

The Landing

SEPTEMBER 2023

NEWSLETTER & PROGRAM GUIDE



The Landing Hours

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

Saturday 9:00am - 1:00pm

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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 Services 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

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

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.

September Lunches at The Landing

Wednesdays at 11:30 am - 12:00 pm

Registration due by 4:00pm Monday of each week.

September 6th **Juicy Beef Kabobs** **\$10**
Juicy Beef Kabobs with onions, peppers, zucchini & mushrooms served over a bed of spiced rice. A delicious carrot soufflé will be served for dessert.

September 13th **Cheesy Polenta** **\$10**
A must try! Cheese Polenta with sautéed tomato, spinach & egg served with a buttery shortbread cookie, drizzled with chocolate and salt.

September 20th **Classic Cold Cut Sandwich** **\$5**
Our classic Cold Cut Sandwich will be served with chips and a pickle for the perfect \$5 meal

September 27th **Asian Orzo & Chicken Salad** **\$10**
Orzo with edamame, rotisserie chicken, red pepper, green onions, slivered almonds and an Asian Sesame Dressing. Dessert will feature a Chocolate thumbprint cookie with chocolate ganache.

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.

Revised 8.7.2023

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

Thank you!

Debbie Martin

Administrative Assistant

Hello- I'm Debbie Martin.

My husband Tim and

I have been married

for 26 years & we

have one

daughter, Zoe

who is 24 and

a dog, Zip who

is one year old.

We also have

3 grandpups,

Haku, Theo and

Koda. In my free

time, I enjoy being

outside, camping, taking walks, planting flowers and

spending time with my family.

I was raised here in Wausau and graduated from Wausau West. From there I went to college in Eau Claire at the Chippewa Valley Tech College and graduated with a degree in Finance with a Financial Assistance Degree. I have been here at the Y most of my childhood. I participated in gymnastics and swim lessons as a child and as a pre-teen I volunteered and was in the leadership program where I would go to leadership rallies and meet other Y teens. I had a fun time growing up here at the Y. I worked here through High School and a few years during college in the Youth Lobby, North Courtesy Desk and Women's Locker Room and at Camp Sturtevant.

I returned to the Y in 2005 working part-time in gymnastics before leaving to work full-time for the School District. I returned in 2018 in membership and in 2022 I took a Full-Time position as the Member Engagement Coordinator, which is where most of you have recognized me from working at the front desk. Now at The Landing, I am so happy to be working here with all of you.



Jennifer Johnson

Group Exercise Instructor

Jennifer Johnson is excited and honored to share her love for dance with YMCA members and The Landing community. Growing up in Central Wisconsin, Jennifer danced with the Central Wisconsin School of Ballet, Joffrey Ballet School in NYC, UWSP Dance program as well as many professional ballet schools across the country as an adult. Currently, she is a singing and dancing with "Center Stage Show Choir and band" as well as a dancer with the "Bollywood Dancers of Wausau".

After retiring from a career in Information Technology in 2021, Jennifer now works at the family business, "HPI Properties" as well as gives back to the community by being a volunteer for "Faith in Action" and sharing gospel music through "341 Ministries". Jennifer is a "Silver Sneaker" certified instructor with an emphasis of "Boom Mind" which is a combination of Pilates, Barre, and yoga. In August, Jennifer began to offer low impact/beginning level dance fitness class that will hit many genre's of dance that will be fun for all ages!



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 - Deb Mortensen

What a GREAT honor to be selected as the "Volunteer Spotlight" feature of the month at The Landing. After retiring several years ago, I felt a need to become more active in exercise, socialization, and community involvement. I joined the YMCA and The Landing in December '21 and found enjoyment from all three.



I was born, worked, and raised my family in the Wausau area. This has always been my home. However, I totally enjoy vacationing in the winter in Florida, or any place without snow, especially by the warmth of the ocean.

