

February

Newsletter & Program Guide

Welcome to The Landing

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

Gather, move and grow with us! Whether you want a central place to have coffee with friends, a YMCA facility to improve your fitness, trips and travel opportunities or classes, The Landing offers a full calendar of programs and events.

Table of Contents

Page 2	Member Spotlight
Page 3	February Lunches at The Landing
Page 4-7	New Programs in January
Page 8-15	Reoccurring Monthly Programs
Page 16-18	Reoccurring Weekly Programs
Page 19-23	Group Exercise Classes
Page 23	Looking Ahead

The Landing Hours

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

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 pink 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.

Member Spotlight *Laura Thielke*

Laura Thielke learned to knit and crochet around the age of 12 from her maternal grandmother, a talented seamstress who designed ornate clothing for Laura and her siblings.

Nearly 60 years later, it's clear how creativity became a common thread throughout Laura's youth as she participated in 4-H, took as many art classes as possible at Medford High School, and discovered graphic design as a career path while attending a technical college.



Before earning a degree, Laura shifted focus to marriage and raising her three children – a time that called for more practical applications of her skills such as sewing her own wedding dress and baby sleepers. The decline of the newspaper industry made it challenging to find work in the graphic design field. It wasn't until retirement and becoming a grandmother that Laura fully embraced her artistic passions.

"I thought I better start doing something that a grandmother would do, but it had been many years since I crocheted," said Laura. "A friend provided patterns and helped me get going again."

Get going she did. The photos on Laura's phone showcase much more than crocheted baby blankets and baskets. She's gone "whole hog" on everything from crewel embroidery to acrylics, oil, and watercolor paintings, mosaics, and decorated jackets. She's even sold some finished pieces online and in local gift shops.

While Laura would welcome more sales, she says it's the act of crafting that brings the most satisfaction, providing a way to stay busy and socialize. And after dipping her toes in with some art and writing classes at The Landing, Laura quickly became a regular at the Tuesday Crafters group – a place where strangers become tight-knit friends.

"It's the high point of my week. We work on our projects, exchange ideas and recipes, and gripe about bills or our aches and pains. Despite our different backgrounds, we go through many of the same things."

Barring health or family emergencies, you can find Laura among the Tuesday Crafters "no matter what."

If you want to start a new project or dust off an abandoned craft, join Laura at a table in The Landing Art Room on Tuesdays from 12 to 2 p.m. It just may become the highlight of your week, too.

Wednesdays from
11:30 am - 12:00 pm

February Lunch at The Landing

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!



Wednesday, February 7

Salisbury Steak and Gravy over Rice - \$10

Salisbury Steak with mushroom gravy served over rice with a blueberry pie bar for dessert



Wednesday, February 14

Chicken Alfredo with Broccoli - \$10

Chicken Alfredo with broccoli and with a heart-shaped, glazed sugar cookie in honor of Valentines Day for dessert



Wednesday, February 21

Tuna Waldorf Salad Served on a Croissant - \$5

Tuna Waldorf salad served on a buttery croissant.



Wednesday, February 28

Mexican Rice Bowl - \$10

All the yummy ingredients found in a burrito, but without the tortilla, served with a churro for dessert.

Beverages available 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.

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

New Programs in January

Traditional Rug Hooking- Valentines Hearts

Thursday, February 1st & 8th at 1:00-3:00pm in The Landing Art Room

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, participants will design and hook Valentine hearts in the sizes you choose. You would be able to hook as many hearts as will fit on a 13" square piece of linen backing. (Approximately, one 5-inch heart or three 3-inch hearts will fit in this space. Participants can choose any size they wish.)

In the first class, participants will decide on colors to use, the design for their valentine hearts, and begin hooking. Many varieties of yarns and wool cloth will be available for participants to choose from. In the second class, participants will finish the hearts as either hanging or staked ornaments, or as garland.

**Facilitator: Linda Raether | Cost: \$25 if you have completed a previous class
\$35 if you have not.**



The Great Pinery of the North: Two-Part Series

Monday, February 5th at 11:00-12:00pm in The Landing Tech & Art Room

"When White Pine Was King"

Dick Beier, retired forester with a passion for the Pinery will lead the first part of this program and will walk us into the Great Pinery of the north and the making of Wausau.

