

January

Newsletter & Program Guide

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.

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	NEW** Executive Director's Note
Page 3	NEW** Member Spotlight
Page 4	January Lunches at The Landing
Page 5-10	New Programs in January
Page 11-19	Reoccurring Monthly Programs
Page 20-22	Reoccurring Weekly Programs
Page 23-27	Group Exercise Classes

The Landing Hours

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

Greetings Landing Members!

Fall is here and winter right around the corner. With the change in the weather, it has brought more heading indoors to participate in activities at The Landing. The Landing is busy with conversation, laughter, and activity, and space is becoming more limited. As a result, we will continue to monitor our space and adjust activities, as needed, to ensure the needs of all can be met. You may notice some location shifts for upcoming card games or classes to best accommodate the needs of all members. Tables will be marked with reserved signs for scheduled activities to ensure space is available. We appreciate your understanding and support as these changes occur.



The increased activity and limited space also impact The Landing's ability to accommodate private clubs or activities. Anyone wishing to hold a private group will need to talk to Landing Staff about options to rent space, if space is available.

The past quarter has been exciting at The Landing. The Landing's first ever Senior Prom Fundraiser was held on September 23, 2023. The prom committee transformed The Landing and created the setting for a magical evening. The community was very supportive offering raffle baskets, silent auction items, and sponsorship funding. 106 tickets were sold for the event. The food was beyond amazing and made in house. Landing member, Raymond Kraemer, played the piano to welcome guests. The DJ, Bob Holl, played great music encouraging members to remain on the dance floor for the whole event. The event raised \$17,806.35 and planning has already begun for next years event.

Veterans week was a huge success. We displayed 28 veterans' photos in recognition of there service. We shared 2 inspirational videos, Return to Nam and Honor Flight One Last Mission. A fundraiser was also held for Honor Flight and \$676 was raised.

The Landing Shuttle has arrived. You will start to see events scheduled utilizing the shuttle.

Just a friendly reminder to always scan your membership card as you enter The Landing. You only need to scan once a day. This helps to track the activity level at The Landing and supports the team to ensure we can meet the needs of all members. Also, a reminder to register for classes so we are prepared for the correct number of participants.

We appreciate all the enthusiasm and support you share with The Landing!!!

Julie

Member Spotlight Cyndi Presson

With her seasonally adorned fingernails and rhinestone-studded cane, Cyndi Presson is one of the most familiar faces at The Landing. It's easy to imagine that Cyndi – so frequently immersed in a game and conversation with friends – has always been a fixture in Wausau. In truth, this is just the latest chapter in her fascinating journey.

Born in East St. Louis, Cyndi's roots run deep in southern Illinois. She lived in the Collinsville area for 69 years, where she raised her children, earned a bachelor's degree and two master's degrees, and pursued a fulfilling career in teaching and counseling.

Once Cyndi's sons were grown, she purchased the home of her late grandparents' – a place her grandmother lived until the remarkable age of 102. Reflecting on this meaningful move, Cyndi shared, "When I was blessed with grandchildren I was able to enjoy my growing family in the home already filled with love by my grandparents."

Cyndi's life has been a colorful tapestry of adventures and global perspectives. Her extensive travels have brought her to every state except Alaska and the Great Wall of China. She even lived in Virginia before moving to Wisconsin to be with family.

It was on a trip to China in 1985 that Cyndi became curious about a game played in the streets. Nearly four decades later, when physical therapy led her to the Woodson YMCA, and subsequently, The Landing, she finally had the opportunity to learn the American version of that mysterious, tile-based game.

"I took the mahjong class twice and practiced at home before I really understood it," said Cyndi. "Now I play as often as I can, sometimes five days a week."

Mahjong, a game of skill, strategy, and luck, can be challenging to learn, but Cyndi reassures beginners that The Landing is an inclusive space where newcomers are warmly welcomed.

"Everybody is gracious. We take the game seriously, but it isn't about keeping track of who wins. We spend as much time laughing as playing."

Beyond mahjong, you might find Cyndi engaged in a game of Kings in the Corner, participating in a book club discussion, or attending an informative session or field trip.

With three generations of Alzheimer's before her, Cyndi is always on the lookout for ways to keep her mind sharp. The Landing, she notes, consistently offers opportunities for seniors like her to enhance social, emotional, and physical well-being – all conveniently in one place, complete with wonderful coffee and popcorn.

