guide course and is dedicated to assisting you with the greatest of respect and integrity.

**Registration Required. No refunds for registered readings unless cancelled at least 48 hours prior to reading.**

#### One on One Session Times:

- 11:00am, 12:30 & 1:45pm

YMCA Multi-Purpose Room

Facilitator: Debby Krenz

Members: \$45 | Non-Members: \$60

Registration is Required

Visit our Member Service Desk & Sign Up!

### Monk Botanical Garden's Blossom of Lights & Music Night

Thursday, October 12th at 7:00pm

Register soon to experience Wausau's first-ever walking light show taking place for a second year at Monk Gardens, 1800 N 1st Ave, Wausau.

We will meet at Monk Botanical Gardens, 10-15 min before 7:00pm. We will begin the walk at 7:00pm. Experience the light show walk with the accompaniment of local musicians playing along the way. Stroll through the myriad of dramatic, artistic lights and light sculptures gracing the various spaces around 10 acres of the Garden. Spaces are limited to 20 people.

Join us for this is magic of nature illuminated!

Monk Botanical Gardens

1800 N 1st Ave, Wausau, WI 54403

Facilitator: Linda Schill

Members & Non-Members:: \$12

### Monthly Blood Pressure Clinic

Friday, October 13th at 10:00am

Occurs the second Friday of each 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.**

Registration is required!

The Landing- Wausau Multi-purpose room

Facilitator: Rennes Group

Members: FREE | Non-Members: \$15



Registration is Required

Visit our Member Service Desk & Sign Up!

### Wausau Police Department- Investigations Division

Monday October 16th at 9:00-10:00am

The officers of the Wausau Police Department is divided into two primary divisions: the Patrol Division and the Investigations Division. Within the Patrol Division, about 43 officers are assigned to general patrol and six officers are assigned to specialized investigations. The Investigations Division is made up of six detectives and four school resource officers.



We will dive a little more into the Investigations Department and learn more about what it is all about - what do they do, how do they do it, and how is the technology used vastly different than what you see on your favorite cop shows!

Join in and hear about our police organization from a ranking detective of the Wausau Police Department.

**The Landing Tech & Art Rooms**

**Facilitator:** Detective Lieutenant Bill Kolb

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

### Exploring Self-Healing Energies with Bernie

Monday, October 16th at 10:00-11:00am

Occurs on the third 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.

**Note:** Bernie's class will only be 60 minutes this month to allow time for Yoga for Trauma

**Multi-Purpose Room**

**Facilitator:** Bernie Corsten

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

### Intro to Yoga for Trauma: Inner Guidance in a Changing World

Monday, October 16th at 11:00-11:45am

Come build connections with others and learn yoga tools to help balance our nervous systems. Allowing us to become more present in our lives.

Kerri Spromberg, for a highlight of this yoga for trauma class that offers inner guidance in a changing world. Kerri is a Certified Yoga Instructor with over 1000 teaching hours.

Yoga for trauma teaches how to set an intention, breathwork, managing energy levels, creating boundaries and use of other mindful practices to help re-connect with ourselves.

**Multi-Purpose Room**

**Facilitator:** Kerri Spromberg

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



### Medicare 101

Tuesday, October 17th at 10:00-11:30am

Tammy Pestka from 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 Room

Facilitator: Tammy Peskta

Members: FREE | Non-Members: \$15

### Horticulture with Janell: Saving Seeds

Wednesday, October 18th at 1:00-2:00pm

Occurs on the third Wednesday of each month

Humans have been saving seeds since the beginning of the agricultural revolution. When you save seeds from your garden, you can create a cultivar uniquely suited to your location, your aesthetic sensibilities, and culinary tastes. Saving seeds takes time, planning, and attention to detail. This program will introduce you to the basics of saving seeds and provide resources to explore.



The Landing- Wausau Multi-Purpose Room  
Facilitator: Janell Wehr

Members: FREE | Non-Members: \$15

Registration is Required

Visit our Member Service Desk & Sign Up!

### Intermediate Bridge Lessons: ACBL Bridge Series #4: Commonly Used Conventions

Wednesday, October 18 at 12:30-2:30pm

We are fortunate, once again, to have Emalyn Nikstad, a bronze life master through the American Contract Bridge League, teaching the next series of Intermediate Bridge Classes at The Landing!