The presentation will cover our history from 1839 to the early twentieth century and the opening of the great northern forest of white pine and the effect on the development of our community.

Facilitator: Dick Beier | Members: FREE Non-Members: Day Pass Required



Putting Pen to Paper: Childhood Memories

Two Day Event: Tuesday, February 6th & Wednesday, February 7th at Camp Sturtevant

Everyone has a story to tell, but sometimes it takes encouragement and support to put pen to paper. Join us for an engaging workshop providing tools and guidance to help you document childhood memories and insights in a way that can be shared with loved ones for years to come. What to expect:



CONTINUED ON PAGE 5

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

Putting Pen to Paper Continued...

- Receive a beautiful linen binder, page protectors, paper and prompts to help start filling your pages
- Bring up to 10 photos from your childhood that will spark memories and add context to your musings.
- Enjoy a mix of group interaction and quiet time for reflection and writing.

Our goal isn't to produce an award-winning memoir, but to have an opportunity to reminisce about the past, connect in the present, and create a gift for future generations. **Meet in The Landing Atrium at 8:45am**

Facilitator: Carrie Gerner | Members: \$88 Non-Members: \$118

Willow Springs Gardens Murder Mystery Dinner Theater "A Valentine to Die for"

Thursday, February 8th- Meet at The Landing Atrium at 4:45pm

Let's hop on the Landing Shuttle and head to Willow Springs Gardens to test our skills in solving a Murder Mystery while enjoying a Three-Course Meal. If you have dietary restrictions, please let us know upon registration, in most cases Willow Springs can offer meals to meet restrictions.

Join in and become fully immersed in the mystery. Audience attendees are welcome to join in the mystery and receive assigned suspect roles, but don't let others know if you do become a character. Props or light costuming may be offered to audience participants, such as hats, glasses, scarves, gloves, etc.

Doors will open for audience at 5:15 for cocktails (Cash Bar), meet and greets and character assignments. Meal and Mystery begins at 6:00 pm. Cost of program includes shuttle ride, dinner and mystery presentation. The program will last about 3 hours.

Come dressed for the occasion (Valentine Dinner Theater) to add to the fun!!
PERSONS WHO REGISTER BY JANUARY 19th will receive a 'free drink' ticket!

Register Soon Seats are Limited! Let's put our heart into this – It is a Valentine Mystery to die for!

Facilitator: Barb Tesch | Cost: \$64

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

New Programs in January

Pie Crust Making with Jean Burgener

Friday, February 9th at 12:30-2:00pm in The YMCA Multi-Purpose Room

Pie Crust making with Jean is back! You will learn to make the perfect pie crust and leave with 5 pie crusts to take home and store in your freezer until you need them. You will also leave with a pastry cloth and pastry sleeve. There will be delicious pie to sample after class.

Please bring a rolling pin and pie plate!

Facilitator: Jean Burgener | Members: \$10 Non-Members: \$25



Hair 101 with Larissa Engel

Wednesday, February 14th at 10:00-11:00am in The Landing Tech Room

Larissa Engel, owner of Hair by Larissa, has been in the hair industry for almost 5 years and loves to educate on hair care. She will talk about how to create an effective hair care routine.

We will start with the basics, how to and how often to wash our hair. Do we do it differently if our hair is colored or permed? Do you use a scalp brush? Should you? Are there better towels for hair?

Join us in this informative program where we will talk about shampoos and conditioners, you will also learn about scalp brushes and Microfiber towels for hair and their use. The cost of the program includes a microfiber towel for hair; along with handouts on hair care.

Be sure to mark your calendar for other hair care classes by Larissa coming up the 2nd Wednesday in March and April. Stay tune for more information on these upcoming classes as they come closer. Join in to 'get to the root' of hair care.

Facilitator: Larissa Engel | Members: \$15 Non-Members: \$30



New Programs in January

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

Sing-a-long with Raymond & Ruth

Thursday, February 15th at 11:00-12:00pm in The Landing Dining Room

Sing a Long with Raymond and Ruth to celebrate Valentines day.