My enjoyment of life has brought me back to my love of art. As a young child I did all types of creative expressions; drawing, crafting, sewing, decorating, everything that I could. I've found my niche in painting in all mediums, with my favorite being acrylic. I also volunteer my time with our local art association, Wisconsin Valley Art Association.

I have met some of the best people who have become great friends on the track, in the gyms, and especially for coffee at "The Landing". It sure makes the winter months fly by in Northern Wisconsin!

Thank you "The Landing" for giving us all your opportunities!

The Landing

Gather. Move . Grow

New & Unique Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

1:1 Tech Support

Saturdays September 9th, 16th & 30th
at 11:30am - 12:00pm & 12:00pm - 12:30pm

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

Select the 11:30 – 12:00 Time Slot or the 12:00 – 12:30 Time Slot on Saturday mornings.



No 1:1 Tech Saturday, September 2nd or Saturday, September 23rd..

The Landing- Art Room

Facilitator: Jackson Ngo

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

The Landing will only be open from 8am-12pm on Labor Day, Monday, September 4th.

All normally scheduled Monday programing will be cancelled.



Ironbull- September Kayaking Outings

Three Tuesdays in September
10:00am-12:00pm

September 5th – Kayaking the sloughs and backwaters of the Wausau Country Club. This is one of the prettiest parts of Lake Wausau, abounded with wildlife, an Audubon designated area, and with a little luck, you might find a golf ball or two. **We will start at the Kort Street Landing in Rothschild at 10:00am** from the kayak launch. Participants must provide their own kayak, paddles, and PFD. This is considered an easy paddle. IRONBULL will provide snacks and water. Rain date is September 7th.

September 19th - Rib Mountain Natural Area Water Trail is another great paddle that gets you up north after the first paddle stroke. **We will meet at the new ADA launch at Gulliver's Landing in Rib Mountain off Rib Mountain Drive at 10:00am.** Participants must provide their own kayak, paddles, and PFD. This is considered an easy paddle. IRONBULL will provide snacks and water. Rain date is September 20th.

September 26th - Gilbert Park to Brokaw – Enjoy Fall colors on the water. **We will meet at Gilbert Park Landing at 10:00. The Gilbert Park Landing is located North of Wausau at 3000 North 6th Street.** This is one of the prettiest sections of the Wisconsin River with many islands and river bluffs overlooking the Wisconsin River. The trip will be about two hours in duration. Participants must provide their own kayak, paddles, and PFD. This is considered a moderate paddle. IRONBULL will provide snacks and water. Rain date is September 27th.

Facilitator: Bill Bertram

Members: FREE | Non-Members: FREE

The Landing

Gather. Move. Grow

New & Unique Programs

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.

If you would like more information on how to become a trishaw pilot, contact Cycling Without Age Marathon County at:
cwa.marathoncounty@gmail.com

Meet the CWA Pilot outside Y's Main Entrance

Facilitator: Halle Veenstra

Members: FREE | Non-Members: FREE

Registration is Required

Visit our Member Service Desk & Sign Up!

Grief is a Journey, not a Destination with Wings, a Grief Education Ministry

Tuesdays, September 5, & 19 at 6:00-7:30pm

Life is a Journey. Grief complicates the journey. Grief is not an event that happens and then ends. Grief is enormous, brutal and the beginning of your great unknown. The hard truth is you know you can't stay there forever. But how do you get through everything that seems to challenge you. Your journey may be filled with questions, emotions and doubts. Learn how to build your confidence and hope as you take small steps forward. No matter where you are in your journey, there is no right or wrong way. It's yours. Unique to you.

The Landing Tech Room

Facilitator: Nan Zastrow

This is not a Landing Program- No registration is required

Old Guys Book and BS Club

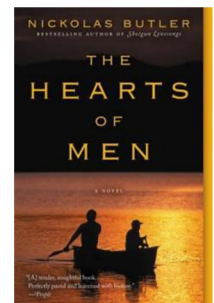
Wednesday, September 6th at 9:30-10:30am

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 Hearts of Men by Nikolas Butler for discussion at the Sept. 6th 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: "The Wager" by David Grann for discussion at the October 4th meeting.