We are grateful that Cyndi, with her seasonal style and insightful outlook, has made The Landing part of her new home. Pull up a seat beside Cyndi and enjoy all that shines – both inside and out.



Wednesdays from
11:30 am - 12:00 pm

January 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!

January 3rd: Eggs Benedict

\$5

A toasted English muffin, topped with a slice of ham, an egg and smothered in homemade hollandaise sauce. Served with a side of sautéed greens for a filling \$5 meal.



January 10th: Pork Puttanesca

\$10

Puttanesca is a southern Italian sauce served with pork on a bed of linguine is paired with a Tiramisu Parfait for dessert.



January 19th: Loaded Cobb Salad

\$10

MOVED TO FRIDAY this week! Mixed greens loaded with chicken, hardboiled eggs, cranberries, apples, tomatoes, avocado, red onion, bacon & crumbled bleu cheese with a vinegary, mustard dressing. A white chocolate macadamia nut cookie will be our sweet treat.



January 24th: Chicken Fried Rice

\$5

Our homemade version of the take-out classic. Rice is sautéed with chicken, green onions, eggs, peas & carrots for a delicious lunch.



January 31st: French Bread Pepperoni Pizza

\$10

Delicious French bread topped with marinara, cheese and pepperoni toasted to make the perfect personal sized pizza. A veggie ranch cup and chocolate dump cake will be served on the side.



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

Beverages available for \$1

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

New Programs in January

Islands of St. Kitts and Nevis Swim Trek

Thursday, January 4th at 12:30-1:30pm in The Landing Tech & Art Room

Located in the Caribbean Sea some 70km west of Antigua, the island of Nevis is the smaller of the two islands making up the Federation of Saint Kitts and Nevis. It is one of the most unspoiled and relaxing islands in the Caribbean. Vividly green with blue skies, clean air and long empty beaches, Nevis has a gentle pace of life that encourages you to stop and appreciate the natural beauty around you.



A perfect setting, then, for a challenge to swim from one island to another! Join our own Group Exercise instructors Lee Koch & Pam Henkel as they share their vacation and their swim trek of these beautiful islands!

Facilitator: Lee Koch & Pam Henkel

Members: FREE | Non-Members: Day Pass Required

Reinventing Our Community- Looking Forward

Monday, January 8th at 11:00-12:00pm in The Landing Tech & Art Room

The Greater Wausau Chamber of Commerce has worked with US Workstories to produce a five-part video series titled Tipping Point: Reinventing Our Community.

The Chamber will be coming to The Landing to share and discuss these 5 short (5 to 6 min each) and intriguing videos, highlighting economic history, along with current and future challenges of Wausau's economic landscape.

Featuring individuals from a variety of area businesses, the video series tells the story of the challenges companies in the region face and the solutions the Chamber is spearheading.

Join us for this captivating presentation focusing on the Greater Wausau area and exciting plans to continue to thrive in the future.

Facilitator: Greater Wausau Chamber of Commerce

Members: FREE | Non-Members: Day Pass Required

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

*New Programs
in January*

Compassus Presentation- Pain Management

Thursday, January 11th at 11:00-12:00pm in The Landing Tech & Art Room

Effective pain management begins with a conversation about goals and what you want as care progresses. Everyone deals with pain and pain medication differently. This is the time to share you or your loved one's:

- Level of pain
- Tolerance for pain
- Preferred medical response to pain



If a patient cannot communicate their pain level, your health care team has experience working with families to identify pain and co-manage treatment.

Different types of pain, such as bone or nerve pain, respond to different medications. Knowing if the pain is in one place or radiates, if it's constant or comes and goes, helps patients get the right balance of medications and therapies to safely and effectively manage pain.

Compassus specializes in Home Health, Infusion, Pain Management, Palliative and Hospice Care. Evidence shows that people who get specialized care for their pain live longer, have less depression, and have a higher quality of life during the course of their illnesses. Join in this informative program from a team that navigate pain management on a daily basis.

Facilitator: Compassus

Members: FREE | Non-Members: Day Pass Required

Golf, Lunch & Socializing

Monday, January 15th at 11:00am -1:30pm 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. This program is not for beginner golfers.