Facilitator: Mary Jindrich

Members: Free Non-Members: Day Pass required



Leap Year Movie & Potluck

Thursday, February 29th at 11:00-1:30pm in The Landing Tech Room

Hop on in for our 2024 Leap Year potluck We have one additional day to celebrate together and we will be doing so by enjoying the Leap Year movie and potluck. Bring your favorite frog themed dishes or not.

A-E Bring a main dish | F-L Bring a dessert | M-P Bring a Salad | Q-Z Bring a Side Dish

If you were born on a leap year you will be entered to win a \$10 Gift Certificate from The Landing.

Facilitator: Mary Jindrich | Members: Free Non-Members: Day Pass required

Highlights from the Collette Costa Rica Trip

Thursday, February 29th at 1:30-2:30pm in The Landing Tech Room

Enjoy the highlights of the Landing Trip to Costa Rica. Greg Bunker, one of the Landing travelers on that trip will share highlights of this luscious land.

Costa Rica trip included visiting San Jose, a Coffee Plantation, the Arenal Volcano, Cano Negro Refuge, a Lake Arenal Cruise, a Farm Tour, Guanacaste beach and the beautiful ecosystem of the Monteverde Cloud Forest.

Join Greg in the travels through Costa Rica with its sun-drenched beaches, lush rain forests and many adventures within.

Facilitator: Greg Bunker | Members: FREE Non-Members: Day Pass Required



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

Monthly Reoccurring Programs

February Birthday Bash!

Friday, February 2nd at 11:30-1:00pm in The Landing Tech & Art Room

We are celebrating birthdays every first Friday of the month! If it is your birthday month, sign up to enjoy cake, music, and the chance to win fun prizes!

HAPPY BIRTHDAY

Facilitator: Mary Jindrich | Members: Free Non-Members: Day Pass required

Old Guys Book & BS Club

Wednesday, February 7th at 9:30-10:30am in The Landing Tech Room

A club designed for men who are members of The Landing to get together, discuss books, have a donut, and B.S. The Club will meet the first Wednesday of every month.

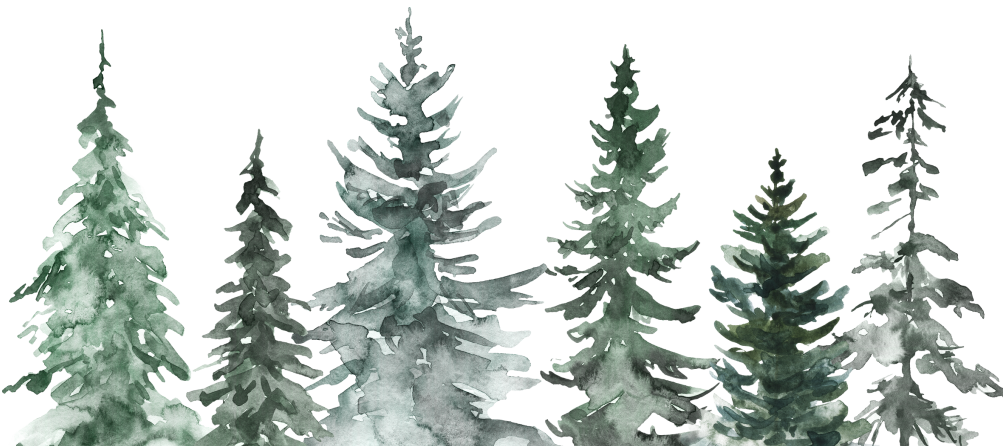
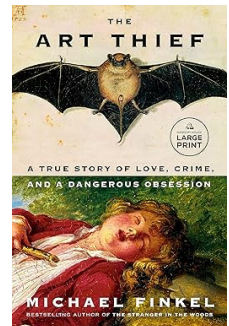
Please Read the following book prior to the meeting date listed below:

“The Art Thief” by Michael Finkel at the February 7, 2024 Meeting

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

Please feel free to bring ideas for books to read that you would like to discuss at future meetings

Facilitator: John DeLaporte | Members: Free Non-Members: Day Pass required



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

Monthly Reoccurring Programs

Mind, Body & Spirit with Debby Krenz- Going Deeper

Thursdays, February 8th & 15th at 9:30-11:00am in the YMCA Multipurpose Room

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.

