

The Landing

DECEMBER 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.

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The Landing Hours

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

The Landing will be closed on Monday, December 25th in observance of Christmas Day & Monday, January 1st in observance of New Years Day.

How to Register for Programs:

Email: memberservices@thelandingwausau.com

Call: 715-841-1855

Online: 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 Green at header level within this program guide..

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

December 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!

December 6th: Meatloaf with Buttery Mashed Potatoes \$10

Meatloaf with buttery mashed yellow yukons will be served with a pistachio dessert.



December 13th: Asian Ramen Salad \$5

Healthy Ramen Noodles served with chicken, shredded carrots, edamame, green onions, mandarin oranges and almonds.



December 20th: Grilled Cheese with Tomato Soup \$10

French bread with a melty cheese blend, grilled to perfection. Served with creamy tomato soup & a scrumptious chocolate chip cookie.



December 27th: Christmas at The Landing! \$15

Join us at The Landing for Christmas! Slow Cooker Honey Ham will be served with green bean casserole, candied carrots, cranberry fluff and a roll. Red velvet sheet cake will be served for dessert.



Registration is due by Wednesday, December 20th.

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.

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: Bernie Corsten

I have been trained in a variety of energy healing modalities. I have introduced Reiki, (which is a self-healing method) to many community and state-wide groups. As a past realtor, I had noticed many homes that were not sold, and studied space clearing. Energy medicine covers a wide variety of natural ways of healing and I am excited to share what I have learned to the YMCA's Landing members.



I was introduced to Laughter Yoga more than 10 years ago and have offered this to Assisted Living facilities and nursing home. Laughter Yoga or club as it is known at the Landing offers

members a chance to be playful, creative and most of all to be young at heart. I love to see how spontaneous; the club members are in creating bizarre stories that stimulate their imagination. I appreciate getting the support and being a part of the YMCA's Landing programming.



The Landing

UGLY SWEATER FRIDAYS

All Fridays in December at The Landing

Let's jump in and celebrate the Holiday's this season by wearing our ugly holiday sweaters every Friday in December, or whichever Friday's you would like to join in the fun.

Ugly sweaters have a way of making the season merry. Dig in your wardrobe or borrow an ugly sweater, let's ugly sweater together on Fridays this season!

No Need to Register, just wear your ugly sweater and visit us in the Landing!



Registration is Required

Visit our Member Service Desk & Sign Up!

December Soup-to-Go!

Every other Friday through March

Pick-up in The Landing Kitchen at 10:00am

Soup-to-Go is BACK for the Fall and Winter! Every other Friday you can pick up your quart of homemade soup and a quarter loaf of homemade bread.



Dec. 1: Chili with Jalapeno Cheddar Bread

Dec. 15th: Cream of Mushroom Soup with Olive Bread

Dec. 29th: Zuppa Toscana with Garlic Cheese Bread

NOTE: Soup is cold when picked up. Just heat up and enjoy!

The Landing Kitchen

Facilitator: Amber Pender

Members: \$10

December Birthday Bash

Friday, December 1st 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 Dining Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members: YMCA
Day Pass Required

Beginners Play Sheephead

Beginning Friday, December 1st at 12:00pm

If you've ever wanted to learn to play sheephead now is the time. Beginners play will start at 12:00 pm on Fridays followed up by regular Sheephead play time at 1:00 pm. All levels of play welcome.

The Landing Dining Room

Facilitator: Mark Stubbe

Members: FREE | Non-Members: YMCA
Day Pass Required

Celebrating the Holidays with the Wausau Symphony Band

Sunday, December 3rd at 3:00pm

The Wausau Symphony and Band is committed to providing high quality music to central Wisconsin and to offering a challenging and constructive ensemble environment for talented, local community musicians. The YMCA's own JuliAnn Sklow from Member Services plays violin in the Symphony Orchestra portion of the Symphony Band!

Wausau Symphony Orchestra Celebrates the Holidays with festive favorites, at First Presbyterian Church! Tickets for this event are: \$10 for seniors, \$15 for adults, children and students are Free.

Concert ticket area when entering the church will have roster of members that have registered & paid for ticket upon entry to concert – tell them you're with the Landing and give them your name.

Enjoy this talent-filled concert celebrating the holiday season.