Visit the Landing to Register for one or more of these fun social events. Cost of the event is \$23 each month, which includes golf, pizza & one drink and must be paid at time of registration. **Registration is due by Monday, January 8th**

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

Meet at 4 Seasons Golf of Wausau | 15141 Robin Lane, Suite 200



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

New Programs in January

Play Reading- Shakespeare's Henry IV & Henry V

Begins Tuesday, January 16th at 1:00-2:30pm in The Landing Tech Room

Gather with Sarah Rudolph, University of Wisconsin Stevens Point Emeritus Professor of Theatre and Dance, to explore Shakespeare's HENRY IV and HENRY V.

Whether you still caress your hefty collection of Shakespeare's plays from a long-ago college class or insist "I don't get Shakespeare," you will find a place at these sessions. At heart, everyone is a theatre enthusiast and our approach to the Bard focuses on the plays as THEATER. You may choose to read aloud or not, but hopefully you opt to ask any and all questions as we cover this fascinating and complex territory.

These plays, along with RICHARD II, are scheduled as part of the renowned Guthrie's season.

The play readings for will take place Tuesdays for approximately 11 weeks from 1:00 – 2:30pm; January 16 through March 26, 2024. Cost for this class including both the Part 1 & Part 2 Henry IV Play book; and the Henry V Play book will be \$25.

REGISTRATION DEADLINE JANUARY 10TH.

Facilitator: Sarah Rudolph | Cost: \$25



Shopping trip to Fox River Mall in Appleton

Wednesday, January 17th- Shuttle departs at 9:30am - Meet in Landing Atrium at 9:20am

Let's go Shopping! We will board the Landing Shuttle at 9:20am and leave for Fox River Mall in Appleton at 9:30am.

The Fox River Mall is the largest shopping mall in northeast Wisconsin. It hosts over 180 stores and is anchored by JCPenney, Sears, Macy's, Younkers, Scheels All Sports and Target, and 20 different eating venues.

We will arrive at the mall about 11:10, depending on traffic and road construction. Lunch and shopping will be on your own, so plan accordingly. You will be on your own to shop and/or eat lunch as you wish. We will leave the mall at 2:30pm sharp – please strive to be back to the shuttle 5 – 10 minutes before that. Returning to The Landing at approximately 4:15pm.

If you have not yet signed a Landing trip waiver for the year 2024, you will need to do so. We will have room for walkers, and hopefully for all of your packages when you're done shopping!

Register soon – Seats on shuttle are limited

Facilitator: Barb Tesch

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



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

New Programs in January

Guided Tour of Sonadora: Yuyi Morales & From Concept to Canvas

Friday, January 19th- Meet at the Woodson Art Museum at 12:20pm

Visit the Woodson Art Museum galleries with Museum educators to explore Soñadora: Yuyi Morales which features more than 60 mixed-media artworks from award-winning children's book illustrator and author Yuyi Morales. Her stories are inspired by her Mexican heritage and give powerful insights from an immigrant's perspective.

Learn more about the artistic process in From Concept to Canvas, an exhibition featuring artworks from the Museum's permanent collection displayed next to their studies.

Meet in the Museum's main entrance lobby by 12:20 pm for the tour that will begin at 12:30 pm. Gallery tour will be followed by refreshments, conversations, and an optional hands-on project at museum.