In this class, we will learn Stayman Convention, Jacoby Transfers, Jacoby 2 No Trump, Weak 2 Openings, & Strong 2 Openings.

We will use the 'Commonly Used Conventions in the 21st Century Book' (4th in the Series); the book is included with your \$35 fee for the class.

Classes will run weekly on Wednesdays from 12:30pm to 2:30pm, for 8 weeks, October 18th – December 13th; with no class on November 22nd.

**Register by October 4th.** Persons not registered will not be able to participate in class if maximum has been met.

This is the 4th session in the series of lessons. Some knowledge of bridge is required. Continue to expand your knowledge of bridge and join in the fun!

The Landing Tech and Art Room

Facilitator: Emalyn Nikstad

Members: \$35 | Non-Members: \$85

Members with Book already: \$20

Registration is Required

Visit our Member Service Desk & Sign Up!

### Peace of Mind Seminar with Brainard & Helke Funeral Home

Thursday, October 19th at 12:00-2:00pm

Add 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. **NOT A LANDING PROGRAM – FUNERAL HOME RENTING ROOMS. CALL FUNERAL HOME TO REGISTER 715-201-8841**

The Landing Tech & Art Room

Facilitator: Lisa Lanier & Debby Maly

Members: FREE | Non-Members: \$15

### Baking with Amber: Homemade Cosmic Brownies

Thursday, October 19th at 1:00-2:30pm

Occurs on the third Thursday of every month

These homemade Cosmic Brownies feature ultra fudgy brownies topped with simple chocolate ganache frosting & sprinkles. Just like the store-bought brownies, but Better!

Amber's love of baking comes from baking with her late mother. She will feature many of her mother's favorite recipes monthly!

YMCA Multi-Purpose Room

Facilitator: Amber Pender

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



### Dinner Club: Wausau Mine

Thursday, October 19th at 5:30pm

Join us at Wausau Mine Co. for Dinner Club!

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.

Location: Wausau Mine Co.

3904 W. Stewart Ave, Wausau

Facilitator: Mary Jindrich



### Cornerstone Caregiving: In-Home Personal Care Services

Friday, October 20th at 9:00-10:00am

Cornerstone provides in-home services for persons that want to continue to stay at home but may need help with some daily activities such as grooming, medicine reminders, companionship, light housekeeping, incontinence services, meal preparation, recovery aid, even 24-hour care in some instances.

Cornerstone also offers personal care in-home services in dementia & Alzheimer's, physical needs, recuperate recovery, and help with chronic illness often working in partnership with palliative and hospice care.

Join us to find out more about the services of Cornerstone Caregiving, including potential insurance coverage for these services.

Registration required.

The Landing Tech Room

Facilitator: Jarret Nickel

Members: FREE | Non-Members: \$15

### Bingo at The Landing

Thursday, October 20th at 1:00-2:30pm  
CHANGED from the 4th Friday for this 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- Tech/Art Room

Facilitator: Mary Jindrich

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



### What does this Tarot Card Mean?

Saturday, October 21st at 11:00-12:00pm  
Occurs on the third Saturday of each month  
On the 3rd Saturday 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 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 to be held on the 3rd Saturday of each month.

The Landing- Tech Room

Facilitator: Mona Mahrtyn

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

Registration is Required

Visit our Member Service Desk & Sign Up!

### New Member Meet and Greet

Monday, October 23rd at 11:00-12:00pm

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 | Non-Members: \$15



### Book Club

Monday, October 23rd at 11:30am-12:30pm  
Occurs on the Fourth Monday of each month

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. Please read and enjoy conversation about the following books for each month:  
Oct 23: Nordic Theory – Anu Partanen  
Nov 27: Seed Keeper – Diane Wilson  
Dec 18: Lord of the Flies – William Golding

The Landing Art Room

Facilitator: Connie Heidemann

Members: FREE | Non-Members: \$15



### Spain: A Crossroads of Many Cultures

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Tuesday, October 24th at 10:00-11:00am

Spain is famous around the world for Flamenco music and dance, bullfights, fantastic beaches, and lots of sunshine. What people sometimes forget is that Spain has been one of the cultural centers of Europe for thousands of years.

We will explore the rich history of Spain, visit several places, and learn about Spanish art, cuisine, traditions, etc.