February 8th – Ascended Masters (Continued)

This class continues our exploration into the lives of the Ascended Masters, who they were, and how they can support us on a spiritual level. Many of them also had challenges to overcome in their lives on Earth and they are available to offer us an “enlightened” perspective from the higher realms.

Expect plenty of information in this class as well as meditations to help you connect. This is an amazing group of wise ones - come and learn together!

February 15th – How to Connect with your Guardian Angel

This popular class is back! It will help to answer questions like: Do we all have a guardian angel? What are they? How can I connect with them and get to know them? Can I learn their name(s)? Their existence is commonly accepted by many and there are true stories of their help in situations where it is most needed. Learn all about them and experience some meditations to connect.

Have fun making discoveries that can be life changing!

Facilitator: Debby Krenz | Members: \$12 Non-Members: \$27

Angel Card Readings

Thursdays, February 8th & 15th 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. 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.

Registration Required. Please see Program flyer regarding Angel Card Readings for registration instructions. One on One Session Times: 11:15am, 12:30pm & 1:45pm

Facilitator: Debby Krenz | Members: \$45 Non-Members: \$60

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

February Soup-to-Go!

Every other Friday through March Pick-up in The Landing Kitchen at 10:30am

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.

Feb. 9th: French Onion with Cheesy Bread

Feb. 23rd: Sausage & Veggie with Beer Bread

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

Facilitator: Amber Pender | Members: \$10



Exploring Self-Healing Energies with Bernie

Monday, February 12th & 26th at 10:00-11:30am in the YMCA Multipurpose Room

On the 2nd & 4th Monday of each month, Bernie Corsten is a Reiki Master Teacher, and will be sharing her knowledge of Reiki through her classes.

You will learn how to understand your wisdom from within, through various spiritual practices. Each person should read about spirituality and health through various reading material. Bernie will have various material to share or you can read from your own library. Please bring back knowledge gained from these readings in Bernie's next class.

These are informal classes, anyone is welcome to come to any classes or many classes. Participation is encouraged and will be promoted with a talking stick. Talking sticks are a powerful symbol and communication tool used to foster an atmosphere of active listening and respect.

Join us for this fascinating and informative personal wellness program. Registration required.

Facilitator: Bernie Corsten | Members: FREE Non-Members: Day Pass Required



Social Singles: Vino Latte

Tuesday, February 13th at 2:30-4:00pm at Vino Latte | 3309 Terrace Ct. Wausau

Get to know fellow singles and make new friends in a similar life stage over lively conversation while you enjoy experiencing fun places around the community! Your suggestions for future activities for this group are welcomed!



Facilitator: Mary Jindrich | Members: FREE Non-Members: FREE

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

Rick Lohr: The Hmong of Laos - Program will be Presented Twice!

Tuesday, February 13th at 10:00-11:00am in Landing Tech & Art Rooms

Wednesday, February 21st at 10:00 - 11:00am - Landing Tech & Art Rooms

Take a trip to Xiangkhouang Province of Laos, and visit the Hmong Village of One Hundred Houses.

We will also explore the Hmong Laotian culture and history.

Facilitator: Rick Lohr

Members: FREE | Non-Members: Day Pass required



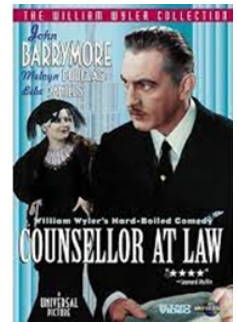
Getting to Know Classic Films

Wednesday, February 14th & 28th at 12:30-2:30pm in The Landing Tech Room

February 14: "Counselor at Law" (1933)

"Counsellor at Law" is a 1933 American pre-Code drama film, directed by William Wyler. The screenplay by Elmer Rice is based on his 1931 Broadway play of the same title.