Facilitator: Rachel Hausmann-Schall | FREE to Attend

Starwood Farms Sleigh Ride & Dinner

Tuesday, January 23rd- Depart The Landing at 2:00pm

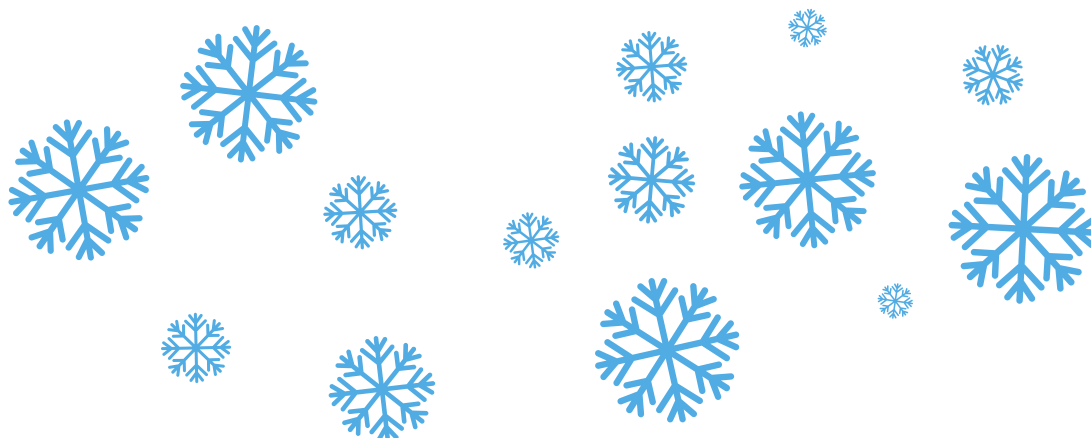
Oh, what fun! Join us for a tour of Starwood Farm, before hopping on a horse drawn sleigh to a cozy campfire social complete with snacks and warm drinks. Afterward, the bus will take you to Trail Side in Weston for dinner.

Arrive at The Landing by 1:45 in order to load the shuttle promptly at 2:00 pm. We will be arriving back at The Landing approximately at 7:00pm. Make sure and dress for the cold!



Alternate date in the event of inclement weather is Tuesday, January 30th.

Facilitator: Mary Jindrich | Members: \$60 Non-Members: \$75



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

New Programs in January

Wings of Grief- How to begin a New Year with Hope

Tuesday, January 23rd at 1:00-3:00pm in The Landing Tech Room

As the New Year approaches, those who grieve realize that "life moves forward whether or not you like it". Just because the calendar changes, doesn't mean you are "over it." You may still be facing the hard reality of life without someone you loved. Those around you may be full of energy with resolutions and plans while you might be struggling to survive one day at a time. It's possible to glide into the New Year, if you can approach it as a new opportunity for a new beginning.



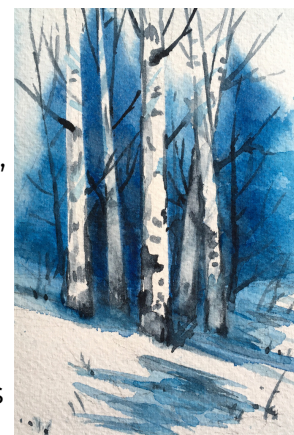
This program offers Hope. Committing to resolutions fail. Instead, find 3 attainable Fresh Starts that you can accomplish. Assess your progress and create a plan. Whether this is your first year without your loved one or many years since, now is the time to begin this new year with Hope. **Registration is due by Tuesday, January 16th.**

Facilitator: Nan Zastrow | Members: \$FREE Non-Members: Day Pass Required

Introduction to Watercolors

Thursday, January 25th at 12:30-3:30pm in The Landing Art Room

Watercolor can be a challenging and unforgiving art medium to the beginner. Learn from an experienced local watercolor artist about the basic tools and techniques needed to be successful. The process will include prepping the paper, applying the paint, allowing for drying time, using tape to keep white spaces white, the supplies needed, and more. Each student will create a painting of the example provided, following a specific process. Students will take home two 3 1/2" x 5" watercolor paintings on quality d'Arches watercolor paper with mats.



Instructor Diane Shabino has over 50 years' experience painting and has signature status in these organizations: Transparent Watercolor Society of America; Watercolor Honor Society; Illinois Watercolor Society; Rocky Mountain National Watermedia; and Wisconsin Watercolor Society. You can see Diane's work on display now through December 23 at the Center for Visual Arts and on Instagram @dianeshabinoart or www.dianeshabino.com.

Join this proficient watercolor artist to learn tips and tricks of watercolor painting and to leave with two card size watercolor painting that you will create.

Register Soon - Class size is limited

Facilitator: Diane Shabino | Members: \$25 Non-Members: \$40

New Programs in January

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



Raptors, Yoga & Birdhouses - Let's go to Camp Sturtevant

Monday, January 22, 8:45am ~ 3:00pm

Meet at back of Landing at 8:45am - Shuttle to leave at 9:00am

Have you ever met an owl face to face? What about a hawk? A falcon? Meet some of Wisconsin's common, but rarely encountered birds. Discover what a raptor is, hear their stories and learn what you can do to ensure they remain a significant part of the ecosystem in our area from the Raptor Education Group, Inc.