Join retired Spanish teacher, and Landing member Richard Olson to discover some of the sights, sounds, scents, taste, and art in this this cultural journey of Spain.

The Landing Art Room

Facilitator: Richard Olson

Members: FREE | Non-Members: \$15

### Social Singles: Vino Latte

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Tuesday, October 24th at 3:00-5:00pm

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!

Social Singles starting out with happy hour and dinner to follow if you are interested in staying.

Vino Latte | 3309 Terrace Ct, Wausau, WI

Facilitator: Mary Jindrich

Members: FREE | Non-Members: \$15

Registration is Required

Visit our Member Service Desk & Sign Up!

### Rennes Group: Understanding Insurance Coverage for Senior Nursing Facilities

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Wednesday, October 25th at 10:00-11:00am

When looking to the future, it's impossible to predict if you or your loved one will require a nursing facility care. But another major unknown for many is if the insurance they or their loved one carry will actually cover a nursing home. Before you sign up for a policy, there's a lot to learn.

There are several options available when you review the type of policy you will purchase for nursing home expenses. Rennes Group will share information about insurance, including what to watch for, and types of questions to ask your insurance before deciding on skilled nursing facilities.

Join in this program to help sort out some of the complexities about insurance coverages on skilled nursing facilities.

The Landing- TechRoom

Facilitator: Rennes Group

Members: FREE | Non-Members: \$15



Registration is Required

Visit our Member Service Desk & Sign Up!

### Getting to Know Classic Films: “Hugo”

Wednesday, October 25th at 12:30-2:30pm

“Hugo” is a 2011 American adventure drama film directed and produced by Martin Scorsese, and adapted for the screen by John Logan. Based on Brian Selznick's 2007 book *The Invention of Hugo Cabret*, it tells the story of a boy who lives alone in the Gare Montparnasse railway station in Paris in the 1930s, only to become embroiled in a mystery surrounding his late father's automaton and the pioneering filmmaker Georges Méliès. This movie got a 93% rating on Rotten Tomatoes! For Scorsese, it was a labor of love.

The showing of Classic Films on October 25th will be held at the residence of our knowledgeable Classic Films connoisseur, Scott Schutte. Scott and his wife, Lori, look forward to welcoming people to watch the film. The theater area of their home has a film archive along with TV sets for viewing, including a TV which can view 3D movies! “Hugo” is Scorsese's first film shot in 3D!

The showing of this 3D film will take place at 241 Windtree Place, Wausau (near Stettin School). Feel free to reach out to Scott if you need directions. Please carpool together, after enjoying some chili for lunch at The Landing that day, or come from home. Carpooling saves space on the street for parking.

Register soon, you will not want to miss this 3D viewing experience.

Scott Schutte Residence  
241 Windtree Dr, Wausau 54401  
Facilitator: Scott Schutte  
Members: FREE | Non-Members: \$15

### Team Trivia Smackdown

Friday, October 27th at 11:30am - 12:30pm

Occurs on the Last Friday each month

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.

The Landing- Tech Room

Facilitator: Mary Ellen Marnholtz

Members: FREE | Non-Members: \$15



### Ho-Chunk Gaming Casino Trip

Friday, October 27th at 12:30pm - 5:00pm

Occurs on 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 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

**Facilitator:** Kathryn Boettcher

**Members:** FREE



**Registration is Required**

Visit our Member Service Desk & Sign Up!

### Halloween Eve Potluck

Monday, October 30th at 11:30am

Join us for the Halloween Eve Potluck. Dress up in your favorite Halloween attire and show your flare with the Halloween meal you love to share!

A-E Bring a side dish

F-L: Bring a salad

M-R: Bring a dessert

S-Z: Bring a main dish



Potluck lunch will be reserved for person's wearing a share & eat wristband from 11:30am - 12:15pm. After 12:15, the food will be available for anyone in the Landing to help themselves.

**The Landing Dining Room**

**Facilitator:** Mary Jindrich

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

### Edward Jones: Retirement by Design

Tuesday, October 31st at 11:00-12:00pm

We'll discuss how you can translate your vision for retirement into tangible goals. Whether you are retired or 10 or 40 years from retirement, you'll learn new investment strategies you can to help you in your retirement.

Join Paul Dau from Edward Jones to design or re-design your retirement goals.