The story, starring John Barrymore, focuses on several days in a critical juncture in the life of George Simon, who rose from his humble roots in a poor Jewish ghetto on the Lower East Side of Manhattan to become a shrewd, highly successful attorney. Devastated by his wife's infidelity, George is about to leap from the window of his office in the Empire State Building when his secretary Regina, who is in love with him, comes to his rescue.



February 28: "The Palm Beach Story" (1942)

A New York inventor needs cash to develop his big idea, so his adoring wife decides to raise it by divorcing him and marrying an eccentric Florida millionaire with a capricious high-society sister.

"The Palm Beach Story" is a 1942 screwball comedy film written and directed by Preston Sturges, and starring Claudette Colbert, Joel McCrea, Mary Astor and Rudy Vallée. Victor Young contributed the musical score, including a fast-paced variation of the William Tell Overture for the opening scenes. The film was distributed by Paramount Pictures.



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

Facilitator: Scott Schutte | Members: FREE Non-Members: Day Pass Required

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

Baking with Amber: The Landing's Famous Bread Pudding

Thursday, February 15th at 1:00-2:00pm in the YMCA Multipurpose Room

What could be better than bread pudding? Only Bread Pudding with our favorite sauce, of course! The classic bread-based dessert is made even tastier with a sweet, delicious and easy-to-make sauce.

Join Amber as she shares the recipe and a taste of this delectable mouth-watering treat. Bread pudding lovers everywhere, this one's for you!

Facilitator: Amber Pender | Members: \$10 Non-Members: \$25



Golf, Lunch & Socializing

Monday, February 19th at 11:00am at 4 Seasons Golf of Wausau

Have you ever wanted to play a round of golf in the winter without having to travel to warmer climates? Now we can, at 4-Seasons Golf of Wausau.

We will play on one of their 84 golf courses from around the world. After golfing, we will enjoy 2 slices of pizza and your choice of a domestic beer, or soda for lunch.

We will be offering this fun, social event four times this winter; on the 3rd Monday of the month January through April, to keep you golfing, or start you golfing, this is a great way to start. **You should be an experienced golfer. This program is not intended for beginning golfers.**

Call, e-mail or visit the Landing to Register for one or more of these fun social events. Cost of the event is \$23 each month, and must be paid at time of registration. Registration deadline is February 12th.

The cost of the program includes your golf, pizza and one drink, socializing is free and is encouraged.

We will Meet at 4 Seasons Golf of Wausau, at 15141 Robin Lane – Suite 200, just before 11:00am for each Session.

Don't get tee'd off, register today to reserve your spot!

Facilitator: Bill Olson | Members: \$23 Non-Members: \$40



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

Horticulture with Janell: Awesome Orchids

Wednesday, February 21st at 1:00-2:00pm in the YMCA Multipurpose Room

Did you know you can keep citrus in containers indoors in Wisconsin? In this program, we'll cover everything you need to be successful including light and soil media, temperature, and fertilizer needs. We'll also cover potential pitfalls, like pests you need to look out for. We'll even cover cultivars to ensure your success!



Janelle Wehr, Horticulture Educator from the UW-Madison Division of Extension, Marathon and Wood Counties, will provide education and tips on growing citrus indoors. Join in this fun, interactive and informative program.

Registration required

Facilitator: Janell Wehr | Members: FREE Non-Members: Day Pass Required

Alzheimer's Association- 10 Warning Signs of Alzheimer's

Thursday, February 22nd at 8:30-9:30am in The Landing Tech Room

Julie St. Pierre of the Alzheimer's Association will be conducting this informative class about how Alzheimer's, and other dementias, cause memory issues, thinking and behavior problems that interfere with daily living that impacts not only the person with Alzheimer's or dementia but also family members and caregivers.

Join us to learn about:

- Common Signs of dementia and Alzheimer's
- Typical Age-related changes
- How to approach someone about memory concerns
- Early detection
- Benefits of diagnosis
- Resources such as Alzheimer's Association and other community resources.

Register soon, participation is limited.