Let's Start with Yoga with Pam Henkel! Followed by a presentation by REGI (Raptors Education Group). We will enjoy lunch while taking in the serenity of the outdoors through the many picturesque windows. After lunch we will decorate birdhouses, facilitated by Jessica Galbreth of the YMCA. If you have some free time, and weather permitting, you can walk around the camp and enjoy the outdoors.

***Please dress appropriately for Yoga and Weather conditions.
Register Soon - Participation is limited!***

Facilitator: Mary Jindrich | Members: \$49 Non-Members: \$70



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

Monthly Reoccurring Programs

Old Guys Book & BS Club

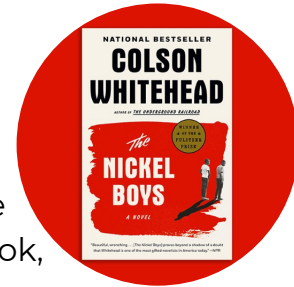
Wednesday, January 3rd at 9:30-10:30am in The Landing Tech Room

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 “Nickel Boys” by Colson Whitehead

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.



Want to read ahead? The following book will be discussed at the **February 7th meeting: “The Art Thief”** by Michael Finkel

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

Exploring Self-Healing Energies with Bernie

Monday, January 8th & 22nd 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

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

Monthly Reoccurring Programs

Rick Lohr: Patagonia (Note: Program will be offered twice)

Tuesday, Jan. 9th AND Wed Jan. 17th at 10:00-11:00am in Landing Tech & Art Rooms

Rick will be taking us on journey to the end of the world.

Take a trip around Cape Horn, Tierra del Fuego, and the countries of Argentina and Chili. Nature and the topography are stark and stormy.

Rick will be offering this Patagonia Program on Tuesday, January 9th and on Wednesday, January 17th!!

Join in this fascinating journey told as only Rick can.

Facilitator: Rick Lohr

Members: FREE | Non-Members: Day Pass required



Social Singles: Biggby Coffee

Tuesday, January 9th at 2:30-4:00pm at Biggby Coffee | 3140 Rib Mountain Dr. 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

Getting to Know Classic Films: "The General" (1926)

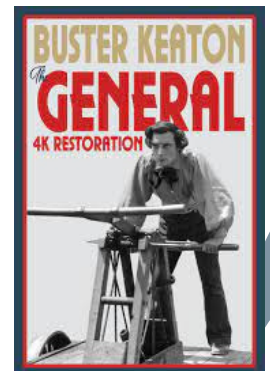
Wednesday, January 10th at 12:30-2:30pm in The Landing Tech Room

Johnnie loves his train (The General) and Annabelle Lee. When the Civil War begins, he is turned down for service because he's more valuable as an engineer. Annabelle thinks it's because he's a coward. Union spies capture the General with Annabelle on board. Johnnie must rescue both his loves.

"The General" is a 1926 American silent slapstick Western action comedy film released by United Artists. The story was adapted from the 1889 memoir The Great Locomotive Chase by William Pittenger. The film stars Buster Keaton, who also directed it along with Clyde Bruckman.

Note: There will be a 2nd showing of Classic Films in January - See January 24th.

Facilitator: Scott Schutte | 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, January 11th & 18th at 9:30-11:00am in the YMCA Multipurpose Room

Occurs on the Second & Third Thursdays of each month

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.

January 11th - Past Life Exploration

Could it be possible that we have lived other previous lives, many years ago and in many different situations? And if so, what does this mean for us in this lifetime?

Come and learn about the possibilities with an open mind and heart. This is a fascinating subject worth investigating. We will explore the evidence from different experts, plus experience a meditation (or two) to possibly access our own past life experiences. Join us for this intriguing discussion!

January 18th - Who Are the Ascended Masters?

Ascended Masters are beings who have walked the Earth before us and are now able to offer divine intelligence and support on a spiritual level. Jesus and Buddha are great examples. Although they are connected to two of the world's major religions, they go beyond the limitations of religion, and many people the world over feel connected to their power, presence, and energy. Learn about some of these major Masters and how many of them overcame challenges in their life which has enabled them to offer us an "enlightened" perspective from the higher realms.