**The Landing- Tech Room**

**Facilitator:** Paul Dau

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



## Veterans Day Week at The Landing

*Beginning The week of November 6th 2023*

Join us in Honor our Veterans at The Landing in the days leading up to Veterans Day on November 11th.

**Tuesday, November 7th:** Join us in the celebration of Veterans as we present a 55 minute documentary "Return to Nam". This touching film is brought to us by ProMedica who is also providing free movie snacks for you to enjoy.

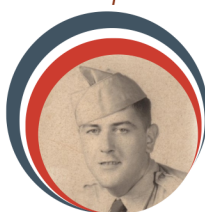
**Thursday, November 9th:** Join us for the Honor Flight Fundraiser 2023. We will be viewing "Honor Flight One Last Mission" (1:22:22 length). The documentary follows a Midwestern community coming together to show their thanks to living World War II veteran's before it's too late. Enjoy the movie and staff for our Taco Bar lunch. Donations of \$5 for the Honor Flight.

**Veterans Slideshow:** Seeking Service Pictures of Veterans, along with Service Bio and Landing Member Relation Info. (See example below)

We will be displaying these photos and information the Week November 6th - 11th in honor of Veteran's Day on the Landing TV.

Bring in or e-mail the photo and info to Amber at [apender@thelandingwausau.com](mailto:apender@thelandingwausau.com)

*Sample of Information to Provide for Slide Show:*



**Robert Nowak**

*Father of Barbara Tesch, Landing Member,  
& Landing Programming Coordinator*

Served in US Army May 24, 1951 to Feb. 28, 1953  
Fought in Korean War, 6th Armored Division

Registration is Required

Visit our Member Service Desk & Sign Up!

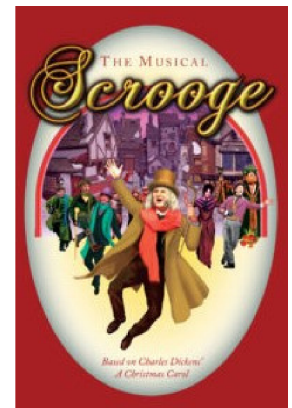
## Scrooge the Musical and Lunch at The Fireside Theatre

Thursday, December 7th, 2023- Bus departs from The Landing at 7:30am

**Registration Deadline is November 7th**

Hop aboard a comfortable Lamer's motor coach with your friends as we head to the historic Fireside Theater for a delicious lunch and a fabulous performance of Scrooge The Musical!

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", breathtaking 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.

### **Superb Lunch Dining is Included!**

Meet at The Landing for Departure

**Facilitator: Amber Pender**

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

# The Landing

Gather. Move. Grow

## Reoccurring Weekly Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

### Movie Mondays

The Landing Tech Room

Mondays 12:45-3:30pm FREE

We will be showing a movie every Monday afternoon starting at 12:45 pm in The Landing Tech Room.

We update the Movie Monday flyers each month after the Monday movie from the previous month.

We will see you at the movie!

#### **Oct. 2nd: "The Guernsey Literary and potato peel society"**

In 1946, a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

#### **Oct. 9th: "The Living"**

Overwhelmed at work and lonely at home, a civil servant's life takes a heartbreaking turn when a medical diagnosis tells him his time is short. Influenced by a local decadent and a vibrant woman, he continues to search for meaning until a simple revelation gives him a purpose to create a legacy for the next generation.

#### **Oct. 16th: "Poms"**

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you.

#### **Oct. 23rd: "80 for Brady"**

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

#### **Oct. 30th: "Dark Shadows"**

In 18th-century Maine, Barnabas Collins (Johnny Depp) presides over the town of Collinsport. A rich and powerful playboy, Barnabas seals his own doom when he breaks the heart of a witch named Angelique (Eva Green). Angelique turns Barnabas into a vampire and buries him alive. Two centuries later, Barnabas escapes from his tomb and finds 1972 Collinsport a very different place. His once-grand estate has fallen into ruin, and the dysfunctional remnants of his family have fared little better.

# The Landing

Gather. Move. Grow

## Reoccurring Weekly Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

### Kings in the Corner

The Landing Game Room

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

### American Mahjong

The Landing Dining Room

Mondays & Fridays 1:00-3:00pm 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 Mahjong card.

### Bridge (Closed Group)

The Landing Game Room

Mondays 1:00-3:00pm No Openings

No openings for new players

### Euchre

The Landing Game Room

Tuesdays 10:00 - 12:00pm 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.