Meet in The Landing Atrium

Facilitator: JuliAnn Sklow

Seniors: \$10 | Adults: \$15

Registration is Required

Visit our Member Service Desk & Sign Up!

Honoring Choices: Advanced Care Planning

Presentation Tuesday, December 5th at 9:00-10:00am

1:1 Sessions- Tuesday, December 12th at 10:00am

Join Heidi from Aspirus to learn about Advance Care Planning (ACP), the process which helps you think about, 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.

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

The informative Group Presentation will take place December 5th at 9:00am in The Landing Tech Room.

Then, make sure to book your 30-minute, 1:1 appointment with Heidi to begin work on your Advance Care Plan, starting at 10:00am in The Landing Art Room on Tuesday, December 19th. The 1:1 appointments are on a first-come first serve basis so register early.

The Landing Tech Room

Facilitator: Heidi Kraege

Members: FREE | Non-Members: YMCA
Day Pass Required

Ironbull- Out our Front Door- More Downtown Wausau History

Tuesday, December 5th at 10:00-12:00am & 1:30-3:30pm

Historical walks in downtown Wausau with Gary Gisselman. In December, we will be touring the 600 block of 3rd Street, and an organ recital at the First Presbyterian Church.

We will meet at the Atrium Area of The Landing (back of Landing by the Fireplace/Puzzle Area). There will be two different times to choose from, One starting at 10:00am and one starting at 1:30pm, each taking about 2 hours with the various tours along the way.

This is considered an easy walk, but will take approximately 2 hours. Program is Weather Dependent.

Enjoy this walking tour and the history within.

Meet at The Landing-Atrium Area

Facilitator: Bill Bertram

Members: FREE | Non-Members: YMCA
Day Pass Required



Registration is Required

Visit our Member Service Desk & Sign Up!

Wings of Grief- All I want for Christmas is the right to grieve

Tuesday, December 5th at 1:00-2:00pm

Are you anxious about handling your grief in the approaching holiday? While others find energy in the festivities of the holiday, missing a loved one can dampen your spirit.

You shouldn't feel any pressure to participate in traditions that may make you uncomfortable. You have the Right to Grieve and choose what's comfortable for you.

In this presentation, we'll share 30 of the most common holiday complaints grievers reveal. Learn how you can satisfy expectations without compromising your feelings. The "Good News" is that almost every bereaved person is capable of feeling some joy—even when the holidays hurt.

We'll show you it's possible to "save the day" and your dignity when feeling vulnerable. Learn how to create a meaningful experience this year and some that can last for years to come.

Registration is due by Tuesday, November 28th.

The Landing Tech Room

Facilitator: Nan Zastrow

Members: FREE | Non-Members: FREE

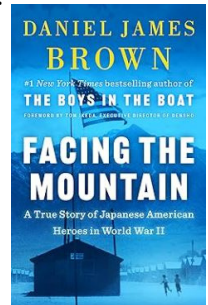


Old Guys Book and BS Club

Wednesday, December 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
"Facing the Mountain"
by Daniel James Brown.**



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: "Nickel Boys" by Colson Whitehead for the January 3rd, 2024 meeting.

Meet at The Landing Tech Room

Facilitator: John DeLaPorte

**Members: FREE | Non-Members: YMCA
Day Pass Required**

Chinese Mahjong, Shanghai Rules

Wednesday, December 6th at 1:00-3:30pm

Come play Chinese Mahjong, using Shanghai Rules. You must know how to play

The Landing Dining Room

Facilitator: Kris Edahl

**Members: FREE | Non-Members: YMCA
Day Pass Required**



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

Wednesdays until December 13th at
12:30-2:30pm

**This Program has already begun and is
now Closed.**

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.

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 & Art Room

Facilitator: Emalyn Nikstad

CLOSED



Registration is Required

Visit our Member Service Desk & Sign Up!

Trip to Marshfield Rotary Winter Wonderland (Marshfield Lights)

Wednesday, December 6th at 4:20pm

The Marshfield Rotary club is entering their 18th year of Rotary Winter Wonderland, a holiday lights display in Wildwood Zoo, Marshfield.