Facilitator: Julie St. Pierre | Members: FREE Non-Members: Day Pass Required

Mid-Day Dinner Club: Lemongrass

Thursday, February 22nd at 12:00pm at Lemongrass

During the darker winter months we've decided to change our Dinner Club to a Mid Day Dinner Club, which will be during the months of Jan, Feb, and March.

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.

Facilitator: Mary Jindrich

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

Bingo at The Landing

Thursday, February 22nd at 1:00-2:30pm in The Landing Tech & Art Room

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!

Facilitator: Mary Jindrich | Members: \$3 Non-Members: \$18



Team Trivia Smackdown

Friday, February 23rd at 11:30-12:30pm in The Landing Tech & Art Room

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.

Facilitator: Mary Jindrich | Members: FREE Non-Members: Day Pass Required



Ho-Chunk Gaming Casino Trip

Friday, February 23rd- bus departs at 12:30pm meet in The Landing Atrium

Join in the fun of these monthly shuttle trips to Ho-Chunk Gaming in Wittenberg, on the last Friday of each month.

Shuttle Departure: 12:30 from the Landing | Arrival at Casino: 1:15pm

Board Shuttle for return: 4:15pm | Arrival at The Landing: 5:00pm

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.

Facilitator: Kathryn Boettcher | Members: FREE

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

New Member Meet and Greet

Monday, February 26th at 11:00-12:00pm in The Landing Tech Room

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!

Facilitator: Mary Jindrich | Members: Free Non-Members: Day Pass Required

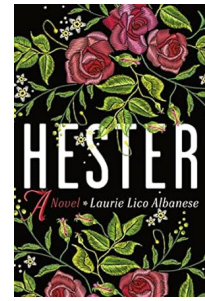
Book Club: "Hester"

Monday, February 26th at 11:30am-12:30pm in The Landing Art Room

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.

Facilitator: Connie Heidemann

Members: FREE | Non-Members: Day Pass Required



Edward Jones: Simplify your spending & savings strategies

Tuesday, February 27th at 11:00-12:00pm in The Landing Tech Room

This educational program is designed to help you sharpen your spending and saving strategy. You'll learn more about the basics of budgeting and the importance of managing credit and debt.

The program will highlight strategies to manage your spending, maximize your saving and have the right reserves for emergencies and other unexpected events.

Join Paul Dau of Edward Jones for these essential budget planning tactic

Facilitator: Paul Dau | Members: FREE Non-Members: day Pass Required

Estate Planning with Hougum Law Firm & The Rennes Group

Wednesday, February 28th at 10:00-11:00am in The Landing Tech Room

There are many strategies involved in estate planning, including wills, revocable living trusts, irrevocable trusts, durable powers of attorney, and health care documents. The options can be daunting.

This program will help familiarize attendees on the fundamentals of estate planning, as well as what options are available to protect your family and estate.

Join Hougum Law and Rennes Group to learn more about the multiple areas of estate planning.

Facilitator: Rennes Group | Members: FREE Non-Members: Day Pass Required

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Movie Mondays

Every Monday in The Landing Tech Room at 12:45-3:30pm

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!

Facilitator: Oona Younger

Kings in The Corner

Mondays & Thursdays from 11:00-12:30pm in The Landing Game Room

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

Mondays & Fridays at 1:00-3:00pm in The Landing Dining Room

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 (Closed Group)

Mondays at 1:00-3:00pm in The Landing Game Room

No openings for new players



Euchre

Tuesdays at 10:00am-12:00pm in in The Landing Game Room

Come with a partner or on your own and join us for a rousing round or two of Euchre! Want to learn? We will help you. Come join us.

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Tuesday Crafters

Tuesdays at 12:00-2:00pm in in The Landing Art Room

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

Tuesdays at 12:30-3:30pm in in The Landing Dining Room

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

Tuesdays at 12:30-3:00pm & Fridays 11:00-1:00pm in The Landing Game Room

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 Chicago Style Bridge

Wednesdays at 9:00-11:30am in The YMCA School Age Room

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

Leader: Jean Burgener

Chinese Mahjong

Wednesdays at 1:00-3:30pm in The Landing Dining Room

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



Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Cribbage

Wednesdays at 1:00-3:00pm in The Landing Game Room

Come play Cribbage with new friends and old at The Landing- every Wednesday!