The Landing Tech Room

Facilitator: John DeLaPorte

Members: FREE | Non-Members: \$15

The Landing

Gather. Move. Grow

New & Unique Programs

Registration is Required

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Monthly Blood Pressure Clinic

Friday, September 8th 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



September Birthday Bash

Friday, September 8th 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 and Art Rooms

Facilitator: Mary Jindrich

Members: FREE | Non-Members: \$15

Black Bear Educational Center Tour

Monday, September 11th at 5:00-6:30pm

Join us for an exciting tour at the Black Bear Educational Center right here in Wausau. The tour is a 2 block walk on a gravel trail around 7 acres of natural habitat. There are 80 different educational towers with bear facts to educate you on how to understand what bears are all about.

All proceeds go to help create a safe and natural habitat for the bears.

Location: 157129 Land Art Rd. Wausau, WI 54403

Facilitator: Mary Jindrich

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



History with Rick Lohr: Tamen Negara, Malaysia

Tuesday, September 12th at 10:00-11:00am

Tamen Negara National Park is on the East Coast of Malaysia.

The park encompasses three states. It is the oldest rainforest in the world. We will visit this beautiful and complex ecosystem. It has a mature three-story forest canopy.



With some of the most beautiful nature to explore, this is an amazing place to learn about.

Register today, for this tropical exploration!

The Landing- Tech and Art Rooms

Facilitator: Rick Lohr

Members: FREE | Non-Members: \$15



We are gathering photos of Veterans from The Landing. If you, your spouse, partner, son, daughter, or grandchildren are currently or have served, please include their photo in our Veterans Day Slideshow.

Send photos to Amber at apender@thelandingwausau.com and include the Veterans name, branch and years served.

Registration is Required

Visit our Member Service Desk & Sign Up!

Getting to Know Classic Films: "Our Hospitality"

Wednesday, September 13th at 12:30-2:30pm

"Our Hospitality" is a 1923 American silent comedy film directed by starring Buster Keaton, Joe Roberts, and Natalie Talmadge. The film uses slapstick and situational comedy to tell the story of Willie McKay, caught in the middle of the infamous "Canfield-McKay" feud, an obvious satire of the real-life Hatfield-McCoy feud.



After her husband John McKay is killed in an ongoing feud with the Canfield family, a woman takes her baby boy Willie to her sister's house in New York hoping he will never know of the feud with the Canfields. Twenty years later Willie is a grown man and he receives a letter saying he has inherited his father's estate and must travel to his family home to take possession. On the train there he meets a beautiful young woman and falls in love only to learn that she's a Canfield.

Interesting fact: Natalie Talmadge was the third and youngest of the Talmadge sisters (Norma and Constance); and was Buster Keaton's wife

Note: See Sept. 27th for a second Getting to know Classic Films

The Landing- Tech Room

Facilitator: Scott Schutte

Members: FREE | Non-Members: \$15

Scandinavia Pre-Departure Meeting

Thursday, September 14th at 9:00-10:00am

Join Katie, our Collette Representative as she gets travelers from The Landing ready for their trip to Scandinavia. You will receive your travel documents, and get all of your questions answered.

The Landing- Tech and Art Rooms

Facilitator: Amber Pender

This meeting is only for those who have booked their trip to Scandinavia.

2024 Travel Show with Collette Travel

Thursday, September 14th at 10:00-11:00am

“Join Katie, our Collette Representative as she introduces our members the 5 Collette Trips that are planned for the 2024 Travel Year.

- **British Landscapes:** April 28-May 7, 2024
- **America's Cowboy Country:** May 30-June 6, 2024
- **Canadian Rockies & Glacier National Park:** July 28-August 3, 2024
- **Mediterranean Coastal Journey:** October 5-20, 2024
- **Christmas at the Danube:** December 7-15, 2024

Get all of your questions answered and learn what all of these trips will have to offer.