We will meet at the Landing at 4:20pm, and load the Landing shuttle. The shuttle will leave at 4:30 pm. Upon entering Marshfield, we will stop at 'Chips' Fast food restaurant to grab some dinner (on your own for dinner). We will leave Chips about 6:00pm and head to the Lights event. You will have approximately 60-70 minutes of free time to walk through the Zoo and see the stunning light exhibitions and the animated displays on your own. Make sure to stop at the Gingerbread house at the center of the zoo. We will load the shuttle from around 7:20 pm– Shuttle to leave zoo at 7:30pm, to head back to YMCA. We will arrive back at YMCA around 8:30pm.



The Marshfield Rotary Club works with many organizations throughout the community, with the common goal of providing food for local area pantries, and providing a fun holiday experience for all who visit. There is no admission charge to Rotary Winter Wonderland, however free will donations of food and cash are accepted to help the local food pantries and keep our project running

Depart The Landing at 4:20pm

Facilitator: Melany DeHaven

Members: \$9 | Non-Members: \$30

Registration is Required

Visit our Member Service Desk & Sign Up!

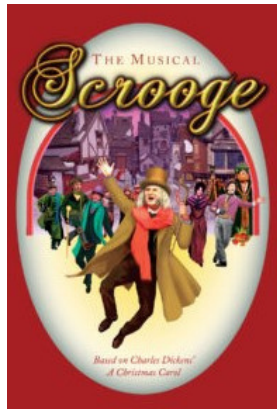
Scrooge the Musical and Lunch at The Fireside Theatre

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

Registration is CLOSED

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

Registration is Closed

Traditional Rug Hooking-Triangle Christmas Tree

Thursday, December 7th & 14th at 1:00-3:00pm

Linda Raether, will walk us through techniques for traditional rug hooking (Not Latch Hook). Linda has created some beautiful rugs and other art pieces using rug hooking, and comes to us with much experience.

In this Traditional Rug Hooking class, we will design and hook 3 triangle trees. The Program will be held in two, 2-hour sessions; on Thursdays, December 7th and 14th from 1:00 – 3:00pm.

In the first class, participants will decide on colors to use and the design for three (3) triangle Christmas trees. In the second class, participants will finish the trees as either hanging or staked ornaments.

Supplies included: linen backing, wool yarn and cloth, felt backing, fabric adhesive, sticks for staking, hoop and a hook for first timers

Participants bring: scissors, and if returning from previous rug hooking class, bring hook kits, hook and hoop

Class cost: \$30

Finished sizes of the trees:

Tree 1: 5.5 in x 2 in

Tree 2: 4.25 in x 3.25 in

Tree 3: 3.5 in x 2 in

The Landing Art Room

Facilitator: Linda Raether

Members: 30 | Non-Members: \$45



Registration is Required

Visit our Member Service Desk & Sign Up!

1:1 Tech

Thursdays, 3:30-4:00 & 4:00-4:30pm

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



Please be on time for your time slot, and only plan on completing in the 30 minutes allowed.

The Landing Art Room

Facilitator: Nick Close

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

Monthly Blood Pressure Clinic

Friday, December 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 and their accompanying nurse will provide education on what good blood pressures are, what to watch for, and answer questions.

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

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

The Landing Tech Room

Facilitator: Rennes Group

Members: FREE | Non-Members:

YMCA day pass required

Christmas Cookie Exchange

Monday, December 11th at 11:00am-12:00pm

Have you ever wished you had a better selection of cookies to share with family over the Holidays? Well with the Christmas Cookie Exchange we can help you make that happen. We will provide the space and you provide the cookies.

Each person brings 11 sets of half-a-dozen (6) cookies of your favorite kind of Christmas Cookie (66 total) to trade with 11 other participants. **Everyone comes with 66 cookies of one kind and leaves with a nice mix of different kinds of cookies.**

Bring a container to take your assortment of 66 cookies that you get from the exchange home in.



The Landing Tech Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members:

YMCA day pass required

Rick Lohr: Israel 1998: Travel to Holy Sites & Palestinian Issues

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

Rick travelled to Israel with Serge Schmemmon and family. Serge was a Pulitzer Prize winning New York Times correspondent to Israel, and father-in-law to Rick's son.

In this program, we will visit the Holy Sites and Palestinian territories within Israel.