### Tuesday Crafters

The Landing Art Room

Tuesdays 12:00-2:00pm 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 12:30-3:30pm 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 for 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.



# The Landing

Gather. Move. Grow

## Reoccurring Weekly Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

### Hand and Foot

The Landing Game Room

Tuesdays & 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.

### Advanced Party Bridge

The Landing Art Room

Wednesdays 9:00-11:30am FREE

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

Leader: Jean Burgener

### Cribbage

The Landing Game Room

Wednesdays 1:00-3:00pm 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 and social benefits from the very first session. We encourage you to drop in to sample a class!

Leader: Bernie Corsten

### Sheepshead

The Landing Dining Room

Fridays 1:00-3:00pm FREE

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



Registration is Required only for Virtual Classes

Visit our Member Service Desk & Sign Up!

### Tai Chi Beginning/Continuing

Wausau Branch: Program Gym

Continuing: Mondays 11:15-12:00pm

Beginning: Mondays 12:15-1:00pm

Instructor: Colleen Peters

**Registration is closed.**

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

Note: Only those who have already participated in Tai Chi Continuing are permitted to register for Continuing. Any NEW members for those who have recently taken Beginning should register for the Beginning Series.

Members: \$30 | Non-Members \$45

### Zumba Gold

Wausau Branch + Virtual: Program Gym

Mondays 9:00-9:45am

Fridays 11:15-12:00pm

Instructor: Pam Murphy

Zumba Gold is a modified Zumba class for active older adults that recreated 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: Program Gym

Mondays 10:00-10:45am

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 Stretch & Strength

Aspirus Branch- Studio B

Mondays, Wednesday & Fridays 10:00-11:00am

Instructor: Cindy Marquis

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



Registration is Required only for Virtual Classes

Visit our Member Service Desk & Sign Up!

### Urban Line Dance

Wausau Branch- Group Ex. Studio

Tuesdays Starting Sept. 12th 1:00-2:00pm

**Instructor: Randy & Marilyn**

We'll line dance our way to music from rock and roll, show tunes, Celtic music and everything in between! Our line dances incorporate steps from different ballroom dance styles. This is great practice if you are taking our ballroom classes or fun if you prefer to dance without a partner.

### 55+ Strong

Wausau Branch + Virtual : Program Gym

Tuesdays 10:15-11:00am

**Instructor: Lori Haight**

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

### SilverSneakers Classic

Aspirus Branch- Studio B

Mondays, Wednesday & Fridays 11:15-12:15pm

**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

Wausau Branch - North Pool

Tuesdays 9:00-9:45am

**Instructor: Karen Singsheim**

A fun, shallow-water exercise class that uses a signature splash-board and hand weights 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.

### Asahi

Wausau Branch: Program Gym

Tuesdays 11:15-12:00pm

**Instructor: Sharon Berlter**

Health practice from Finland, blends movement, breath and awareness in a comprehensive way to promote health, functionality and general well-being. Preventative and restorative, ASAH!s research supported practices improve muscle strength and tone, nerve and metabolic activity, balance and state of mind to improve health, mitigate falls, illness and injury to maintain independent living.

### SilverSneakers Yoga

Wausau Branch + Virtual: Group Ex. Studio

Wednesdays 9:00-9:45am

Thursdays 11:00-11:45am

**Instructor: Pam Henkel & Lee Koch**

Move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.



Registration is Required only for Virtual Classes  
Visit our Member Service Desk & Sign Up!

### Gentle Cycle

Wausau Branch: Cycling Studio  
Wednesdays 10:00-10:30am

**Instructor: Pam Henkel & Lee Koch**

This class is a great way to get introduced to cycling as a fun form of lifelong exercise. You will use the resistance settings on the bike as well as speed to modify the ride to suit your specific comfort level.

### Flexibility, Balance and Breath

Wausau Branch + Virtual: Group Ex. Studio  
Wednesdays 10:45-11:30am

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

**Instructor: Fred Tealey**

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

**Instructor: Lee Koch**

This Class provides exercise for the body and concentration for the mind. The gentle movements of Tai Chi will help relieve your stress, improve balance, flexibility and flow through everyday life. Easy to learn!

### Full Body Fitness

Wausau Branch + Virtual: Program Gym  
Fridays 10:15-11:15am

**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.