The Landing- Tech and Art Rooms

Facilitator: Amber Pender

Members: FREE | Non-Members \$15

What does this Tarot Card Mean?

Saturday, September 16th 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



Wausau Police: Drugs in our Community

Monday, September 18th at 9:00-10:00am

Join us for an engaging session with the Wausau Police Department. Officer Garrett Carr will provide a summary on drug trends in our community, investigations conducted by our Community Resource Unit, and what to look for if you suspect neighbors may be involved in drug trafficking. He'll also bring in actual drugs and drug paraphernalia so you know what you are looking at if you come across them.



Be sure to bring questions about this topic or others!

The Landing- Tech and Art Room

Facilitator: Officer Garrett Carr

Members: FREE | Non-Members: \$15

Exploring Self-Healing Energies with Bernie

Monday, September 18th at 10:00-11:30am

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.

Join us for this fascinating and informative personal wellness program.

YMCA Multi-Purpose Room

Facilitator: Bernie Corsten

Members: FREE | Non-Members: \$15



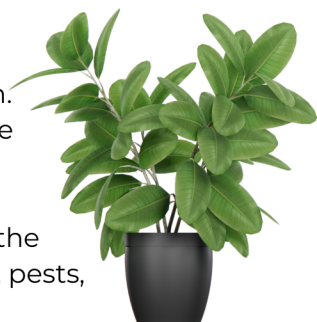
Registration is Required

Visit our Member Service Desk & Sign Up!

Horticulture with Janell: Bring them Inside

Wednesday, September 20th at 1:00-2:00pm
Occurs on the third Wednesday of each month

As the nightly temperatures turn cold, it is time to bring our plants inside for the season. The transition to indoors can be very stressful on plants. In this program, we will cover considerations to help reduce the stress, including light, fertilizer, pests, and watering.



The Landing- Wausau Multi-Purpose Room

Facilitator: Janell Wehr

Members: FREE | Non-Members: \$15

Autumn Equinox Potluck

Thursday, September 21st at 11:30-12:30pm

Join us for the Autumn Equinox potluck. Where the foods of fall are bright in color like the leaves.

When dropping off your dish to share - Make sure you get a 'Share & Eat' Wristband. Potluck lunches will be reserved for persons with a 'Share & Eat' Wristband.



For a better diversity of food offerings, please bring a dish based on the first letter of your last name.

A-E Bring a salad

F-L: Bring a dessert

M-R: Bring a main dish

S-Z: Bring a side dish



The Landing Dining Room

Facilitator: Mary Jindrich

Fee: Dish to Pass - Make sure to get 'Share & Eat' Wristband when dropping off your Potluck dish - Potlucks will be reserved for persons with a 'Share & Eat' Wristband

Mind, Body & Spirit with Debby Krenz

Thursdays, September 21st & 28th 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.

With thirty years of experience teaching, Debby combines her education background with her extensive knowledge of energy healing techniques, and tools for the inner journey of the mind, body & spirit.

September 21: Developing a Spiritual Practice

Ideas on how to get started with a spiritual practice. Different methods of meditation, tips for time management, setting up a sacred space, use of oracle cards, journaling. There will be time for discussion and a meditation will be shared to get you started. Debby will have journals for sale for those interested.

September 28: A Look at Spiritual Materials to Guide and Assist You

Debby will be recommending some of her authors of favorite books, websites she uses, oracle cards, journals, and inspiring music to listen to for relaxation. You are asked to bring along any materials you like to use to share with the group. There will be time for discussion and sharing about what works for us, as a way to support each other on our journey

YMCA Multi-Purpose Room

Facilitator: Debby Krenz

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

Registration is Required

Visit our Member Service Desk & Sign Up!