The Landing Tech & Art Room

Facilitator: Rick Lohr

Members: FREE | Non-Members:

YMCA day pass required

Registration is Required

Visit our Member Service Desk & Sign Up!

Social Singles: Clean Slate

Tuesday, December 12th at 2:30-4:00pm

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.

1027 E Grand Ave | Rothschild, WI 54474

Facilitator: Mary Jindrich

Members: FREE | Non-Members: FREE



Upcoming Holiday Hours

Christmas Day: Closed

New Years Day: Closed



Mind, Body & Spirit with Debby Krenz

Thursdays, December 14th & 21st 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.

December 14th: Color Therapy

Have you ever noticed you are attracted to certain colors? By wearing certain colors, we can actually provide soothing therapy for ourselves; or they can be rejuvenating, action colors that help us move forward. Find out about many colors, their attributes and how they can affect us in positive ways. You might want to wear your favorite color to this class. Join us for the fun!

December 21st: How to Survive Being a Highly Sensitive Person (HSP) in Today's Crazy World

Us HSP's can feel most everything, from other people's emotions to even others' physical symptoms! Join us in a timely discussion of how to protect ourselves and keep our health and energy up when many people around us are so stressed.

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, December 14th & 21st
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

Team Trivia Smackdown- Playoff

Friday, December 15th at 11:30am - 12:30pm
DAY CHANGED for December (not Last Friday)

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 & Art Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members: YMCA
Day Pass Required



What does this Tarot Card Mean?

Saturday, December 16th at 11:00-12:00pm

Occurs on the third Saturday of each month

On the 3rd Saturday of each month, Mona Mahrty, 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 Mahrty

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

Packer Party Potluck

Sunday, December 17th at 11:30 until
Game End

Join us for the Packer Party Potluck. Dress up in your favorite Packer gear and bring a tailgate themed dish to share.



The Landing Tech Room

Facilitator: Mary Jindrich

Members: FREE | Non-Members: YMCA
Day Pass Required

Wausau Police Department- Unhoused in our Community

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

There are a wide range of problems causing people to be unhoused (homeless). Community Outreach Specialist, Tracy Rieger will inform about her position and the goals she has for our unhoused community.



As part of this program, Tracy will speak about her day-to-day job duties, goals, and what issues our unhoused population is facing.

Register today to better understand the questions and concerns around the unhoused in our community.

The Landing Tech & Art Room

Facilitator: Tracy Rieger

Members: FREE | Non-Members: YMCA
day pass required

Exploring Self-Healing Energies with Bernie

Monday, December 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.

YMCA- Multi-Purpose Room

Facilitator: Bernie Corsten

Members: FREE | Non-Members:
YMCA day pass required

Registration is Required

Visit our Member Service Desk & Sign Up!

New Member Meet and Greet

Monday, December 18th 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:

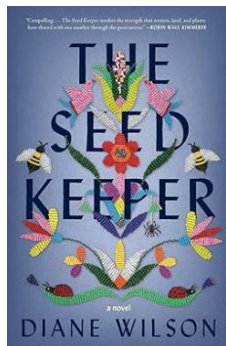
YMCA day pass required

Book Club: "Lord of the Flies"

Monday, December 18th at 11:30am-12:30pm

Normally Occurs on the Fourth Monday of each month- Date changed for December

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:

The Landing Art Room

Facilitator: Connie Heidemann

Members: FREE | Non-Members:

YMCA day pass required

Jerry Ensemble Holiday Performance at The Landing

Tuesday, December 19th at 4:00-5:00pm

Enjoy holiday cookies and coffee while being entertained by a performance from the Central Wisconsin Jerry Ensemble.

The Landing is Partnering with the Grand Theater to bring this premier performance group to the Landing featuring select vocal performers from schools and organizations participating in the Jerry Awards program of Central Wisconsin.

Students are selected to be part of the ensemble through auditions and spend each season building their technical skills in acting, singing and dancing, and performing in Wausau, at the Grand Theater, and across the state. This group of young performers are very talented and you can't help but smile when watching them perform.

We are excited to have a group of these performers come back to the Landing and perform for us.

YMCA- Multi-Purpose Room

Facilitator: Katy Lang

Members: FREE | Non-Members:

YMCA day pass required



Registration is Required

Visit our Member Service Desk & Sign Up!