Laughter Club

Thursdays at 10:00-11:00am in The Landing Art Room

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



Ping Pong at The Landing***NEW***

Thursdays at 1:00-2:00pm in The Landing Game Room

Join us for a weekly gathering to play ping pong

1:1 Tech

Thursdays at 3:30 & 4:00pm in The Landing Art Room

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.

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



Beginning Sheephead

Fridays at 12:00-1:00pm in The Landing Dining Room

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

Fridays at 1:00-3:00pm in The Landing Dining Room

All levels of players are welcome, even beginners

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Zumba Gold

Wausau Branch: Program Gym + Virtual

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: Program Gym + Virtual

Mondays at 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, Wednesdays & Fridays at 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.



SilverSneakers Classic

Aspirus Branch: Studio B

Mondays, Wednesdays & Fridays at 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.

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Tai Chi with Colleen

Wausau Branch: Group Ex Room | Series runs from January 8th- March 25th 2024

Tai Chi II: Mondays 11:15-12:00pm

Continuing: Mondays 12:15-1:00pm

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.

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



SilverSneakers Splash

Wausau Branch: North Pool

Tuesdays at 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.



55+ Strong

Wausau Branch: Program Gym + Virtual

Tuesdays at 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.

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Group Exercise

Moving for Better Balance

Wausau Branch: Group Ex. Room | Series runs from January 9th- April 2nd, 2024

Tuesdays & Thursdays at 12:00-1:00pm

Instructor: Colleen Peters

Moving for Better Balance is a researched-based balance training program, designed for older adults at risk of falling and people with balance disorders. This program will:

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

Participants must register for all 24 sessions

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



Urban Line Dance

Wausau Branch: Group Ex. Room

Tuesdays at 1:15-2:15pm

Instructor: Randall & 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.

SilverSneakers Yoga

Wausau Branch: Group Ex. Room

Wednesdays: 9:00-9:45am

Thursdays: 11:00-11:45am

Instructor: Pam Henkel & Lee Koch

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



Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Group Exercise

Gentle Cycle

Wausau Branch: Cycling Studio

Wednesdays at 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 & Breath

Wausau Branch: Group Ex. Room

Wednesdays at 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 & Guts

Wausau Branch: Group Ex. Room

Thursdays at 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: Group Ex. Room

Thursdays at 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!

Registration is Required
Visit our Member Service Desk & Sign Up!
Programs are FREE unless noted

Full Body Fitness

Wausau Branch: Program Gym

Fridays at 10:15-11:00am

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.



Looking Ahead

Beginner & Advanced Bridge Lessons

Wednesdays, beginning April 10th-June 5th

- Beginner Bridge lessons are designed for new players interested in learning bridge.
 - Facilitated by Emalyn Nikstad
- Advanced Bridge lessons are for Advanced, experienced players and is a continuation of the series for players that have been taking the intermediate bridge lessons series.
 - Facilitated by Jim Golz



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

includes Bridge Books for class.

Members with the book already: \$20

Registration Deadline for both Classes in March 27th. Register early as there is a firm maximum of participants.

Come on Down... The Price is Right is at The Grand!

Friday, March 15th at 7:30pm

Time to get your energy on!! We have tickets in hand for THE PRICE IS RIGHT AT THE GRAND THEATER, FRIDAY, MARCH 15, 7:30 pm – **Price of a ticket is \$70 Members; \$90 Non-Members.**

10 reserved, Seats: T1 to T4 and U1 to U6 – See Seating Chart on back of flyer. WE ONLY HAVE 10 TICKETS SO REGISTRATION/SALE OF TICKETS WILL BE COMPLETED ON A FIRST-COME, FIRST-SERVE BASIS.

Payment for ticket will be made at time of registration and you will choose your seat from the ones still available when you register! Ticket sales are non-refundable.

Tickets will be available for Pick-Up from The Landing receptionist, Debbie Martin; March 11 to March 14, 2024.