Angel Card Readings

Thursdays, September 21st & 28th
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:

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

YMCA Multi-Purpose Room

Facilitator: Debby Krenz

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

Baking with Amber: Easy Peach Cobbler

Thursday, September 21st at 1:00-2:30pm
Occurs on the third Thursday of every month

Join our very own Amber Pender to learn how to make a fall favorite- Easy Peach Cobbler. This tried-and-true recipe is easier than pie.

Use fresh or frozen peaches so you can enjoy peach cobbler year-round.

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: Palm's Supper Club

Thursday, September 21st at 5:30pm

September Dinner Club will be held at Palm's Supper Club, 5912 US-51 BUS, Schofield. Enjoy American cuisine including steaks, seafood and much more.

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: Palm's Supper Club

5912 US-51 BUS. Weston, WI 54476

Facilitator: Mary Jindrich



Registration is Required

Visit our Member Service Desk & Sign Up!

Leigh Yawkey Woodson Art Museum Guided Tour: Birds in Art Exhibition

Friday, September 22nd at 12:30-1:30pm

Visit the juried exhibition Birds in Art with Museum educators and explore avian themed artworks that range from paintings and drawings to prints, fibers, and kinetic sculptures. Learn more about the history of this annual exhibition and see this year's contemporary artistic interpretations of birds and related subject matter from artists all over the world.

Time in the Museum galleries is followed by refreshments, conversations, and an optional hands-on project.

Location: Leigh Yawkey Woodson Art Museum

Facilitator: Merriam Mistlebauer

Members: FREE | Non-Members: \$15

New Member Meet and Greet

Monday, September 25th 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

WELCOME

The Landing will be closed at Noon on Friday, September 22nd in preparation for the 1st Annual "Senior" Prom. Normally scheduled games will be cancelled today.

We will remain closed until Monday, September 25th.



The Landing

Gather, Move and Grow

Annual Fundraiser

Registration is Required

Visit our Member Service Desk & Sign Up!



The Landing presents our 1st Annual "Senior" Prom ~ Where Everyone is Royalty

Join us for an unforgettable
night of fun, dancing and
socialization.

- DJ & Dancing by Bob Holl Entertainment and Pre-Dance music by Ray Kraemer
- Delicious hors d'oeuvres
- Raffles and silent auction
- Photo Booth
- Cash Bar
- Semi-Formal to Formal Attire is recommended
- Everyone ages 50 and above are welcome to attend

Proceeds will support membership and programming, so members can celebrate age, explore new passions, discover community and join new programs that feed the mind and body, regardless of ability to pay.

Event tickets are \$50/per in advance or \$75/person at the door.

For tickets, see the Front Desk!

Location: The Landing at the Woodson YMCA | 707 3rd St. | Wausau, WI 54403



The Landing and Woodson YMCA are committed to welcoming all and ensuring everyone has access to the YMCA or The Landing, regardless of ability to pay. The Community Supported Membership program enables all individuals to become active members and participate at a rate that fits their budget. This program is possible due to generous donors.

Funds raised by The Landing's "Senior" Prom fundraiser will help to support the mission to ensure everyone has the ability to participate in programming at the YMCA and, of course, participation in The Landing.

Please consider supporting The "Senior" Prom Fundraising event to help your friends and neighbors. Together we can help ensure that no one will be turned away for inability to pay. If you find yourself in need of a little assistance yourself, please schedule a confidential appointment at the YMCA Front Desk or with The Landing staff. Scholarships are available for membership fees and reduced program costs, including funds for a prom ticket for those that qualify. Scholarships are based on income.

Thank you for your consideration and we look forward to
seeing you at The "Senior" Prom.

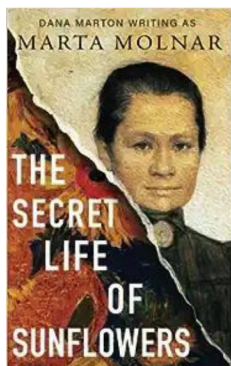
Registration is Required

Visit our Member Service Desk & Sign Up!