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

Angel Card Readings

Thursdays, January 11th & 18th beginning at 11:15am

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!

Monthly Reoccurring Programs

January 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.

Jan. 12th: Tomato Soup with Extra Cheesy Bread

Jan. 26th: Beef Stew with Herbed Bread

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

Facilitator: Amber Pender | Members: \$10



January Birthday Bash

Friday, January 12th at 11:30am-12:30pm in The Landing Tech & Art Rooms

Note: 2nd Friday in month of January (usually 1st Friday of month)

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!

Facilitator: Mary Jindrich

Members: FREE | Non-Members: Day Pass Required



Wausau Police Department: Human Trafficking

Monday, January 15th at 9:00am-10:00am in The Landing Tech Room

This is a reschedule of the November program by the same name that was cancelled.

Join us for an engaging session on Human Trafficking with Officer Sarah Bedish of the Wausau Police Department.

Human Trafficking is defined as the unlawful act of transporting or coercing people in order to benefit from their work or service, typically in the form of forced labor or sexual exploitation. Although it may seem that this is a problem exclusive to larger cities than Wausau, it is a concern we see and need to address.

Join Officer Bedish for this presentation to see how human trafficking is impacting our community.

Facilitator: Officer Sarah Bedish

Members: FREE | Non-Members: Day Pass Required



Henry David Thoreau: The Man and the Myth with Richard Olson

Tuesday, January 16th at 10:00-11:00am in The Landing Tech & Art Room

Henry David Thoreau was both a simple man and a complicated man. He seldom went anywhere without a pencil and a sketch book. The mention of his name evokes the portrait of a grumpy naturalist who lived in a small cabin which he himself built. He was a scholar, a free-thinker, and a ramble rouser.

Thoreau may be best known for his book *Walden*, a reflection upon simple living in natural surroundings, and his essay "Civil Disobedience", an argument in favor of peaceful disobedience against an unjust state

Join Richard Olson, retired History teacher and Landing member, for this fascinating program of Henry David Thoreau, who was a scholar, a free-thinker and a rabble rouser.

Facilitator: Richard Olson | Members: FREE Non-Members: Day Pass Required

Horticulture with Janell: Starting new plants from kitchen scraps

Wednesday, January 17th at 1:00-2:00pm in the YMCA Multipurpose Room

Did you know you can start new plants from kitchen scraps? In this hands-on activity, we will learn techniques to start new plants (propagate) from parts of already grown plants. We will then apply those skills to starting new plants from kitchen scraps. Cost of program will include a kit to take with them to practice at home.

Janell Wehr, Horticulture Educator from the UW-Madison Division of Extension, Marathon and Wood Counties, will provide education and tips in how to start plants from kitchen scraps. Join in this fun, interactive and informative program.



Registration required by January 15th!

Facilitator: Janell Wehr | Members: \$10 Non-Members: \$25

Mid-Day Dinner Club: Blissful Bites & Brunch

Thursday, January 18th at 12:00pm at Blissful Bits & Brunch

During the darker winter months we've decided to change our Dinner Club to a Lunch 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!

Monthly Reoccurring Programs

Bingo at The Landing

Thursday January 18th at 1:00-2:30pm in The Landing Tech 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

Baking with Amber: Hot Cocoa Chocolate Dump Cake

Thursday, January 18th at 1:00-2:00pm in the YMCA Multipurpose Room

This decadent and addicting dessert is the perfect sweet treat to bring to a party or special event.

Amber will feature many of her mother's favorite recipes in her baking class, as they are crowd pleasers.

Join Amber to learn how to create and experience this chocolate lovers' mouth-watering dessert!