Horticulture with Janell: Taking a Lichen to Terrariums

Wednesday, December 20th at 1:00-2:00pm

Occurs on the third Wednesday of each month

Starting with the Wardian Cases of the Victorian era, terrariums have long captured the imaginations of plant enthusiasts. In this program, we will cover planning your terrarium, including the containers, growing medium, plant selection, tools, and accessories. We'll address assembly and design, as well as maintenance concerns, encompassing watering, light, pruning and the occasional replacement of plants. By the completion of the program, you will have the knowledge necessary to build terrariums for yourself and as gifts.

YMCA Multi-Purpose Room

Facilitator: Janell Wehr

Members: FREE | Non-Members:
YMCA day pass required

Raymond's Holiday Sing-A-Long

Thursday, December 21st at 11:00-12:00pm

Sing a long with Raymond and your friends as we celebrate the music and joy of the Holiday Season.

The Landing Dining Room

Facilitator: Raymond Kraemer

Members: FREE | Non-Members:
YMCA day pass required



Baking with Amber: Grinch Cookies & Oreo Truffles

Thursday, December 21st at 1:00-2:30pm

Occurs on the third Thursday of every month

Amber is bringing us her children's favorite Holiday Goodies- Grinch Cookies & Oreo Truffles.



These Grinch cookies are made with cake mix and are the perfect Grinch Green. What kid doesn't like Oreos? Oreo Truffles are the perfect bite-sized treat any time of the year.



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: Peking Garden

Thursday, December 21st at 4:00pm

Join us at Peking Garden for Dinner Club!

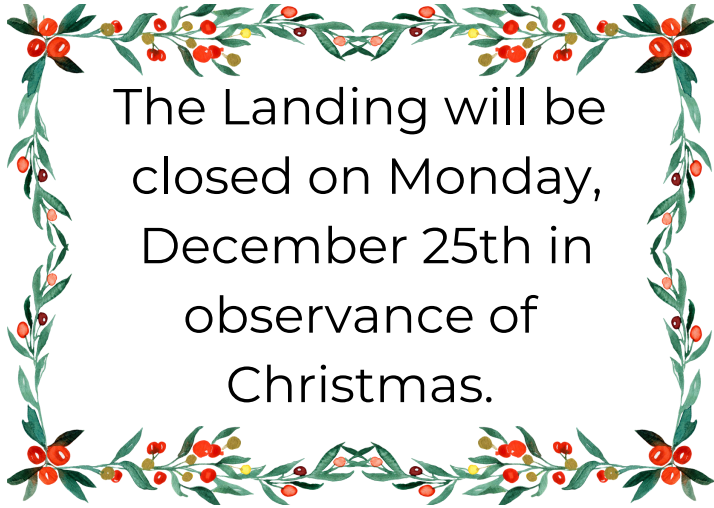
We will meet at the restaurant at 4:00pm. Join us for an opportunity to have dinner and socialize with old friends and meet new friends.

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: Peking Garden

2105 N 2nd, Wausau

Facilitator: Mary Jindrich



The Landing will be closed on Monday, December 25th in observance of Christmas.

*Merry
Christmas*



Broadening your knowledge of Investing, with Edward Jones

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

During this workshop, Paul Dau will share the rules for investing—including:

- How to develop a strategy,
- Choosing quality investments,
- Diversify your portfolio,
- Focus on what you can control.

Join Paul Dau from Edward Jones for insight on planning your financial investments.

The Landing- Tech Room

Facilitator: Paul Dau

Members: FREE | Non-Members:

YMCA day pass required

Registration is Required

Visit our Member Service Desk & Sign Up!

Rennes Group: Home Safety

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

Living at home as you age requires careful consideration and planning. Learn how you can make some changes to help maintain your independence.

Join Rennes staff members as they share information and tips to keep your home safe.

The Landing- TechRoom

Facilitator: Rennes Group

Members: FREE | Non-Members:

YMCA day pass required

Christmas at The Landing

Wednesday, December 27th at 11:30-12:30pm

Join your Friends and Landing

Staff at The Landing for a

delicious Christmas Lunch

homemade by Amber other

volunteers, on Wednesday,

Dec. 27th! On the menu, we will

feature Slow cooker Honey Ham, green bean

casserole, candied carrots, cranberry fluff and

a roll. A festive Red Velvet Sheet Cake will

finish it off for dessert.