Book Club

Monday, September 25th 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:



Sept 25: The Secret Life of Sunflowers – Marta Molnar
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

Edward Jones: Healthcare & your Retirement

Tuesday, September 26th at 11:00-12:00pm

Advances in health care are providing opportunities for a longer retirement and better quality of life. However, the increasing cost of health care is a growing concern for current and future retirees. Health care continues to become a larger share of retirees' expenses. It's important to understand health care costs and develop a strategy

In this program Paul Dau of Edward Jones will be discussing, Medicare coverage and traditional medical expenses, long-term medical expenses, and strategies for addressing out-of-pocket expenses

We hope you will join us for this informative program.

The Landing- Tech Room

Facilitator: Paul Dau

Members: FREE | Non-Members: \$15

Social Singles: Two's Company Lounge

Tuesday, September 26th at 4:00-5:00pm

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.

Two's Company and Lounge – 213 Main St, Mosinee WI 54455

Facilitator: Mary Jindrich

Members: FREE | Non-Members: \$15

Rennes Group: Cognitive Health

Wednesday, September 27th at 10:00-11:00am

Join Rennes Group as they share information, facts and guidance on Cognitive Health

Cognitive health refers to the ability to clearly think, learn, and remember and is an important component of performing everyday activities. Cognitive health is a major factor in ensuring the quality of life of older adults and preserving their independence.

Cognitive decline refers to the concern of, or difficulty with, a person's thinking, memory, concentration, and other brain functions beyond what is typically expected due to aging.

The Landing- TechRoom

Facilitator: Rennes Group

Members: FREE | Non-Members: \$15

The Landing

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New & Unique Programs

Registration is Required

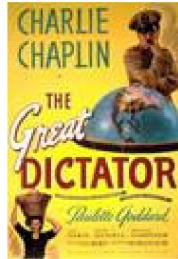
Visit our Member Service Desk & Sign Up!

Getting to Know Classic Films: "The Great Dictator"

Wednesday, September 27th at 12:30-2:30pm

"The Great Dictator" (1940) starring Charlie Chaplin, and is Chaplin's first film talkie. An unusual comedy combining slapstick, satire and social commentary, as he plays dual roles of a Jewish ghetto barber and dictator Adenoid Hynkel of Tomainia. The movie also stars Paulette Goddard as a beauty of the ghetto and Jack Oakie who is unforgettable as Benzino Napaloni, as the boisterous dictator of Bacteria.

After dedicated service in the Great War, a Jewish barber (Charles Chaplin) spends years in an army hospital recovering from his wounds, unaware of the simultaneous rise of fascist dictator Adenoid Hynkel (also Chaplin) and his anti-Semitic policies. When the barber, who bears a remarkable resemblance to Hynkel, returns to his quiet neighborhood, he is stunned by the brutal changes and joins a beautiful girl (Paulette Goddard) and her neighbors in rebelling.



Join in the entertainment and the prospect of learning interesting facts about these films.

The Landing- Tech Room

Facilitator: Scott Schutte

Members: FREE | Non-Members: \$15

The Landing Motorcycle Riding Group

Thursday, September 28th at 10:15am-5:00pm

The Landing Motorcycle Riding group will meet at the First Presbyterian Church parking lot, 406 Grant Street, Wausau; on the last Thurs. of the month.

We will meet at 10:15 and depart at 10:30 with no set return time for day of riding, but generally return before dinner.

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

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

Meet at First Presbyterian Church Parking Lot

Facilitator: Stacy Ascher-Knowlton

Members: FREE | Non-Members: \$15



Bingo at The Landing

Thursday, September 28th at 1:00-2:30pm

Occurs on the Fourth Thursday each month

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

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

The Landing- Tech/Art Room

Facilitator: Mary Jindrich

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

BINGO

Registration is Required

Visit our Member Service Desk & Sign Up!