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

New Member Meet and Greet

Monday, January 22nd 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

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

Monthly Reoccurring Programs

Book Club: “The Last Thing He Told Me”

Monday, January 22nd 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



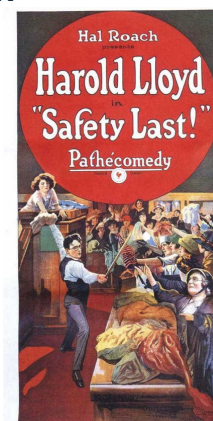
Getting to Know Classic Films: “Safety Last” (1923)

Wednesday, January 24th at 12:30-2:30pm in The Landing Tech Room

“Safety Last” is a 1923 American silent romantic-comedy film starring Harold Lloyd. It includes one of the most famous images from the silent-film era: Lloyd clutching the hands of a large clock as he dangles from the outside of a skyscraper above moving traffic. The film was highly successful and critically hailed, and it cemented Lloyd's status as a major figure in early motion pictures. It is still popular at revivals, and it is viewed today as one of the great film comedies.

Facilitator: Scott Schutte

Members: FREE | Non-Members: Day Pass Required



Alzheimer's Association- Healthy Living for your Brain & Body

Thursday, January 25th at 8:30-9:30am in The Landing Tech Room

Ring in the new year with a resolution to learn more about what you can do to live a brain healthy lifestyle! For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use tools to help you incorporate these recommendations into a plan for healthy aging.

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

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

Monthly Reoccurring Programs

Team Trivia Smackdown

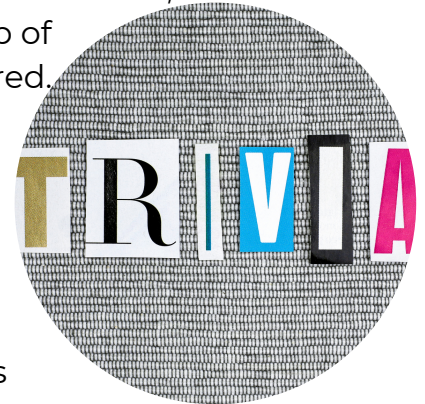
Friday, January 26th at 11:30-12:30pm in The Landing Tech & Art Room

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, January 26th- 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.

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.

Facilitator: Kathryn Boettcher | Members: FREE

Tax Free Investing with Edward Jones

Tuesday, January 30th at 11:00-12:00pm in The Landing Tech Room

It's not what you make; it's what you keep. Learn strategies to help reduce your tax burden. A comprehensive investment strategy can help you address multiple concerns – managing your wealth, saving for retirement, educating your children or grandchildren, creating a legacy and so on. But underlying many of these concerns is the issue of taxes. What steps can you take to become a more tax-efficient investor.

We'll discuss the different types of tax-advantaged investments and how they may help you keep more of what you earn. Join Paul Dau from Edward Jones for insight and planning for the future.

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



Advanced Directives with The Rennes Group

Wednesday, January 31st at 10:00-11:00am in The Landing Tech Room

Advance care planning involves discussing and preparing for future decisions about your medical care if you become seriously ill or unable to communicate your wishes. Having meaningful conversations with your loved ones is the most important part of advance care planning. Many people also choose to put their preferences in writing by completing legal documents called advance directives.

Join Rennes staff members as they share information and tips about how to proceed in creating your advance directives, or advance directives of a loved one.

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!

January 8th: "NYAD"

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.

January 15th: "Harriet"

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

January 22nd: "Imitation Game"

During World War II, the English mathematical genius Alan Turing tries to crack the German Enigma code with help from fellow mathematicians while attempting to come to terms with his troubled private life.

January 29th: "Glass Onion- A Knives Out Mystery"

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, Detective Benoit Blanc is put on the case.

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.

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

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
Want to learn? We can help you. Come join us!

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 at 11:00- 1:30pm 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 Landing Art 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

Weekly Reoccurring Programs

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

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.



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



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!

Group Exercise

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.



SPECIAL NOTE: Monday Classes will be CANCELLED starting Monday, December 12th and will resume on Monday, January 1st. Friday classes will still be held.

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!

Group Exercise

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: South 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.

Moving for Better Balance

Wausau Branch: Group Ex. Room | Series runs from January 9th- March 28th, 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 1:00-2:00pm

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.

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

Group Exercise

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.



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.

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

Group Exercise & Art at The Landing

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!

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.



Art at The Landing is Back!

Art will be hung from
February 12, 2024- May 10, 2024

Important Points:

- No more than 2 pieces from any particular artist
- No art will be accepted larger than 24x36
- Artists need to be a member of The Landing

Submissions can be sent to
jstreufert@thelandingwausau.com. We will inform
chosen artists via e-mail by January 26, 2024.