Registration closes on WEDNESDAY, December 20th as space is limited.

The Landing Kitchen

Facilitator: Amber Pender

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

Getting to Know Classic Films: "Christmas in Connecticut" (1945)

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

On December 27 we will be watching Christmas in Connecticut, a 1945 American Christmas romantic comedy film about an unmarried city magazine writer who pretends to be a farm wife and mother and then falls in love with a returning war hero. The film was directed by English director, Peter Godfrey and stars Barbara Stanwyck, Dennis Morgan and Sydney Greenstreet.



Interesting facts: Bette Davis was originally announced in February 1944 as the female lead for the film, but was replaced by Stanwyck in April. Dennis Morgan was born Stanley Morner in the small town of Prentice, Wisconsin.

Join Scott Schutte in the showing of this classic film, and the discussions to follow.

The Landing Tech Room

Facilitator: Scott Schutte

Members: FREE | Non-Members: YMCA
Day Pass required

Bingo at The Landing

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

Occurs on the 4th Thursday of each month

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

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

The Landing- Tech/Art Room

Facilitator: Mary Jindrich

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



Registration is Required

Visit our Member Service Desk & Sign Up!

Ho-Chunk Gaming Casino Trip

Friday, December 29th 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, 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!

Looking Ahead

Moving for Better Balance

Tuesdays & Thursdays beginning January 9th

Moving for Better Balance® is a research-based balance training program designed for older adults at risk of falling and people with balance disorders. The program protocol consists of a core eight-form routine and a subroutine of eight integrated therapeutic movements forms that have been derived from the traditional 24-form Yang-style of Tai Chi, progressing from easy to more difficult which collectively involve a set of simple, rhythmic Tai Chi-based actions.



This program will:

- Increase Strength
- Improve your balance
- Challenge your limits of stability
- Help you catch yourself when you begin to lose your balance

Participants who have a history of falls, balance disorders, difficulty walking, leg muscle weakness, and occasional cane use should give this well researched program a chance. It boasts a 55% improvement in balance which is higher than any other program.

Registration closes Monday, January 9th

The YMCA Group Exercise Studio

Facilitator: Colleen Peters

Members: \$60 | Non-Members: \$75

Paintings

Landing Member, Dick Grasse spends his spare time creating beautiful paintings and he would like to share these paintings with members of The Landing.

If you wish, Dick will create a painting for you. He prefers Landscapes, and all he needs is a photo of the painting you wish to receive. You can text the photo to 715-409-8202. It takes about 2-weeks to complete.

Dick does not expect payment for these paintings-- however, he asks that you make a donation to The Landing.

Below are some of the beautiful pieces he has created.



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, so grab a flyer for more details.

We will see you at the movie!

December 4: "Peanut Butter Falcon"

An adventure story that begins when Zak, a young man with Down syndrome, runs away from the nursing home where he lives to chase his dream of becoming a professional wrestler.

December 11: "Dumplin'"

Willowdean ('Dumplin'), the plus-size teenage daughter of a former beauty queen, signs up for her mom's Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.

December 18: "Big Eyes"

In San Francisco in the 1950s, Margaret was a woman trying to make it on her own after leaving her husband with only her daughter and her paintings. While struggling to make an impact with her drawings of children with big eyes, she meets gregarious ladies' man and fellow painter Walter Keane in a park.

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.

Monday Bridge

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.

The Landing

Reoccurring Weekly Programs

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.

Chinese Mahjong

The Landing Dining Room

Wednesdays 1:00-3:30pm FREE

Come play Chinese Mahjong, using Shanghai Rules. Must know how to 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

Beginning Sheephead

The Landing Dining Room

Fridays 12:00-1:00pm FREE

If you're wanting to learn to play Sheephead, now is the time. Beginners play at 12pm, followed by regular play at 1:00pm

Sheephead

The Landing Dining Room

Fridays 1:00-3:00pm FREE

All levels of players are welcome, even beginners

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

Class Ends Monday, December 11th

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, 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.



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

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.

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.