Team Trivia Smackdown

Friday, September 29th 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, September 29 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



The Landing

Gather. Move. Grow

Looking Ahead

Registration is Required

Visit our Member Service Desk & Sign Up!

Copper Peak 2023

Monday, October 2nd- Bus departs from The Landing at 8:30am

Registration Deadline is September 15th

We are once again 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. We will finish 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 price. Everyone pays for their own dinner.

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.

SEE TRIP FLYER IN LANDING FOR LUNCH MENU OPTIONS AND ADDITIONAL DETAILS



Meet at The Landing for Departure

Facilitator: Mary Jindrich

Members: \$120 | Non-Members: \$140

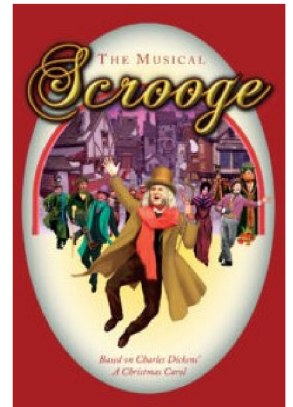
Scrooge the Musical and Lunch at The Fireside Theatre

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", breath-taking dancing, beautiful period costumes, uproarious comedy, and heart-warming drama. If you have to choose only one Christmas show this season you must come see SCROOGE THE MUSICAL at The Fireside.



Superb Lunch Dining is Included!

Meet at The Landing for Departure

Facilitator: Amber Pender

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

Additional Details on these 2 trips in upcoming months and program flyers

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!

Sept 11th: "Race": Young Jesse Owens (Stephan James) becomes a track and field sensation while attending the Ohio State University in the early 1930s. With guidance from coach Larry Snyder (Jason Sudeikis), Owens gains national recognition for breaking numerous records. After heated debates, the United States decides not to boycott the Olympics in Nazi Germany. Overcoming racism at home and abroad, Owens seizes the opportunity to show Berlin and the the world that he's the fastest man alive.

Sept 18th: "The Known Unknown: The Lost Pyramid" - Egyptian archeologists dig into history, discovering tombs and artifacts over 4,000 years old as they search for a buried pyramid in this documentary.

Continued on the next column.

Sept 25th: "American Graffiti": On the last day of summer vacation in 1962, friends Curt (Richard Dreyfuss), Steve (Ronny Howard), Terry (Charles Martin Smith) and John (Paul Le Mat) cruise the streets of small-town California while a mysterious disc jockey (Wolfman Jack) spins classic rock'n'roll tunes. It's the last night before their grown-up lives begin, and Steve's high-school sweetheart, a hot-to-trot blonde, a bratty adolescent and a disappearing angel in a Thunderbird provide all the excitement they can handle.

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!

Bridge (Closed Group)

The Landing Game Room

Mondays 1:00-3:00pm No Openings

No openings for new players

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.

The Landing

Gather. Move. Grow

Reoccurring Weekly Programs

Registration is Required

Visit our Member Service Desk & Sign Up!

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.

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

FREE

Cribbage

The Landing Game Room

Wednesdays 1:00-3:00pm

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.

Leader: Mark Stubbe

The Landing

Gather. Move. Grow

Group Exercise Classes

Registration is Required only for Virtual Classes

Visit our Member Service Desk & Sign Up!

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.

Tai Chi Beginning/Continuing

Wausau Branch: Program Gym

Continuing: Mondays 11:15-12:00pm

Beginning: Mondays 12:12-1:00pm

Instructor: Colleen Peters

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.

Register soon- Once classes start, you will not be permitted to join.

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

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.

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. **Registration IS NOT Required**

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, ASAHI'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.

Full Body Fitness

Wausau Branch: 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.

SilverSneakers Yoga

Wausau Branch + Virtual: Group Ex. Studio
Wednesdays 9:45-10:30am
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.

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.

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!

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.